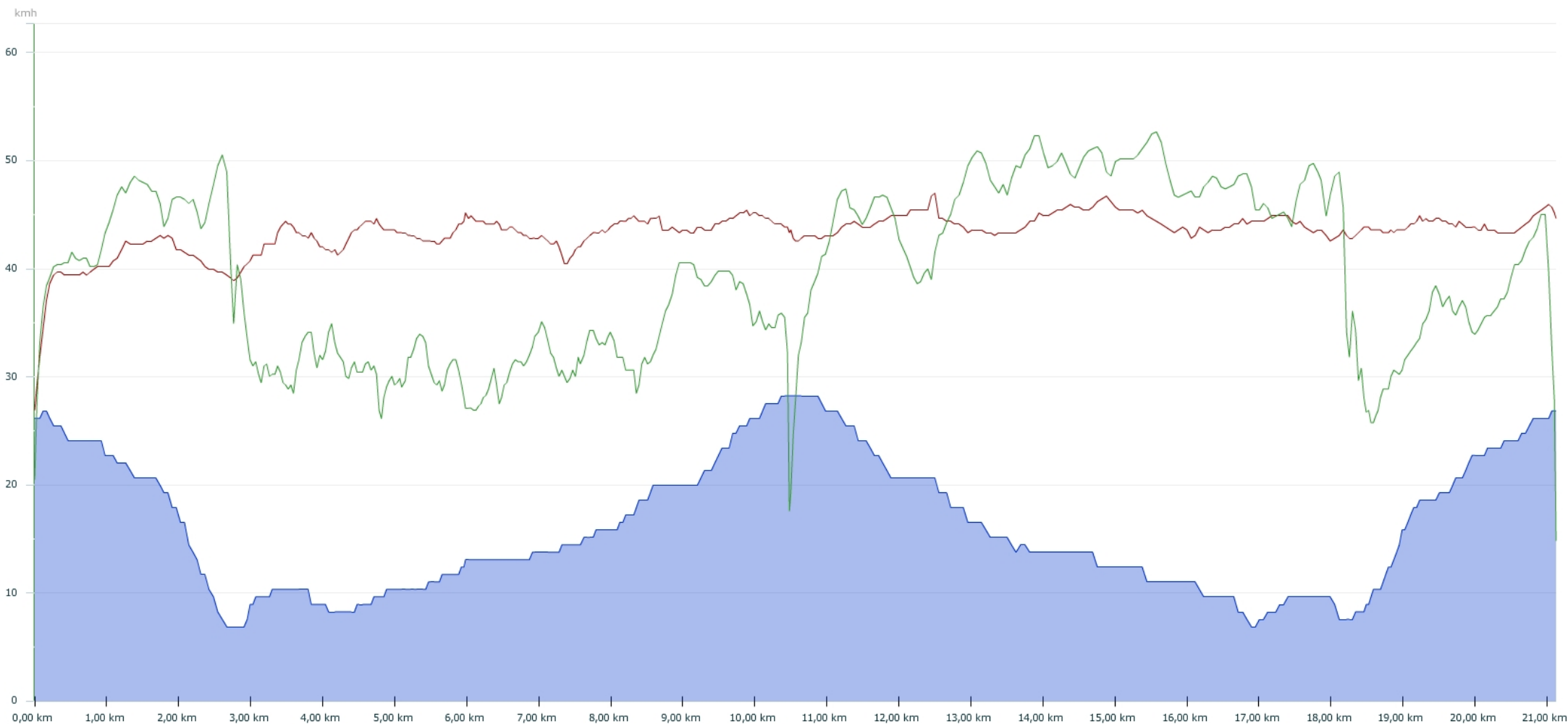


LOG

Computer / bike: wladimir / Bike 1 Name: para 20 km Date / Time: 12.05.2013 - 10:39 - 11:12



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

LOG

Computer / bike: wladimir / Bike 1 Name: para 20 km Date / Time: 12.05.2013 - 10:39 - 11:12



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. WP

2. WP

LOG

Computer / bike: wladimir / Bike 1 Name: para 20 km Date / Time: 12.05.2013 - 10:39 - 11:12

INFO

Date	12.05.2013
Start time	10:39 Clock
Stopp time	11:12 Clock
Bike	Bike 1
Wheel size	2146 mm
Unit	kmh
Calories	496 kcal
Number of log entries	446
Log time interval	5 s

TOTAL VALUES

Trip distance	21,12 km
Trip distance uphill	2,78 km
Distance downhill	2,87 km
Trip time	00:33:22 h
Trip time uphill	00:04:52 h
Trip time downhill	00:03:45 h
Meters uphill	68 m
Meters downhill	67 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	103/180 bpm
Temperature	23,0/27,0 °C
Speed	14,83/52,67 kmh
Altitude	73/104 m
Incline	-1/2 %
Rate of ascent	-8/10 m/min
Cadence	0/105 R/min
Power	0/535 Watt

AVERAGE VALUES

Heart rate	166 bpm
Temperature	25,7 °C
Speed	37,98 kmh
Altitude	86 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	7 m/min
Power	226 Watt
Cadence	87 R/min

LOG

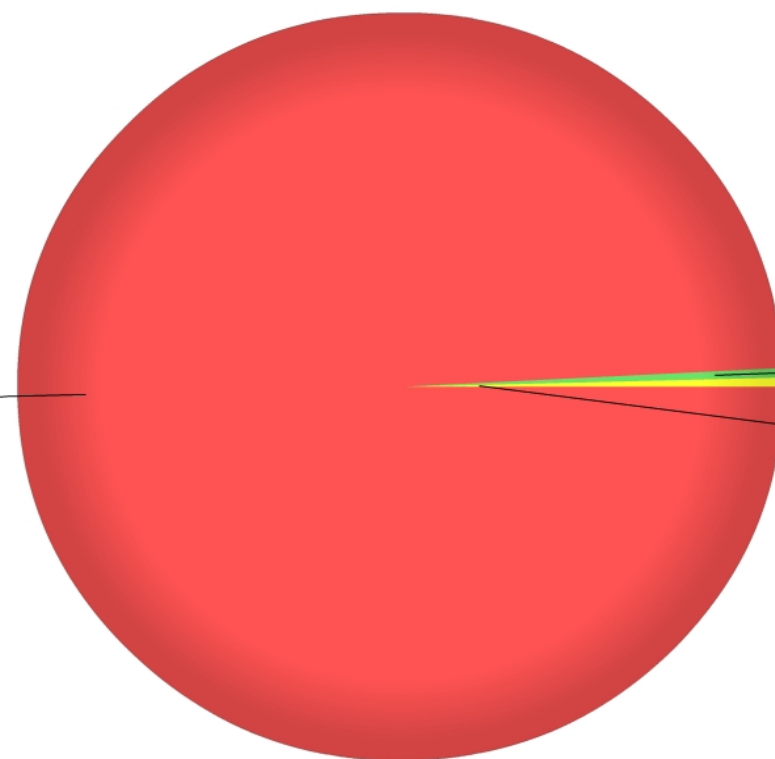
Computer / bike: wladimir / Bike 1 Name: para 20 km Date / Time: 12.05.2013 - 10:39 - 11:12



HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 146 bpm
Zone 3	146 - 182 bpm
Time in Zone 1:	00:00:09 h
Time in Zone 2:	00:00:09 h
Time in Zone 3:	00:33:04 h
Outside	00:00:00 h

Zone 3:
99.1%



Zone 2:
0.4%

Zone 1:
0.4%

Outside: 0.0%