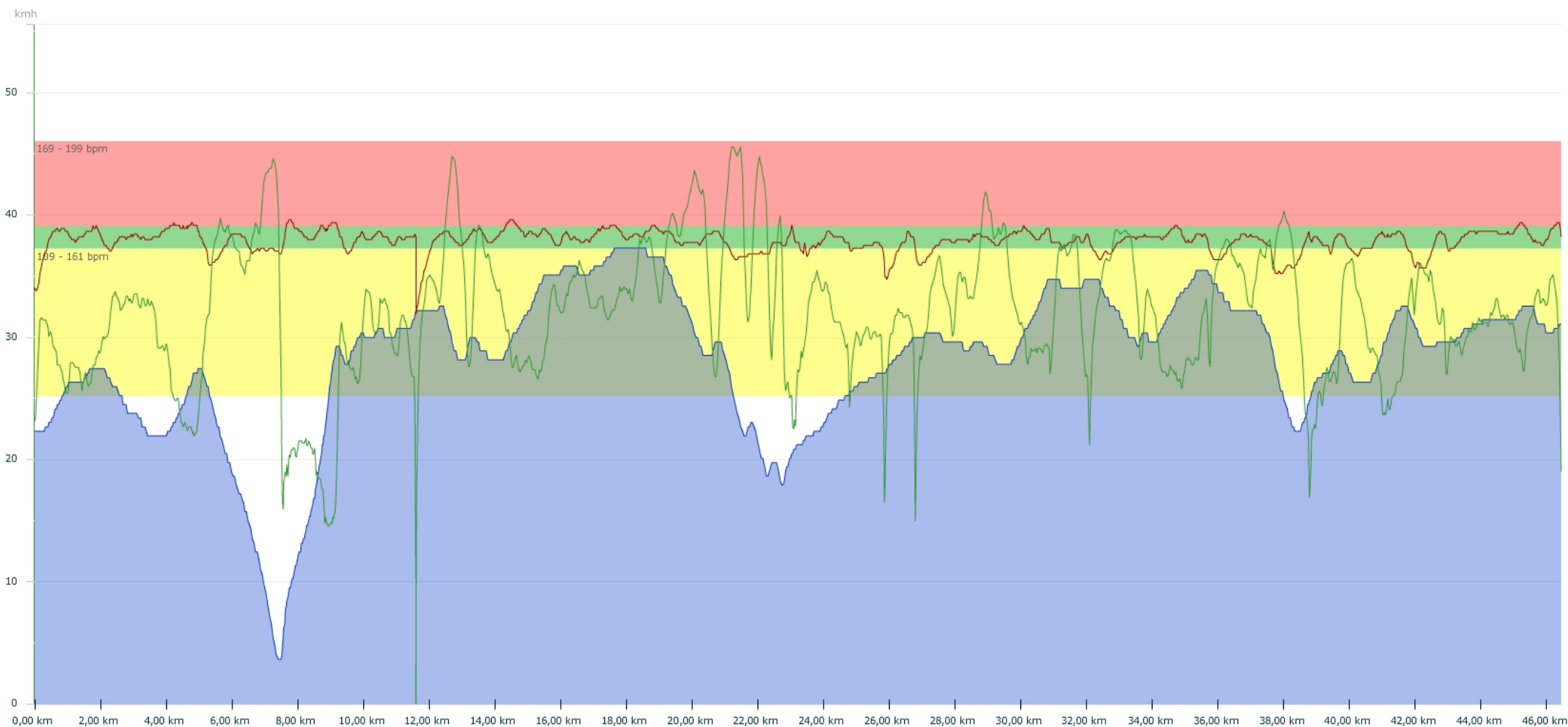


# LOG

Computer / bike: **valeradi / Bike 1**    Name: **petrovka**    Date / Time: **19.02.2015 - 10:21 - 11:52**



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: petrovka    Date / Time: 19.02.2015 - 10:21 - 11:52



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

2-4 /

### MARKERS

1. 

2. 

## LOG

Computer / bike: **valeradi / Bike 1**    Name: **petrovka**    Date / Time: **19.02.2015 - 10:21 - 11:52**

### INFO

Date	19.02.2015
Start time	10:21 Clock
Stopp time	11:52 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1286 kcal
Number of log entries	1204
Log time interval	5 s

### TOTAL VALUES

Trip distance	46,43 km
Trip distance uphill	8,50 km
Distance downhill	7,98 km
Trip time	01:30:06 h
Trip time uphill	00:19:41 h
Trip time downhill	00:12:40 h
Meters uphill	278 m
Meters downhill	254 m
Break time	00:00:55 h

### MIN/MAX VALUES

Heart rate	138/171 bpm
Temperature	-8,0/-4,0 °C
Speed	0,00/45,57 kmh
Altitude	235/327 m
Incline	-4/6 %
Rate of ascent	-29/19 m/min
Cadence	0/102 R/min
Power	0/344 Watt

### AVERAGE VALUES

Heart rate	164 bpm
Temperature	-5,5 °C
Speed	30,93 kmh
Altitude	301 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	9 m/min
Power	132 Watt
Cadence	83 R/min

## LOG

Computer / bike: **valeradi / Bike 1**    Name: **petrovka**    Date / Time: **19.02.2015 - 10:21 - 11:52**



### HEART RATE ZONES

Zone 1	109 - 161 bpm
Zone 2	161 - 169 bpm
Zone 3	169 - 199 bpm

Time in Zone 1: 00:14:10 h

Time in Zone 2: 01:09:15 h

Time in Zone 3: 00:06:40 h

Outside 00:00:00 h

