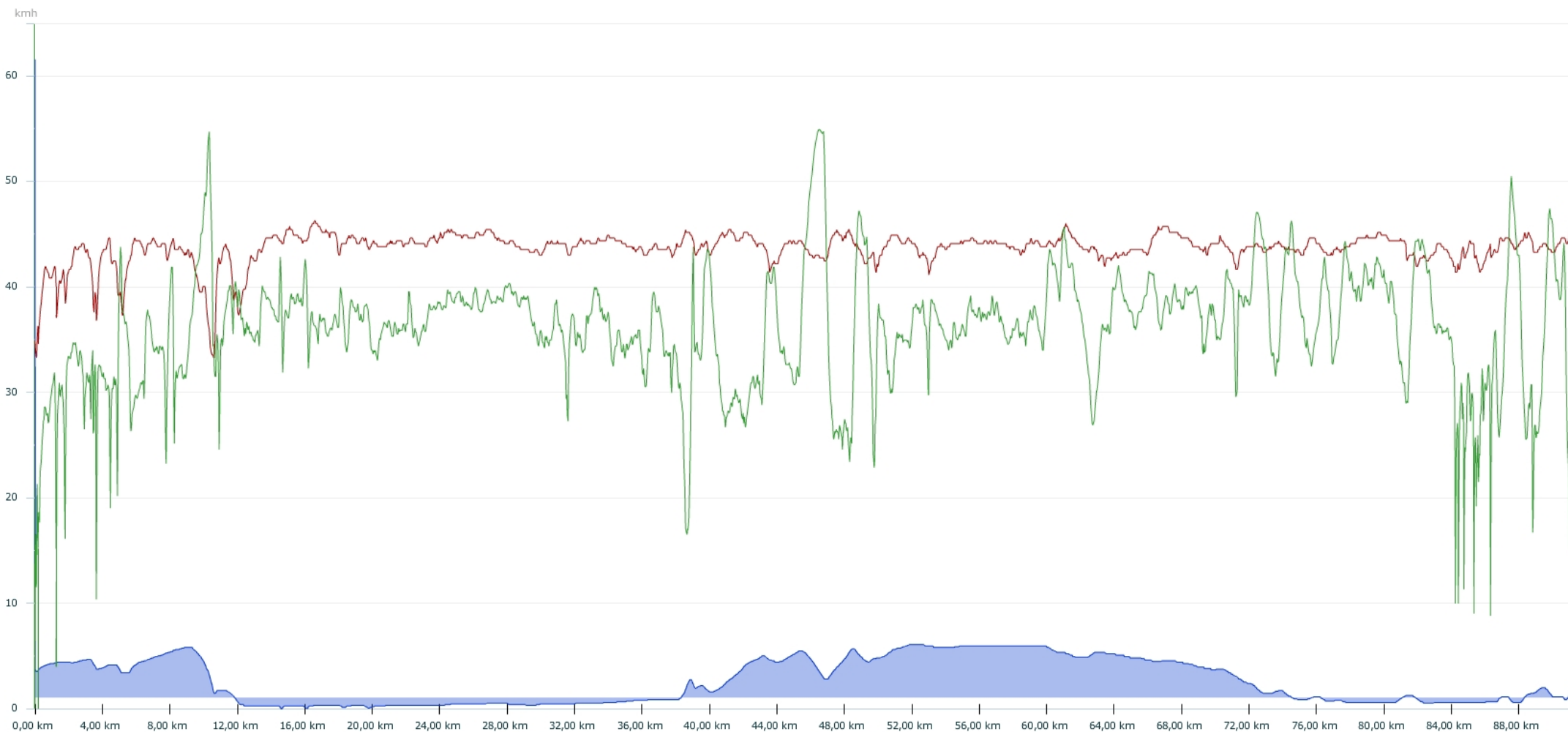


LOG

Computer / bike: 2015 / Bike 1 Name: 90 Date / Time: 21.03.2015 - 10:15 - 12:51



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: 2015 / Bike 1 Name: 90 Date / Time: 21.03.2015 - 10:15 - 12:51



NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

LOG

Computer / bike: 2015 / Bike 1 Name: 90 Date / Time: 21.03.2015 - 10:15 - 12:51

INFO

| | |
|-----------------------|-------------|
| Date | 21.03.2015 |
| Start time | 10:15 Clock |
| Stopp time | 12:51 Clock |
| Bike | Bike 1 |
| Wheel size | 2112 mm |
| Unit | kmh |
| Calories | 2181 kcal |
| Number of log entries | 2084 |
| Log time interval | 5 s |

TOTAL VALUES

| | |
|----------------------|------------|
| Trip distance | 91,21 km |
| Trip distance uphill | 11,28 km |
| Distance downhill | 11,73 km |
| Trip time | 02:36:12 h |
| Trip time uphill | 00:23:06 h |
| Trip time downhill | 00:17:06 h |
| Meters uphill | 337 m |
| Meters downhill | 1225 m |
| Break time | 00:00:09 h |

MIN/MAX VALUES

| | |
|----------------|----------------|
| Heart rate | 123/173 bpm |
| Temperature | 9,0/14,0 °C |
| Speed | 0,00/54,91 kmh |
| Altitude | -16/904 m |
| Incline | -8/6 % |
| Rate of ascent | -58/17 m/min |
| Cadence | 0/116 R/min |
| Power | 0/373 Watt |

AVERAGE VALUES

| | |
|---------------------------|-----------|
| Heart rate | 161 bpm |
| Temperature | 9,8 °C |
| Speed | 35,06 kmh |
| Altitude | 23 m |
| Inclination uphill | 2 % |
| Inclination downhill | 2 % |
| Inclination rate uphill | 7 m/min |
| Inclination rate downhill | 11 m/min |
| Power | 175 Watt |
| Cadence | 80 R/min |

LOG

Computer / bike: 2015 / Bike 1 Name: 90 Date / Time: 21.03.2015 - 10:15 - 12:51



HEART RATE ZONES

| | |
|--------|---------------|
| Zone 1 | 100 - 127 bpm |
| Zone 2 | 127 - 146 bpm |
| Zone 3 | 146 - 182 bpm |

Time in Zone 1: 00:00:45 h

Time in Zone 2: 00:04:06 h

Time in Zone 3: 02:31:21 h

Outside 00:00:00 h

