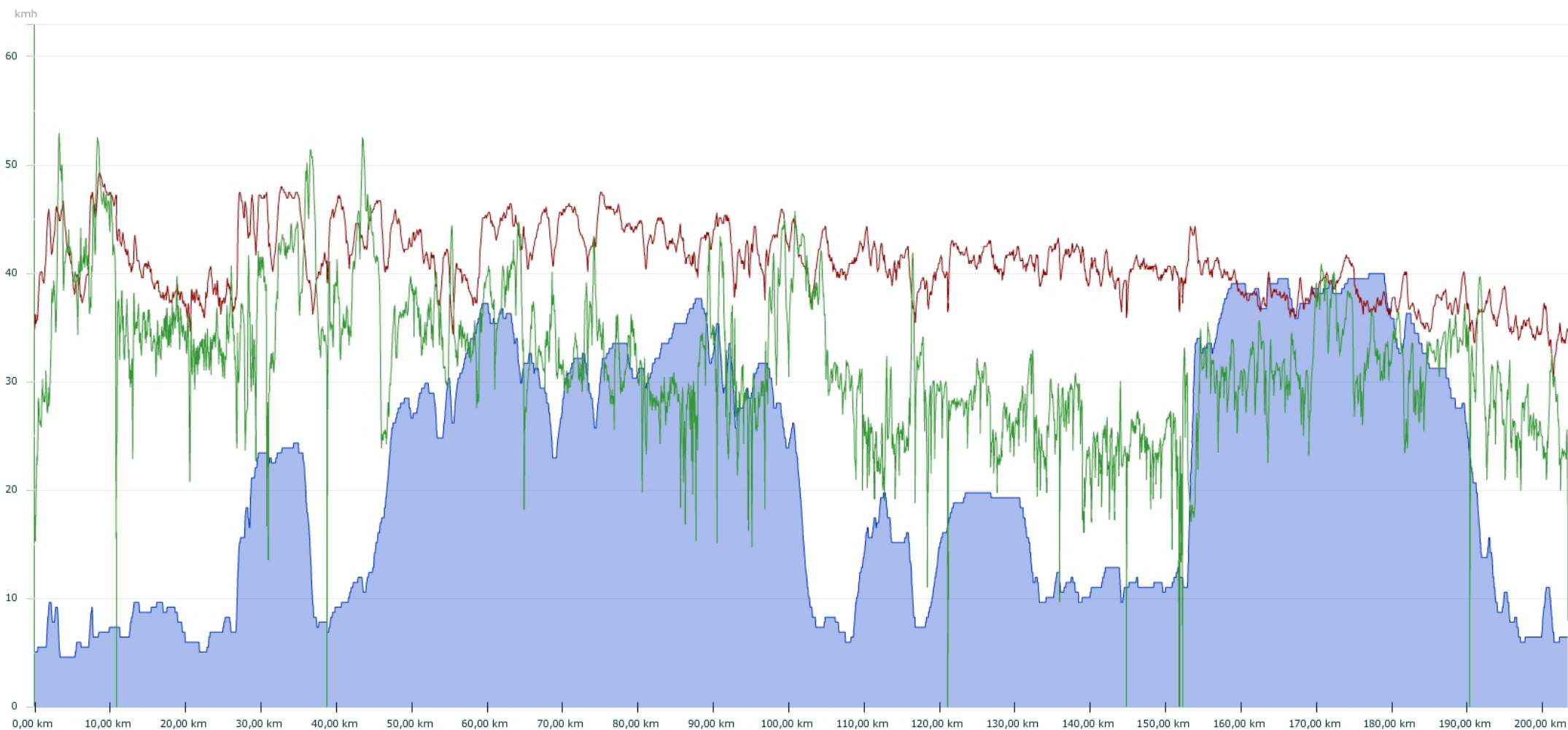


LOG

Computer / bike: **valeradi / Bike 1** Name: Date / Time: **19.04.2014 - 08:01 - 14:45**



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: **valeradi / Bike 1** Name: Date / Time: **19.04.2014 - 08:01 - 14:45**



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **valeradi / Bike 1** Name: Date / Time: **19.04.2014 - 08:01 - 14:45**

MARKERS

7. 

8. 

9. 

10. 

11. 

12. 

LOG

Computer / bike: **valeradi / Bike 1** Name: Date / Time: **19.04.2014 - 08:01 - 14:45**

INFO

Date	19.04.2014
Start time	08:01 Clock
Stopp time	14:45 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	5246 kcal
Number of log entries	5316
Log time interval	5 s

TOTAL VALUES

Trip distance	203,34 km
Trip distance uphill	17,62 km
Distance downhill	17,02 km
Trip time	06:38:01 h
Trip time uphill	00:35:51 h
Trip time downhill	00:28:57 h
Meters uphill	501 m
Meters downhill	496 m
Break time	00:04:57 h

MIN/MAX VALUES

Heart rate	116/188 bpm
Temperature	13,0/27,0 °C
Speed	0,00/52,94 kmh
Altitude	34/111 m
Incline	-3/5 %
Rate of ascent	-20/20 m/min
Cadence	0/143 R/min
Power	0/553 Watt

AVERAGE VALUES

Heart rate	155 bpm
Temperature	19,9 °C
Speed	30,67 kmh
Altitude	69 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	125 Watt
Cadence	89 R/min

LOG

Computer / bike: **valeradi / Bike 1** Name: Date / Time: **19.04.2014 - 08:01 - 14:45**



HEART RATE ZONES

Zone 1	107 - 151 bpm
Zone 2	151 - 156 bpm
Zone 3	156 - 195 bpm
Time in Zone 1:	02:12:34 h
Time in Zone 2:	01:11:51 h
Time in Zone 3:	03:13:36 h
Outside	00:00:00 h

