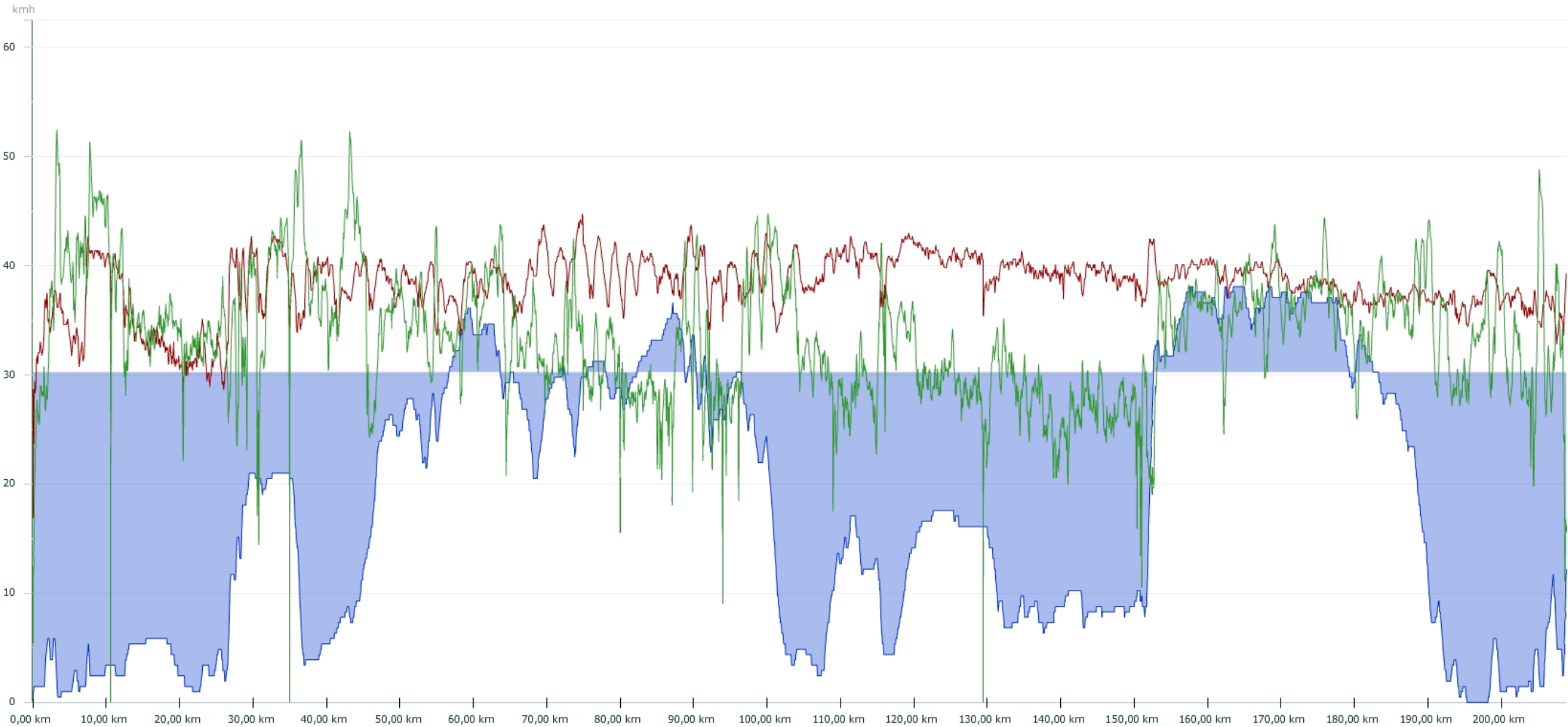


LOG

Computer / bike: 2014 / Bike 1 Name: 2014 Date / Time: 19.04.2014 - 08:00 - 14:27



■ 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: 2014 / Bike 1 Name: 2014 Date / Time: 19.04.2014 - 08:00 - 14:27



NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

LOG

Computer / bike: 2014 / Bike 1 Name: 2014 Date / Time: 19.04.2014 - 08:00 - 14:27

INFO

Date	19.04.2014
Start time	08:00 Clock
Stopp time	14:27 Clock
Bike	Bike 1
Wheel size	2115 mm
Unit	kmh
Calories	4738 kcal
Number of log entries	5135
Log time interval	5 s

TOTAL VALUES

Trip distance	208,87 km
Trip distance uphill	20,63 km
Distance downhill	19,59 km
Trip time	06:24:52 h
Trip time uphill	00:41:33 h
Trip time downhill	00:31:43 h
Meters uphill	592 m
Meters downhill	566 m
Break time	00:01:49 h

MIN/MAX VALUES

Heart rate	65/172 bpm
Temperature	14,0/29,0 °C
Speed	0,00/52,49 kmh
Altitude	-62/16 m
Incline	-3/6 %
Rate of ascent	-21/27 m/min
Cadence	0/115 R/min
Power	0/552 Watt

AVERAGE VALUES

Heart rate	147 bpm
Temperature	20,3 °C
Speed	32,57 kmh
Altitude	-25 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	7 m/min
Power	144 Watt
Cadence	87 R/min

LOG

Computer / bike: 2014 / Bike 1 Name: 2014 Date / Time: 19.04.2014 - 08:00 - 14:27

HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 146 bpm
Zone 3	146 - 182 bpm
Time in Zone 1:	00:20:55 h
Time in Zone 2:	02:01:55 h
Time in Zone 3:	04:01:25 h
Outside	00:00:36 h

