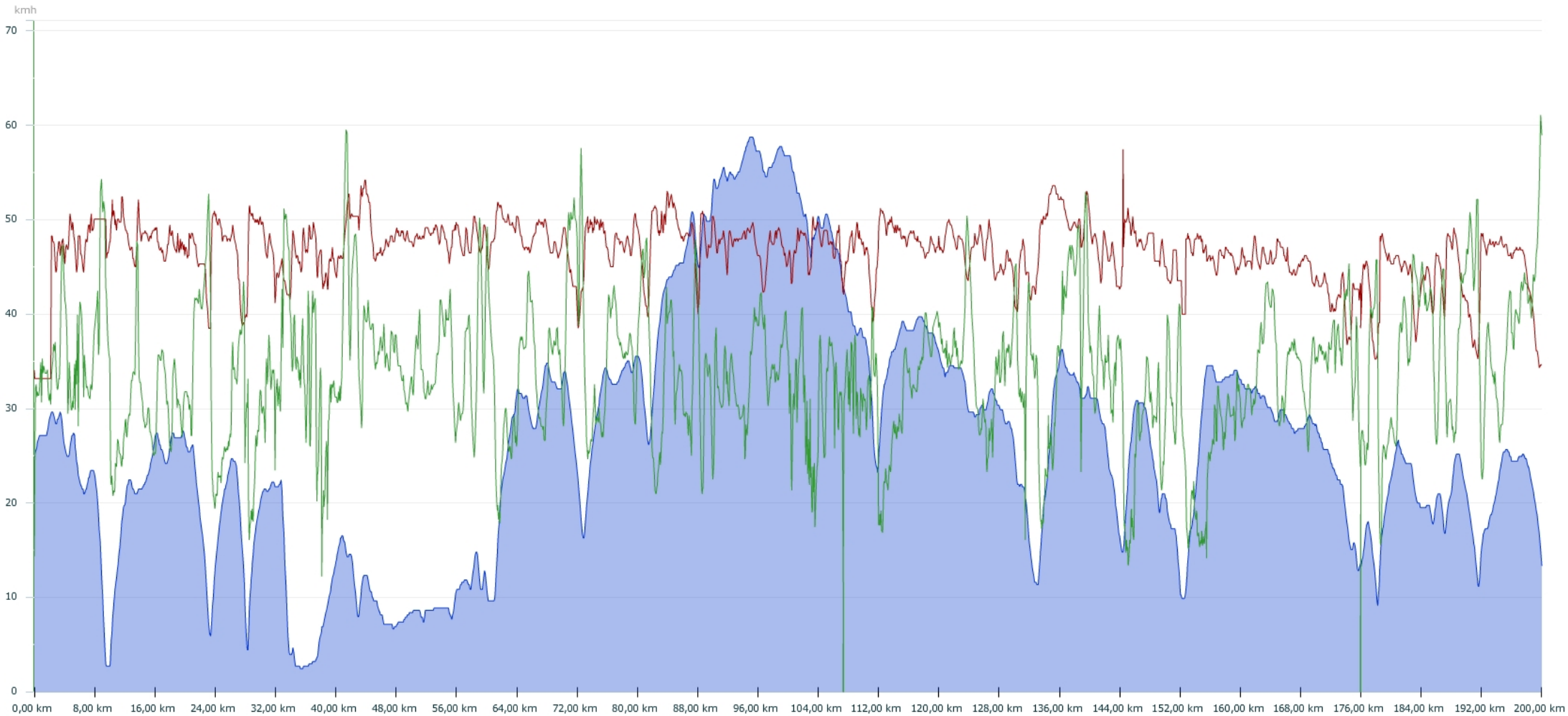


# LOG

Computer / bike: **sergey / Bike 1**    Date / Time: **18.09.2012 - 09:29 - 15:46**



 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: 18.09.2012 - 09:29 - 15:46



## NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

mountainous



Training type:

Training partner:

Description:

## MARKERS

1.  sergey

2. 

## LOG

Computer / bike: **sergey / Bike 1** Date / Time: **18.09.2012 - 09:29 - 15:46**

### INFO

Date	18.09.2012
Start time	09:29 Clock
Stopp time	15:46 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	4233 kcal
Number of log entries	2220
Log time interval	10 s

### TOTAL VALUES

Trip distance	200,02 km
Trip distance uphill	65,02 km
Distance downhill	67,50 km
Trip time	06:14:12 h
Trip time uphill	02:26:12 h
Trip time downhill	01:46:50 h
Meters uphill	1490 m
Meters downhill	1535 m
Break time	00:02:59 h

### MIN/MAX VALUES

Heart rate	112/194 bpm
Temperature	16,0/33,0 °C
Speed	0,00/61,08 kmh
Altitude	19/247 m
Incline	-10/12 %
Rate of ascent	-68/35 m/min

### AVERAGE VALUES

Heart rate	158 bpm
Temperature	25,5 °C
Speed	32,09 kmh
Altitude	116 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	10 m/min
Inclination rate downhill	13 m/min

# LOG

Computer / bike: sergey / Bike 1    Date / Time: 18.09.2012 - 09:29 - 15:46

## HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	00:09:06 h
Time in Zone 2:	00:42:16 h
Time in Zone 3:	05:22:39 h
Outside	00:00:10 h

