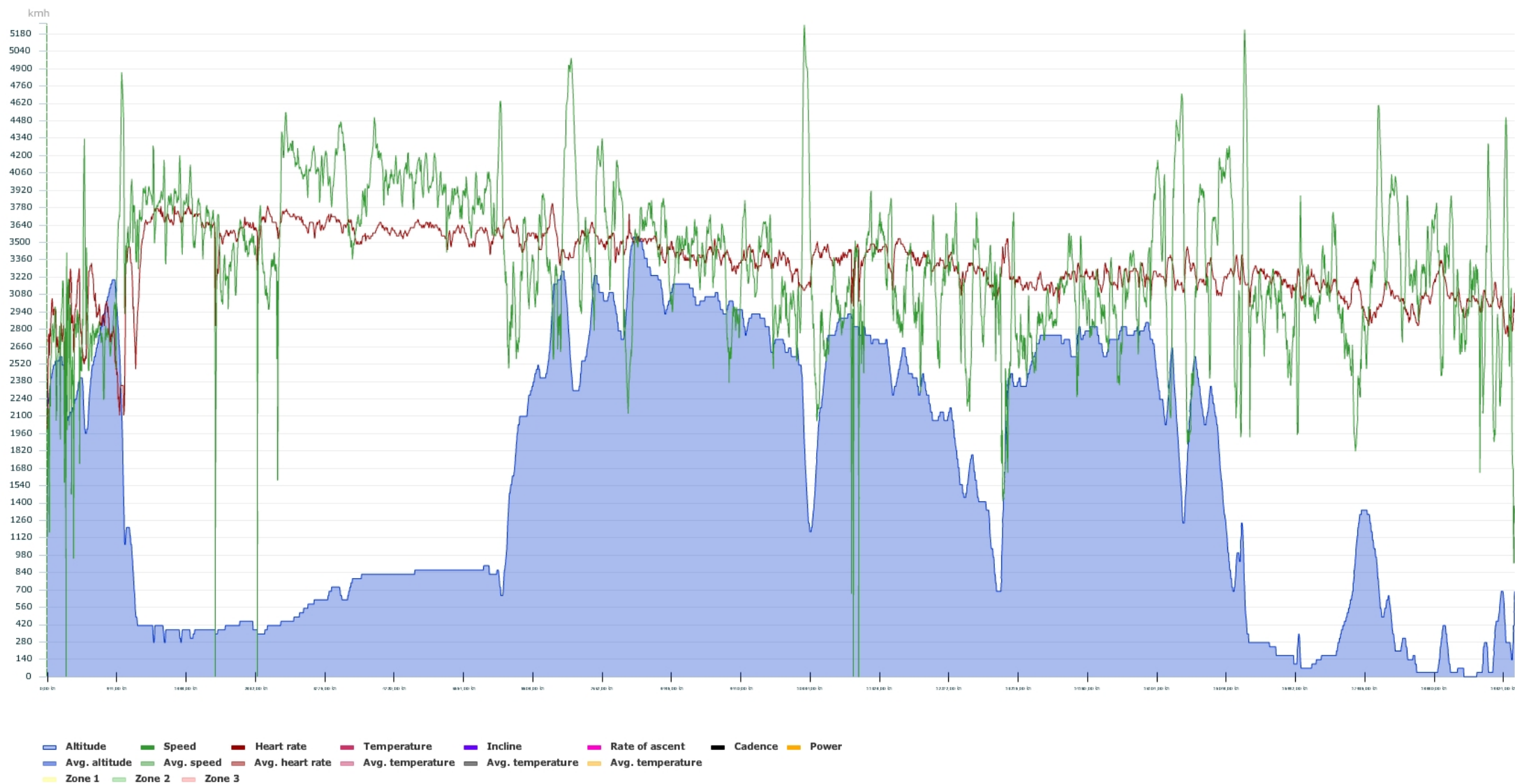


# LOG

Computer / bike: 2014 / Bike 2 Date / Time: 03.05.2014 - 08:05 - 14:23



## LOG

Computer / bike: 2014 / Bike 2    Date / Time: 03.05.2014 - 08:05 - 14:23



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

### MARKERS

1. WP

2. P

3. P

4. P

5. P

6. P

## LOG

Computer / bike: 2014 / Bike 2 Date / Time: 03.05.2014 - 08:05 - 14:23

### INFO

Date	03.05.2014
Start time	08:05 Clock
Stopp time	14:23 Clock
Bike	Bike 2
Wheel size	210108 mm
Unit	mph
Calories	4774 kcal
Number of log entries	4964
Log time interval	5 s

### TOTAL VALUES

Trip distance	19978,11 km
Trip distance uphill	1946,23 km
Distance downhill	2145,62 km
Trip time	06:11:58 h
Trip time uphill	00:44:19 h
Trip time downhill	00:34:21 h
Meters uphill	619 m
Meters downhill	660 m
Break time	00:06:27 h

### MIN/MAX VALUES

Heart rate	91/174 bpm
Temperature	14,0/29,0 °C
Speed	0,00/5252,70 kmh
Altitude	3/106 m
Incline	-7/6 %
Rate of ascent	-5214/2330 m/min
Cadence	0/106 R/min
Power	0/508 Watt

### AVERAGE VALUES

Heart rate	151 bpm
Temperature	18,8 °C
Speed	3223,94 kmh
Altitude	50 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	641 m/min
Inclination rate downhill	897 m/min
Power	143 Watt
Cadence	80 R/min

## LOG

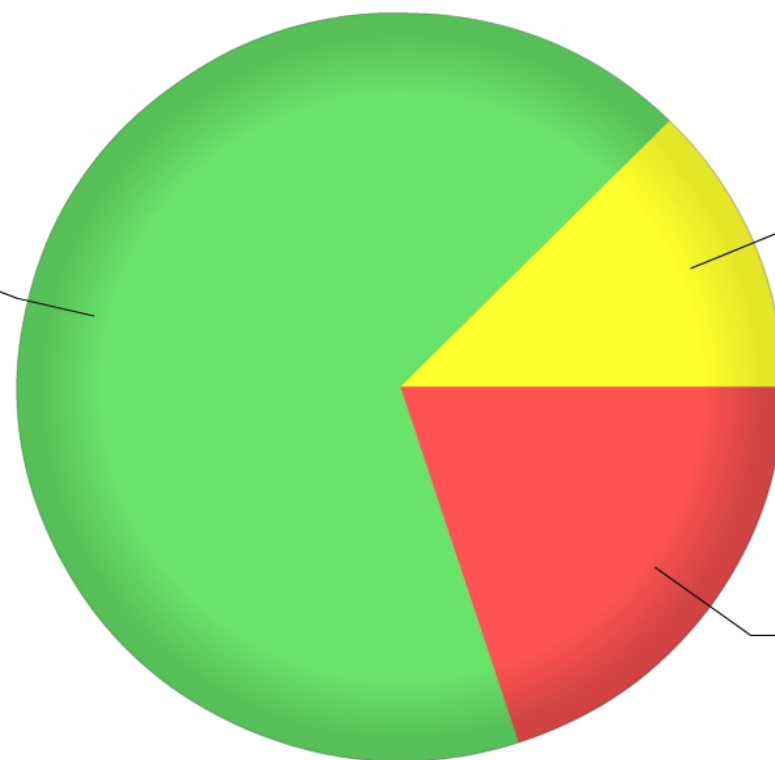
Computer / bike: 2014 / Bike 2 Date / Time: 03.05.2014 - 08:05 - 14:23



### HEART RATE ZONES

Zone 1	29 - 139 bpm
Zone 2	139 - 163 bpm
Zone 3	163 - 255 bpm
Time in Zone 1:	00:46:46 h
Time in Zone 2:	04:10:47 h
Time in Zone 3:	01:14:24 h
Outside	00:00:00 h

Zone 2:  
67.4%



Zone 1:  
12.6%

Zone 3:  
20.0%

Outside: 0.0%