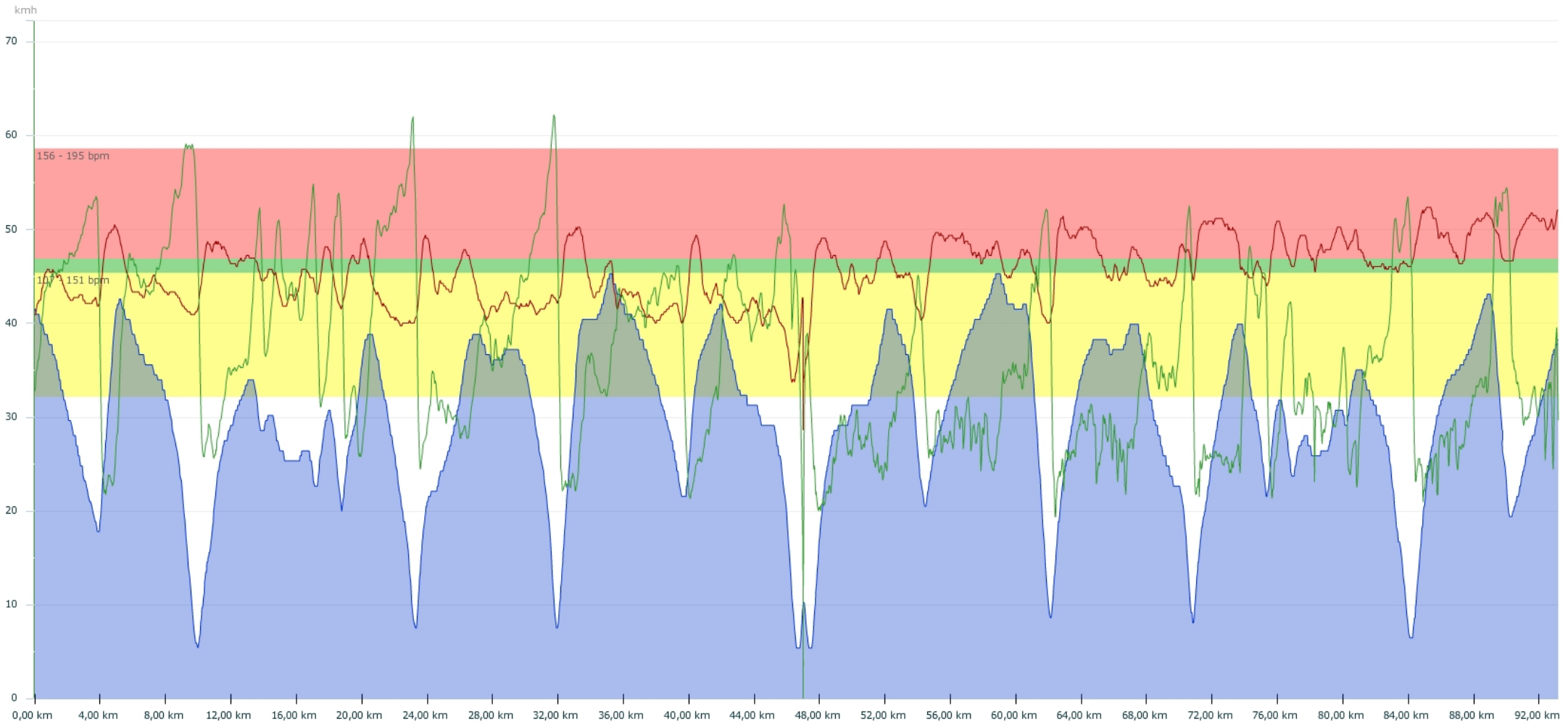


# LOG

Computer / bike: **valeradi / Bike 1** Name: **rostov-sambek,v2** Date / Time: **20.05.2014 - 17:55 - 20:43**



■ 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: **rostov-sambek,v2** Date / Time: **20.05.2014 - 17:55 - 20:43**



### NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

hilly



Training type:

Training partner:

Description:

8-10 / , ,

### MARKERS

1. 

2. 

## LOG

Computer / bike: **valeradi / Bike 1** Name: **rostov-sambek,v2** Date / Time: **20.05.2014 - 17:55 - 20:43**

### INFO

Date	20.05.2014
Start time	17:55 Clock
Stopp time	20:43 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	2122 kcal
Number of log entries	2200
Log time interval	5 s

### TOTAL VALUES

Trip distance	93,17 km
Trip distance uphill	21,91 km
Distance downhill	25,38 km
Trip time	02:44:52 h
Trip time uphill	00:48:12 h
Trip time downhill	00:33:13 h
Meters uphill	716 m
Meters downhill	722 m
Break time	00:03:23 h

### MIN/MAX VALUES

Heart rate	100/174 bpm
Temperature	22,0/29,0 °C
Speed	0,00/62,24 kmh
Altitude	68/142 m
Incline	-5/4 %
Rate of ascent	-43/18 m/min
Cadence	0/108 R/min
Power	0/560 Watt

### AVERAGE VALUES

Heart rate	153 bpm
Temperature	25,0 °C
Speed	33,95 kmh
Altitude	113 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	12 m/min
Power	196 Watt
Cadence	78 R/min

# LOG

Computer / bike: **valeradi / Bike 1** Name: **rostov-sambek,v2** Date / Time: **20.05.2014 - 17:55 - 20:43**

## HEART RATE ZONES

Zone 1	107 - 151 bpm
Zone 2	151 - 156 bpm
Zone 3	156 - 195 bpm
Time in Zone 1:	01:05:43 h
Time in Zone 2:	00:25:07 h
Time in Zone 3:	01:13:57 h
Outside	00:00:04 h

