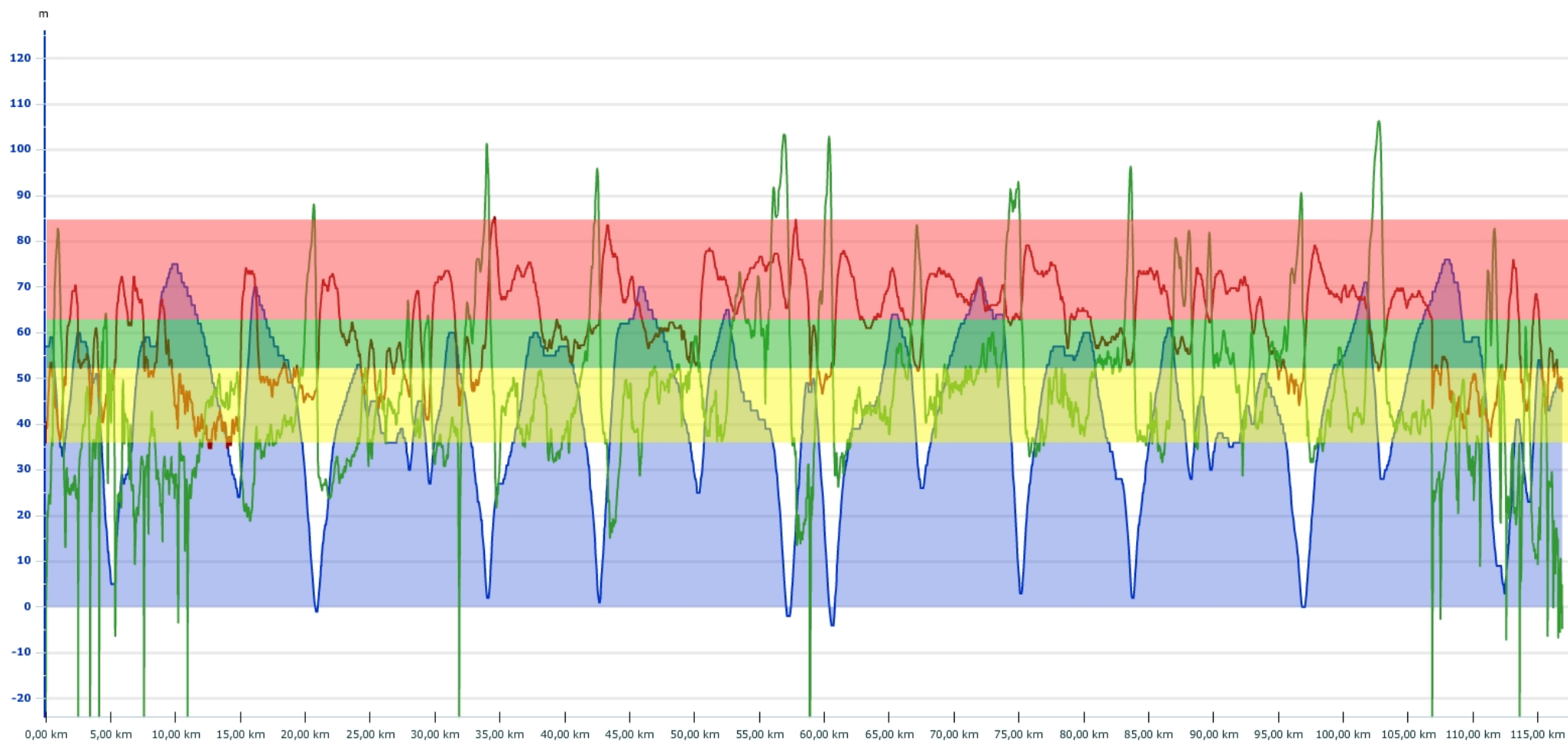


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Dinamo-Sambek-Dinamo=120km** Date / Time: **20.08.2011 - 08:20 - 12:40**



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: **ANDRIANO / Bike 2** Name: **Dinamo-Sambek-Dinamo=120km** Date / Time: **20.08.2011 - 08:20 - 12:40**



NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

hilly



Training type:

Heavy

Training partner:



Description:

bokovoi severny veter 3-5m/s

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Dinamo-Sambek-Dinamo=120km** Date / Time: **20.08.2011 - 08:20 - 12:40**

MARKERS

7. **P**

13. **WP**

8. **WP**

14. **WP**

9. **WP**

15. **P**

10. **WP**

16. **P**

11. **P**

12. **P**

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Dinamo-Sambek-Dinamo=120km** Date / Time: **20.08.2011 - 08:20 - 12:40**

INFO

Unit	kmh
Wheel size	2116 mm
Log time interval	5
Number of log entries	3058
Calories	2602 kcal
Bike	Bike 2
Stopp time	12:40 Clock
Start time	08:20 Clock
Date	20.08.2011

TOTAL VALUES

Trip distance	116,87 km
Trip time	03:48:49 h
Break time	00:14:52 h
Distance uphill	28,36 km
Trip time uphill	01:03:13 h
Meters uphill	957 m
Distance downhill	28,36 km
Trip time downhill	00:43:54 h
Meters downhill	963 m

MIN. / MAX VALUES

Speed	0,00/60,79 kmh
Heart rate	94/175 bpm
Temperature	20,0/32,0 °C
Altitude	-4/76 °C
Incline	-6/7 %
Rate of ascent	-50/33 m/min

AVERAGE VALUES

Speed	30,67 kmh
Heart rate	136 bpm
Temperature	23,5 °C
Altitude	45 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Dinamo-Sambek-Dinamo=120km** Date / Time: **20.08.2011 - 08:20 - 12:40**



HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm

Time in Zone 1: 00:52:05 h

Time in Zone 2: 00:59:57 h

Time in Zone 3: 01:55:39 h

Outside 00:01:07 h

