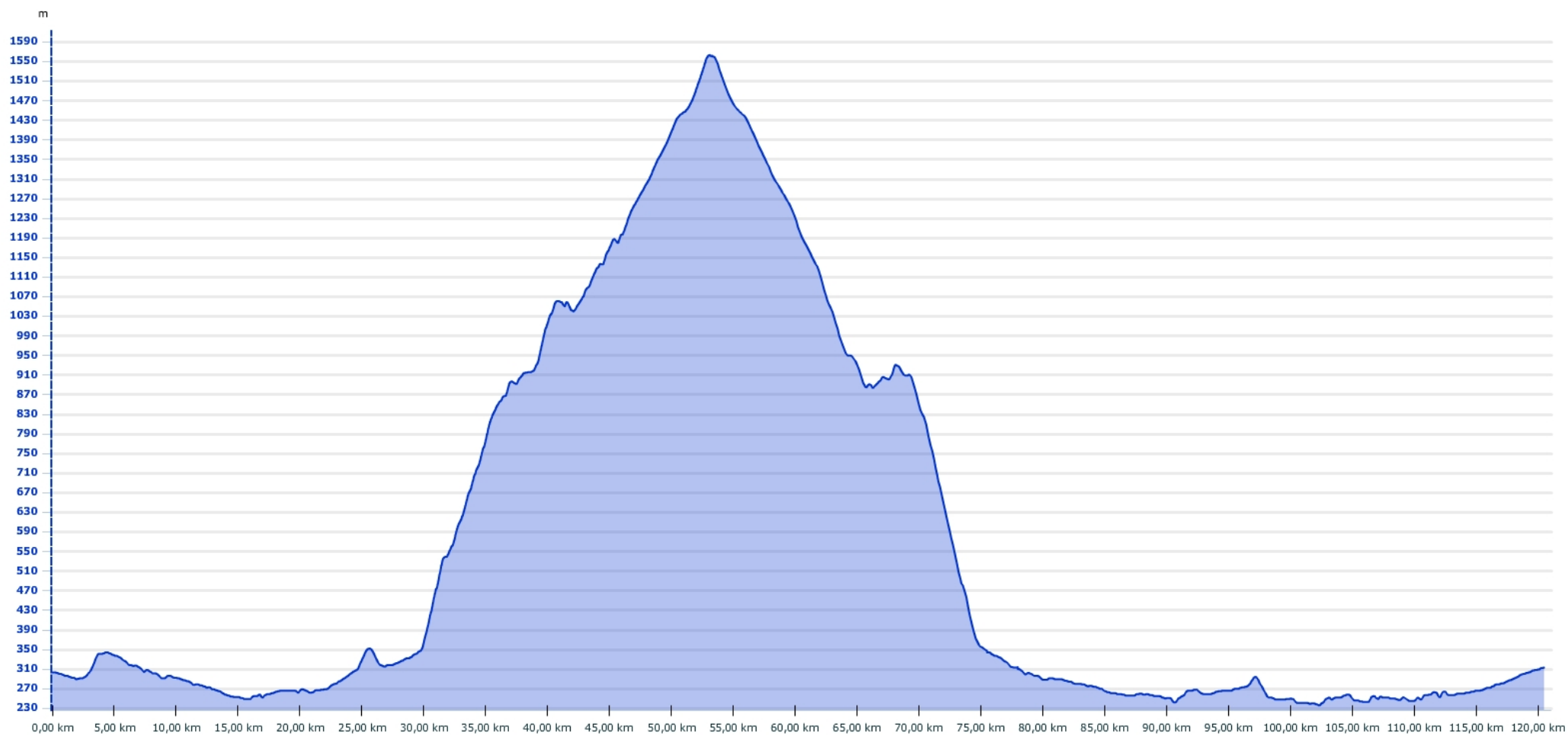


LOG

Computer / bike: sergey / Bike 1 Date / Time: 12.08.2011 - 09:22 - 14:01



— Altitude — Speed — Heart rate — Temperature — Incline — Rate of ascent
— Avg. altitude — Avg. speed — Avg. heart rate — Avg. temperature
— Zone 3 — Zone 2 — Zone 1

LOG

Computer / bike: sergey / Bike 1 Date / Time: 12.08.2011 - 09:22 - 14:01



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

steep



Training type:

Training partner:

Description:

MARKERS

1. WP

2. P

3. P

4. P

5. P

6. P

LOG

Computer / bike: sergey / Bike 1 Date / Time: 12.08.2011 - 09:22 - 14:01

MARKERS

7. 

8. 

9. 

LOG

Computer / bike: **sergey / Bike 1** Date / Time: **12.08.2011 - 09:22 - 14:01**

INFO

Unit	kmh
Wheel size	2133 mm
Log time interval	10
Number of log entries	1616
Calories	2526 kcal
Bike	Bike 1
Stopp time	14:01 Clock
Start time	09:22 Clock
Date	12.08.2011

TOTAL VALUES

Trip distance	120,49 km
Trip time	04:31:57 h
Break time	00:06:08 h
Distance uphill	42,77 km
Trip time uphill	02:16:10 h
Meters uphill	1750 m
Distance downhill	42,75 km
Trip time downhill	01:05:21 h
Meters downhill	1737 m

MIN. / MAX VALUES

Speed	0,00/67,09 kmh
Heart rate	76/180 bpm
Temperature	14,0/34,0 °C
Altitude	236/1563 °C
Incline	-16/15 %
Rate of ascent	-129/29 m/min

AVERAGE VALUES

Speed	26,63 kmh
Heart rate	140 bpm
Temperature	22,3 °C
Altitude	609 m
Incline	1 %
Rate of ascent	0 m

LOG

Computer / bike: sergey / Bike 1 Date / Time: 12.08.2011 - 09:22 - 14:01



HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm

Time in Zone 1: 00:40:55 h

Time in Zone 2: 02:06:41 h

Time in Zone 3: 01:31:21 h

Outside 00:12:59 h

Zone 2:
46.6%

Zone 1:
15.0%

Outside:
4.8%

Zone 3:
33.6%

