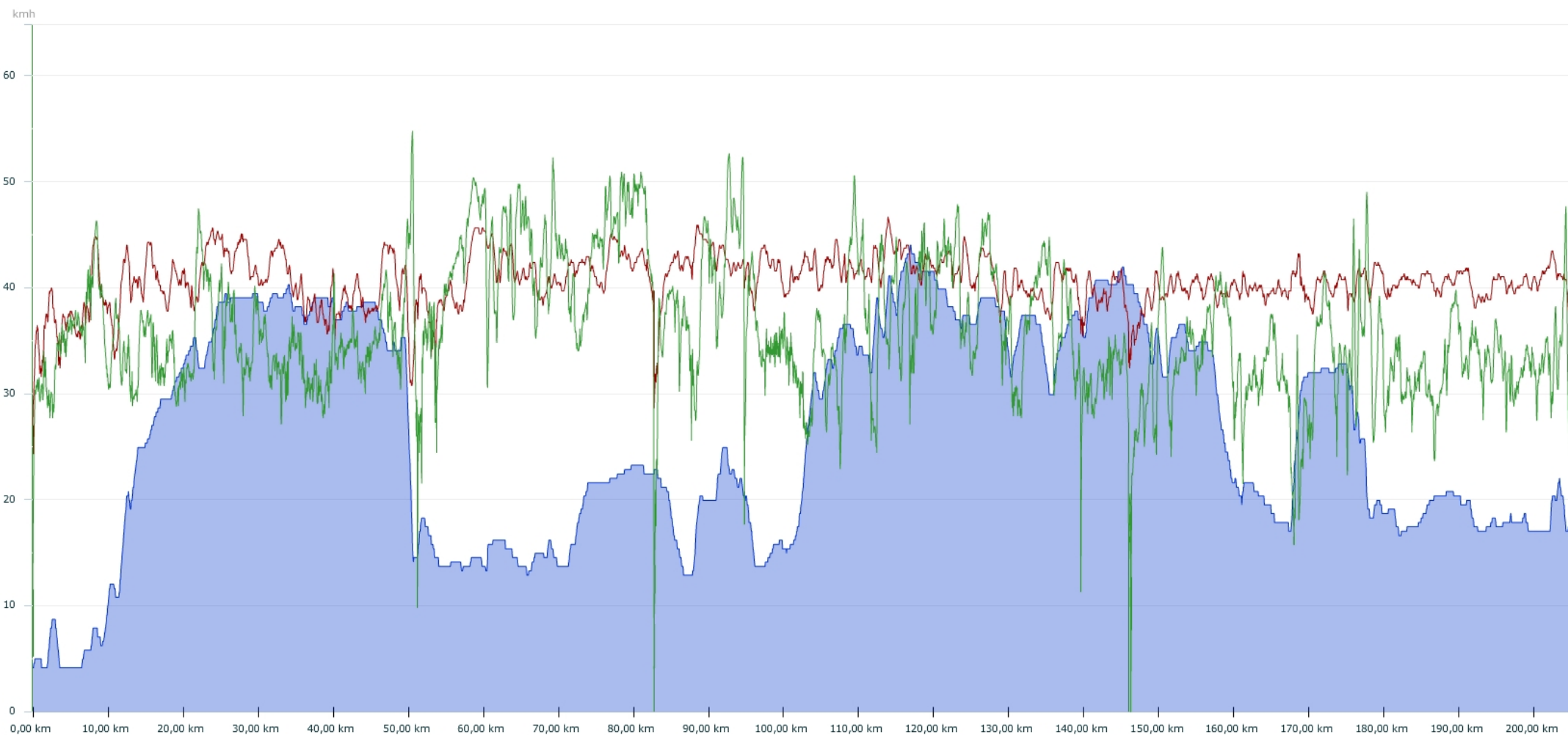


# LOG

Computer / bike: wladimir / Bike 1 Date / Time: 14.09.2013 - 07:59 - 14:25



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: 14.09.2013 - 07:59 - 14:25



### NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

### MARKERS

1. 

2. 

3. 

4. 

5. 

## LOG

Computer / bike: wladimir / Bike 1 Date / Time: 14.09.2013 - 07:59 - 14:25

### INFO

Date	14.09.2013
Start time	07:59 Clock
Stopp time	14:25 Clock
Bike	Bike 1
Wheel size	2115 mm
Unit	kmh
Calories	4491 kcal
Number of log entries	4720
Log time interval	5 s

### TOTAL VALUES

Trip distance	205,54 km
Trip distance uphill	19,72 km
Distance downhill	17,96 km
Trip time	05:53:49 h
Trip time uphill	00:37:21 h
Trip time downhill	00:27:31 h
Meters uphill	518 m
Meters downhill	487 m
Break time	00:31:43 h

### MIN/MAX VALUES

Heart rate	90/173 bpm
Temperature	14,0/29,0 °C
Speed	0,00/54,80 kmh
Altitude	63/159 m
Incline	-5/3 %
Rate of ascent	-45/15 m/min
Cadence	0/108 R/min
Power	0/503 Watt

### AVERAGE VALUES

Heart rate	150 bpm
Temperature	23,4 °C
Speed	34,89 kmh
Altitude	116 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	9 m/min
Power	77 Watt
Cadence	34 R/min

## LOG

Computer / bike: wladimir / Bike 1    Date / Time: 14.09.2013 - 07:59 - 14:25



### HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 146 bpm
Zone 3	146 - 182 bpm
Time in Zone 1:	00:07:04 h
Time in Zone 2:	01:22:39 h
Time in Zone 3:	04:24:00 h
Outside	00:00:04 h

