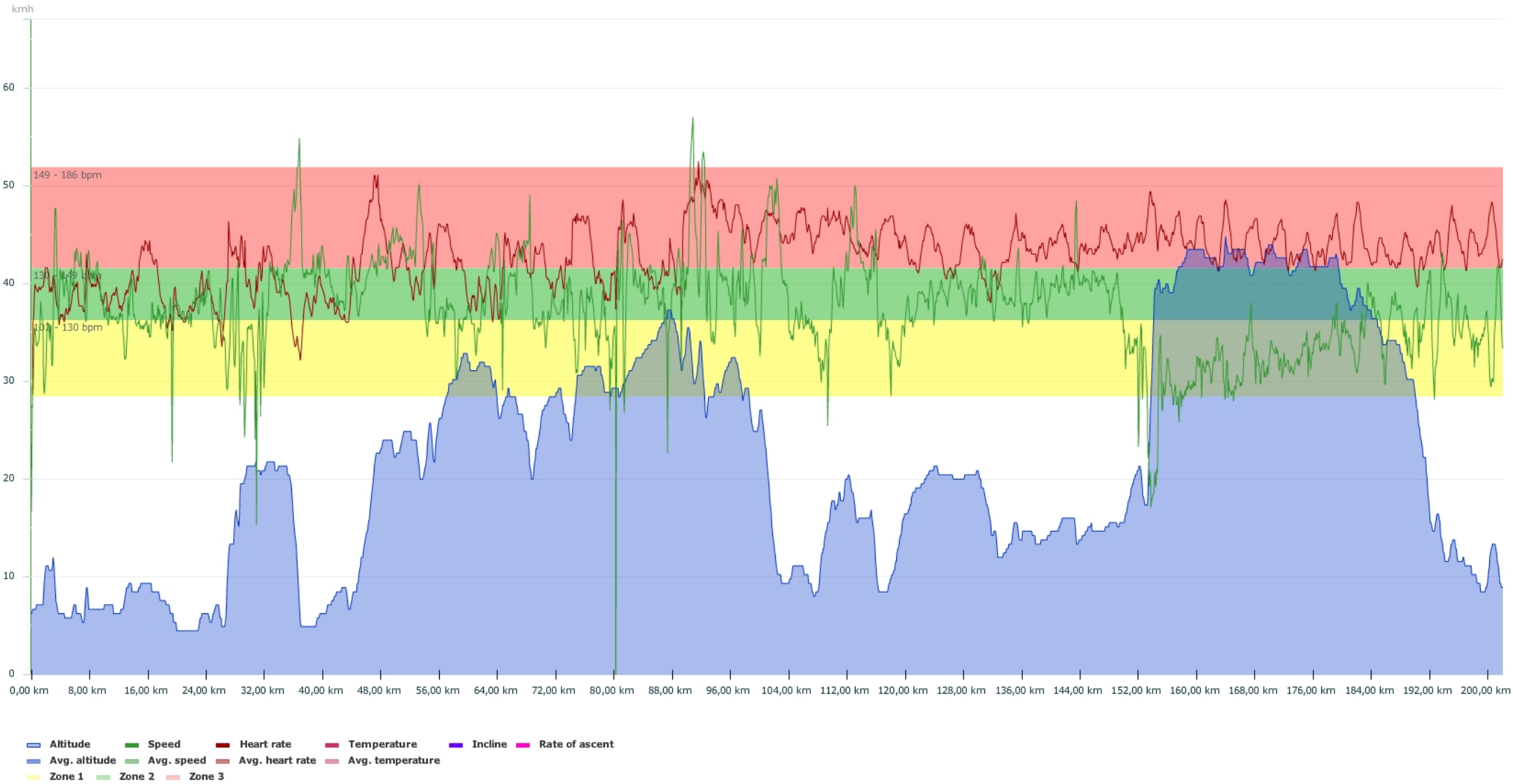
LOG

Computer / bike: **sergey / Bike 1** Date / Time: **29.09.2012 - 08:20 - 13:51**



LOG

Computer / bike: sergey / Bike 1 Date / Time: 29.09.2012 - 08:20 - 13:51

NOTES

Rating:

Weather: cloudless, light wind

Trip distance profile: hilly

Training type:

Training partner:

Description:

MARKERS

1. P

LOG

Computer / bike: **sergey / Bike 1** Date / Time: **29.09.2012 - 08:20 - 13:51**

INFO

Date	29.09.2012	
Start time	08:20	Clock
Stopp time	13:51	Clock
Bike	Bike 1	
Wheel size	2133	mm
Unit	kmh	
Calories	3570	kcal
Number of log entries	1957	
Log time interval	10	s

TOTAL VALUES

Trip distance	202,06	km
Trip distance uphill	38,62	km
Distance downhill	34,01	km
Trip time	05:29:55	h
Trip time uphill	01:05:58	h
Trip time downhill	00:51:07	h
Meters uphill	521	m
Meters downhill	515	m
Break time	00:00:41	h

MIN/MAX VALUES

Heart rate	98/188	bpm
Temperature	16,0/31,0	°C
Speed	0,00/57,01	kmh
Altitude	21/112	m
Incline	-3/7	%
Rate of ascent	-27/23	m/min

AVERAGE VALUES

Heart rate	153	bpm
Temperature	24,7	°C
Speed	36,78	kmh
Altitude	61	m
Inclination uphill	1	%
Inclination downhill	1	%
Inclination rate uphill	8	m/min
Inclination rate downhill	8	m/min

LOG

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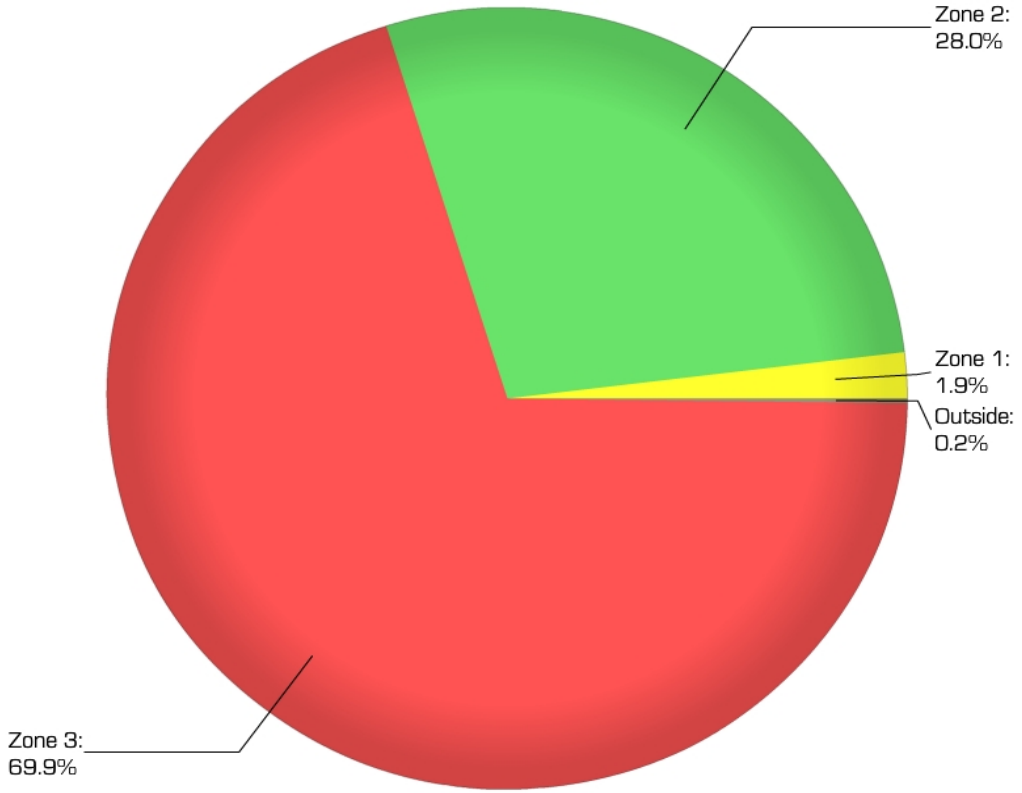
HEART RATE ZONES

Zone 1	102 - 130	bpm
Zone 2	130 - 149	bpm
Zone 3	149 - 186	bpm
Time in Zone 1:	00:06:14	h
Time in Zone 2:	01:32:29	h
Time in Zone 3:	03:50:40	h
Outside	00:00:30	h