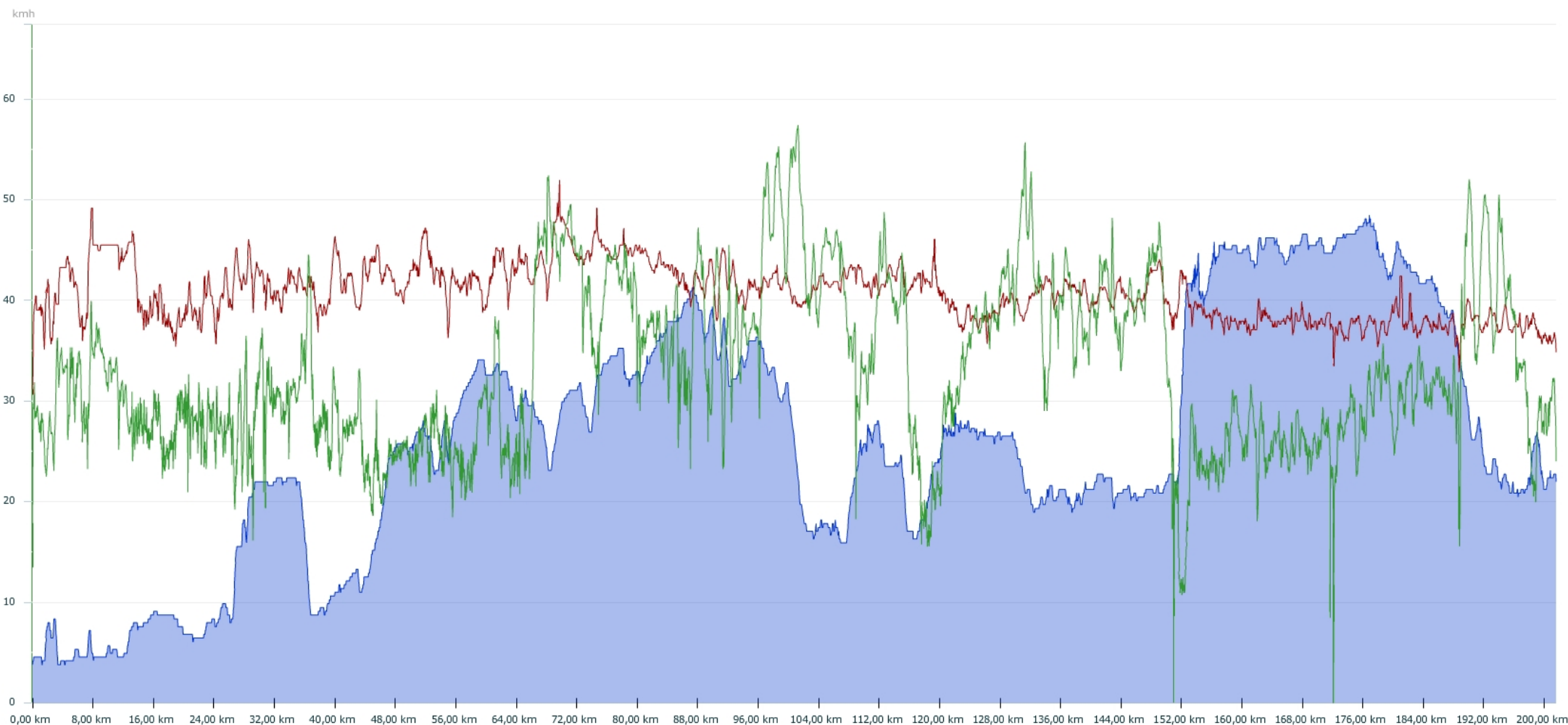


LOG

Computer / bike: 2015 / Bike 1 Name: 200 Date / Time: 18.04.2015 - 07:59 - 14:36



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: 200 Date / Time: 18.04.2015 - 07:59 - 14:36



NOTES

Rating:



Weather:

light cloud



strong wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

LOG

Computer / bike: 2015 / Bike 1 Name: 200 Date / Time: 18.04.2015 - 07:59 - 14:36

INFO

Date	18.04.2015
Start time	07:59 Clock
Stopp time	14:36 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	4606 kcal
Number of log entries	5202
Log time interval	5 s

TOTAL VALUES

Trip distance	201,57 km
Trip distance uphill	24,73 km
Distance downhill	23,55 km
Trip time	06:29:59 h
Trip time uphill	00:51:45 h
Trip time downhill	00:38:42 h
Meters uphill	765 m
Meters downhill	714 m
Break time	00:06:29 h

MIN/MAX VALUES

Heart rate	109/185 bpm
Temperature	16,0/28,0 °C
Speed	0,00/57,41 kmh
Altitude	17/135 m
Incline	-17/11 %
Rate of ascent	-70/40 m/min
Cadence	0/112 R/min
Power	0/805 Watt

AVERAGE VALUES

Heart rate	145 bpm
Temperature	21,5 °C
Speed	31,02 kmh
Altitude	76 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	9 m/min
Power	136 Watt
Cadence	84 R/min

LOG

Computer / bike: 2015 / Bike 1 Name: 200 Date / Time: 18.04.2015 - 07:59 - 14:36



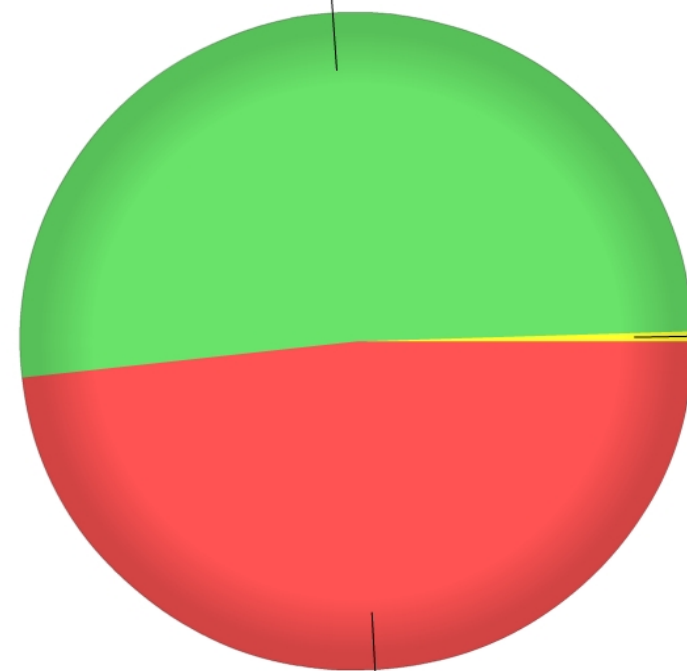
HEART RATE ZONES

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

Time in Zone 1:	00:02:06 h
Time in Zone 2:	03:19:52 h
Time in Zone 3:	03:07:52 h

Outside	00:00:09 h
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Zone 2:
51.2%



Zone 1:
0.5%

Zone 3:
48.2%