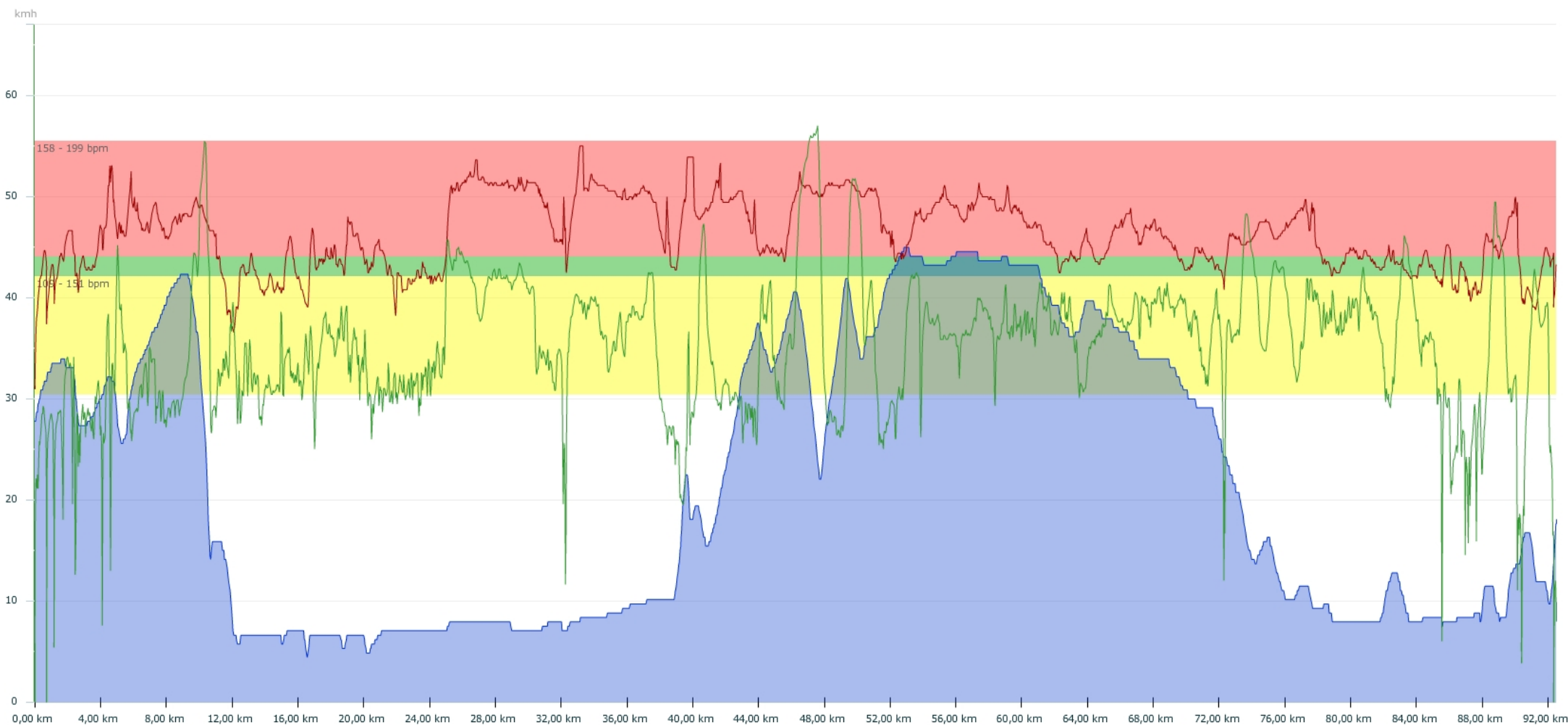


## LOG

Computer / bike: valeradi / Bike 1    Name: polumarafon ber.roscha    Date / Time: 21.03.2015 - 10:00 - 12:48



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: polumarafon ber.roscha    Date / Time: 21.03.2015 - 10:00 - 12:48



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter s/z 3 m/s

### MARKERS

1. 

2. 

3. 

4. 

## LOG

Computer / bike: **valeradi / Bike 1**    Name: **polumarafon ber.roscha**    Date / Time: **21.03.2015 - 10:00 - 12:48**

### INFO

Date	21.03.2015
Start time	10:00 Clock
Stopp time	12:48 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	2363 kcal
Number of log entries	2195
Log time interval	5 s

### TOTAL VALUES

Trip distance	92,49 km
Trip distance uphill	11,74 km
Distance downhill	12,24 km
Trip time	02:44:23 h
Trip time uphill	00:24:25 h
Trip time downhill	00:18:04 h
Meters uphill	348 m
Meters downhill	371 m
Break time	00:03:09 h

### MIN/MAX VALUES

Heart rate	111/197 bpm
Temperature	8,0/14,0 °C
Speed	0,00/57,01 kmh
Altitude	303/395 m
Incline	-8/5 %
Rate of ascent	-56/19 m/min
Cadence	0/121 R/min
Power	0/514 Watt

### AVERAGE VALUES

Heart rate	165 bpm
Temperature	9,3 °C
Speed	33,81 kmh
Altitude	341 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	7 m/min
Inclination rate downhill	11 m/min
Power	172 Watt
Cadence	83 R/min

## LOG

Computer / bike: **valeradi / Bike 1**    Name: **polumarafon ber.roscha**    Date / Time: **21.03.2015 - 10:00 - 12:48**



### HEART RATE ZONES

Zone 1	109 - 151 bpm
Zone 2	151 - 158 bpm
Zone 3	158 - 199 bpm

Time in Zone 1:	00:20:31 h
Time in Zone 2:	00:34:18 h
Time in Zone 3:	01:49:33 h

Outside	00:00:00 h
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