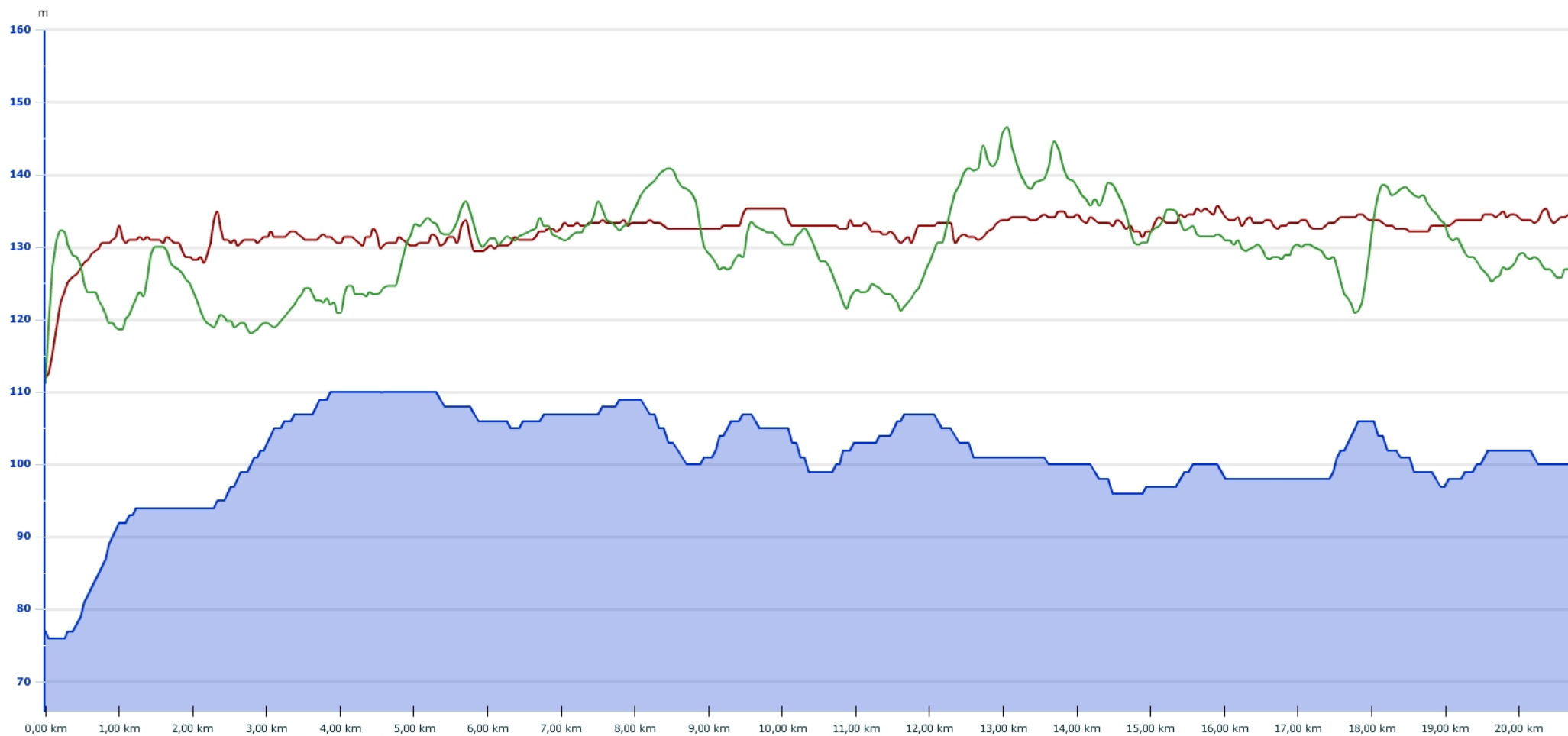


LOG

Computer / bike: sergey / Bike 1 Date / Time: 20.07.2011 - 07:41 - 08:10



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

LOG

Computer / bike: sergey / Bike 1 Date / Time: 20.07.2011 - 07:41 - 08:10



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: sergey / Bike 1 Date / Time: 20.07.2011 - 07:41 - 08:10

INFO

Unit	kmh
Wheel size	2133 mm
Log time interval	5
Number of log entries	385
Calories	359 kcal
Bike	Bike 1
Stopp time	08:10 Clock
Start time	07:41 Clock
Date	20.07.2011

TOTAL VALUES

Trip distance	20,72 km
Trip time	00:28:48 h
Break time	00:00:00 h
Distance uphill	3,22 km
Trip time uphill	00:04:52 h
Meters uphill	70 m
Distance downhill	2,16 km
Trip time downhill	00:02:46 h
Meters downhill	47 m

MIN. / MAX VALUES

Speed	30,83/54,88 kmh
Heart rate	117/178 bpm
Temperature	25,0/28,0 °C
Altitude	76/110 °C
Incline	-2/3 %
Rate of ascent	-17/19 m/min

AVERAGE VALUES

Speed	43,20 kmh
Heart rate	169 bpm
Temperature	26,2 °C
Altitude	101 m
Incline	0 %
Rate of ascent	0 m

LOG

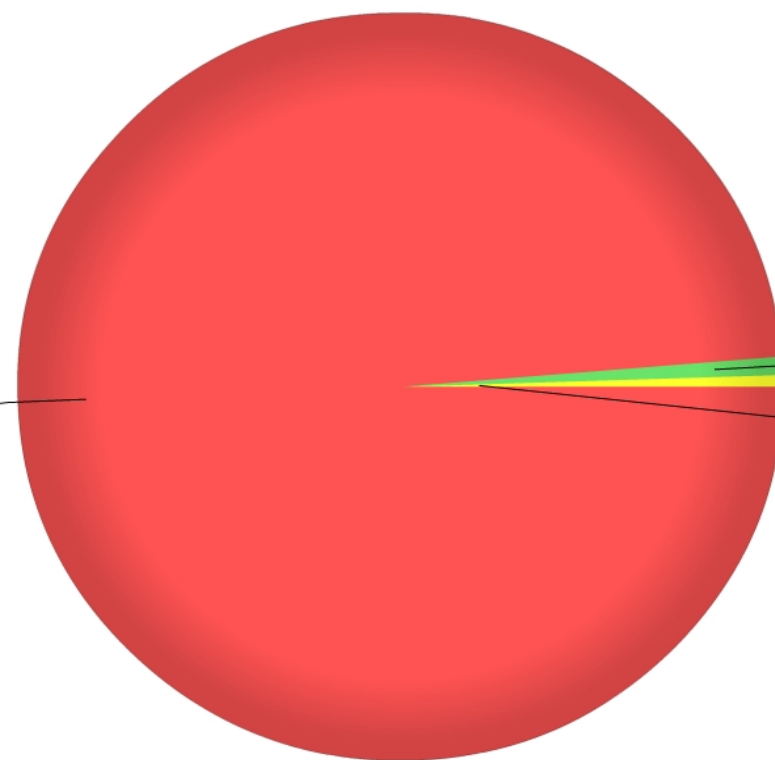
Computer / bike: sergey / Bike 1 Date / Time: 20.07.2011 - 07:41 - 08:10



HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	00:00:09 h
Time in Zone 2:	00:00:13 h
Time in Zone 3:	00:28:25 h
Outside	00:00:00 h

Zone 3:
98.7%



Zone 2:
0.8%

Zone 1:
0.5%

Outside: 0.0%