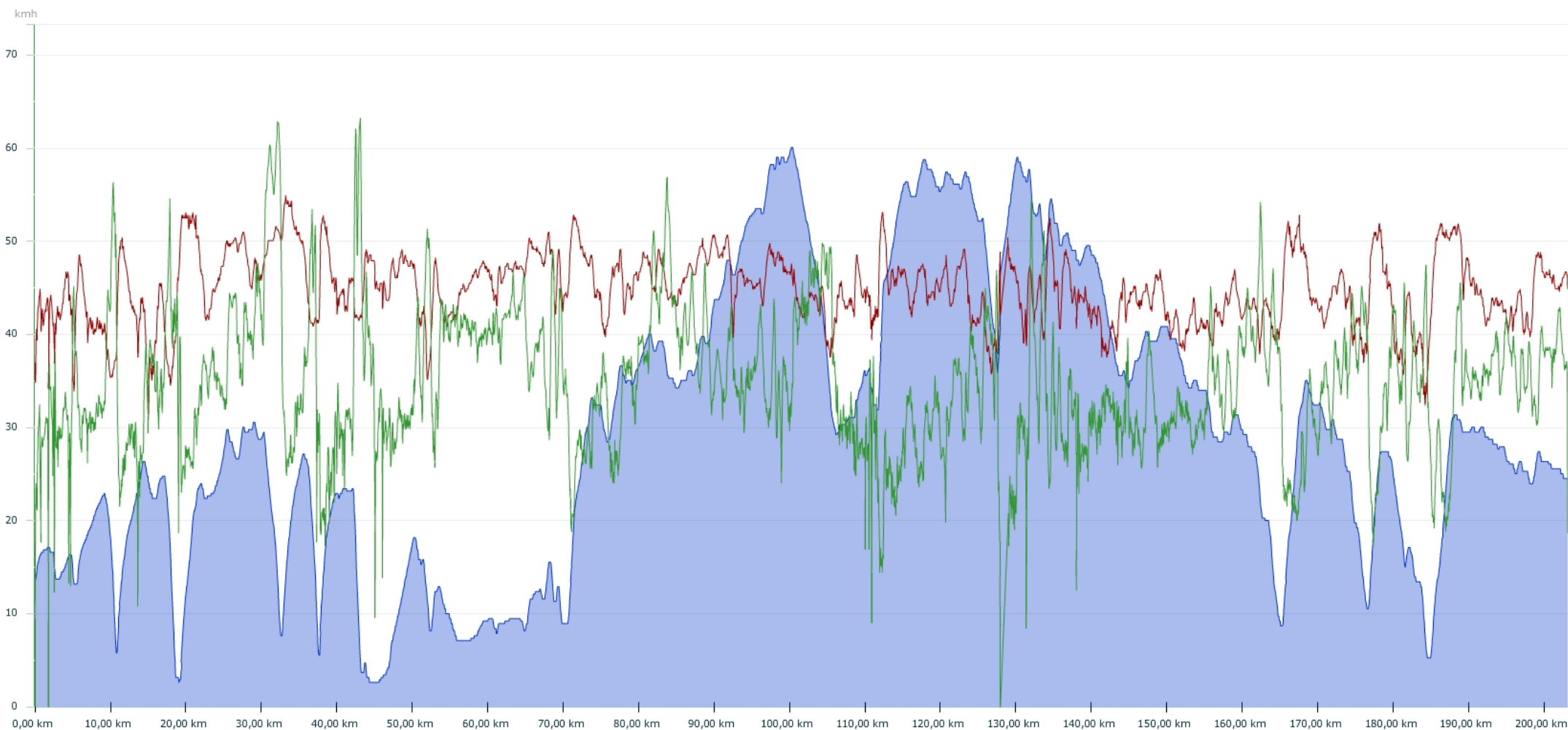


# LOG

Computer / bike: wladimir / Bike 1 Date / Time: 01.09.2013 - 08:01 - 14:30



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  
 Zone 1 Zone 2 Zone 3

## LOG

Computer / bike: wladimir / Bike 1    Date / Time: 01.09.2013 - 08:01 - 14:30



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

### MARKERS

1. 

2. 

3. 

## LOG

Computer / bike: wladimir / Bike 1 Date / Time: 01.09.2013 - 08:01 - 14:30

### INFO

Date	01.09.2013
Start time	08:01 Clock
Stopp time	14:30 Clock
Bike	Bike 1
Wheel size	2115 mm
Unit	kmh
Calories	4536 kcal
Number of log entries	4886
Log time interval	5 s

### TOTAL VALUES

Trip distance	203,17 km
Trip distance uphill	43,57 km
Distance downhill	42,50 km
Trip time	06:06:13 h
Trip time uphill	01:32:28 h
Trip time downhill	01:02:51 h
Meters uphill	1436 m
Meters downhill	1419 m
Break time	00:17:59 h

### MIN/MAX VALUES

Heart rate	101/180 bpm
Temperature	17,0/36,0 °C
Speed	0,00/63,26 kmh
Altitude	72/290 m
Incline	-9/10 %
Rate of ascent	-92/31 m/min
Cadence	0/120 R/min
Power	0/528 Watt

### AVERAGE VALUES

Heart rate	148 bpm
Temperature	20,9 °C
Speed	33,15 kmh
Altitude	175 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	12 m/min
Power	161 Watt
Cadence	82 R/min

## LOG

Computer / bike: wladimir / Bike 1 Date / Time: 01.09.2013 - 08:01 - 14:30



### HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 146 bpm
Zone 3	146 - 182 bpm
Time in Zone 1:	00:16:12 h
Time in Zone 2:	02:24:49 h
Time in Zone 3:	03:25:11 h
Outside	00:00:00 h

