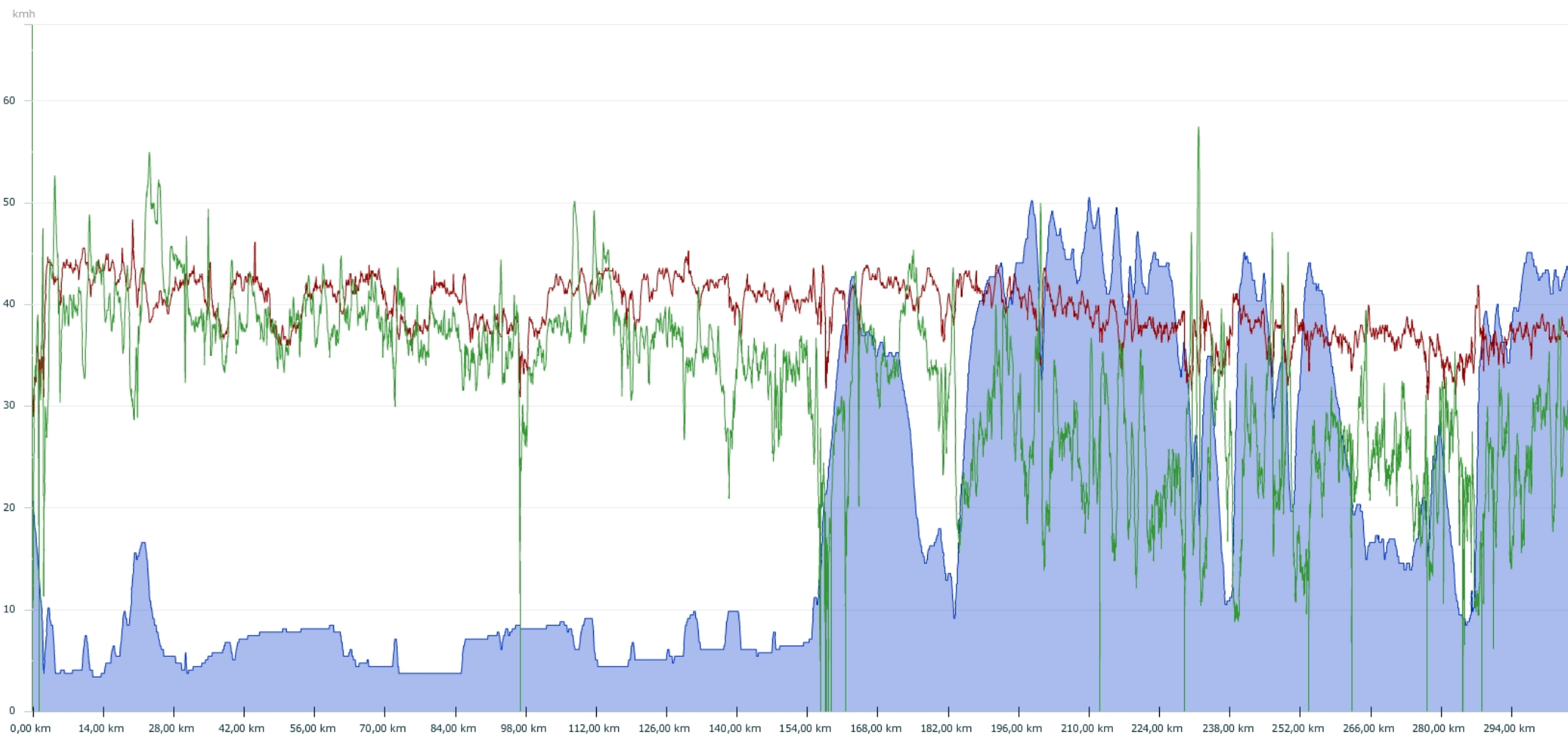


LOG

Computer / bike: 2014 / Bike 1 Name: 300 Date / Time: 16.08.2014 - 06:07 - 17:32



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: 300 Date / Time: 16.08.2014 - 06:07 - 17:32



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: 2014 / Bike 1 Name: 300 Date / Time: 16.08.2014 - 06:07 - 17:32

MARKERS

7. 

13. 

19. 

8. 

14. 

20. 

9. 

15. 

10. 

16. 

11. 

17. 

12. 

18. 

LOG

Computer / bike: 2014 / Bike 1 Name: 300 Date / Time: 16.08.2014 - 06:07 - 17:32

INFO

Date	16.08.2014
Start time	06:07 Clock
Stopp time	17:32 Clock
Bike	Bike 1
Wheel size	2115 mm
Unit	kmh
Calories	6882 kcal
Number of log entries	8380
Log time interval	5 s

TOTAL VALUES

Trip distance	306,77 km
Trip distance uphill	28,72 km
Distance downhill	32,84 km
Trip time	10:27:47 h
Trip time uphill	01:22:09 h
Trip time downhill	00:58:11 h
Meters uphill	1137 m
Meters downhill	1074 m
Break time	00:43:33 h

MIN/MAX VALUES

Heart rate	103/172 bpm
Temperature	20,0/49,0 °C
Speed	0,00/57,49 kmh
Altitude	14/153 m
Incline	-8/9 %
Rate of ascent	-60/15 m/min
Cadence	0/186 R/min
Power	0/492 Watt

AVERAGE VALUES

Heart rate	139 bpm
Temperature	34,8 °C
Speed	29,36 kmh
Altitude	69 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	8 m/min
Power	123 Watt
Cadence	73 R/min

LOG

Computer / bike: 2014 / Bike 1 Name: 300 Date / Time: 16.08.2014 - 06:07 - 17:32



HEART RATE ZONES

Zone 1	105 - 130 bpm
Zone 2	130 - 155 bpm
Zone 3	155 - 190 bpm

Time in Zone 1: 01:31:44 h

Time in Zone 2: 08:31:27 h

Time in Zone 3: 00:24:22 h

Outside 00:00:13 h

