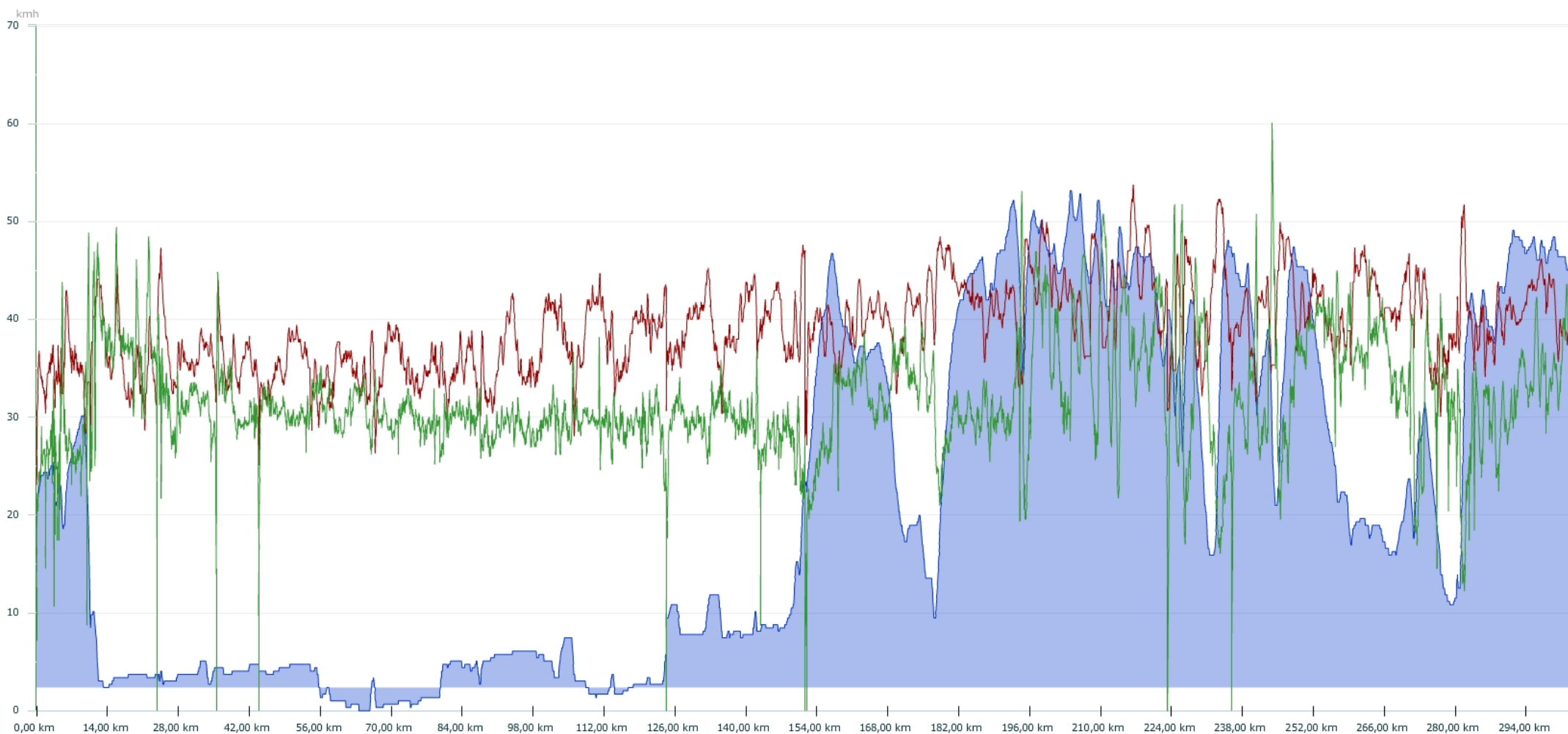


# LOG

Computer / bike: sergey / Bike 1    Date / Time: 02.09.2012 - 06:06 - 17:07



Altitude    Speed    Heart rate    Temperature    Incline    Rate of ascent  
 Avg. altitude    Avg. speed    Avg. heart rate    Avg. temperature  
 Zone 1    Zone 2    Zone 3

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 02.09.2012 - 06:06 - 17:07



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

mountainous



Training type:

Training partner:

Description:

### MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 02.09.2012 - 06:06 - 17:07

## MARKERS

7. 

13. 

8. 

14. 

9. 

10. 

11. 

12. 

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 02.09.2012 - 06:06 - 17:07

### INFO

Date	02.09.2012
Start time	06:06 Clock
Stopp time	17:07 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	5193 kcal
Number of log entries	7885
Log time interval	5 s

### TOTAL VALUES

Trip distance	304,11 km
Trip distance uphill	35,22 km
Distance downhill	35,68 km
Trip time	09:50:44 h
Trip time uphill	01:20:51 h
Trip time downhill	00:57:09 h
Meters uphill	1185 m
Meters downhill	1116 m
Break time	00:46:57 h

### MIN/MAX VALUES

Heart rate	79/184 bpm
Temperature	8,0/46,0 °C
Speed	0,00/60,11 kmh
Altitude	-7/150 m
Incline	-9/9 %
Rate of ascent	-70/27 m/min

### AVERAGE VALUES

Heart rate	134 bpm
Temperature	21,2 °C
Speed	30,87 kmh
Altitude	53 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	10 m/min

## LOG

Computer / bike: sergey / Bike 1    Date / Time: 02.09.2012 - 06:06 - 17:07



### HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	04:08:26 h
Time in Zone 2:	03:59:18 h
Time in Zone 3:	01:38:20 h
Outside	00:04:39 h

