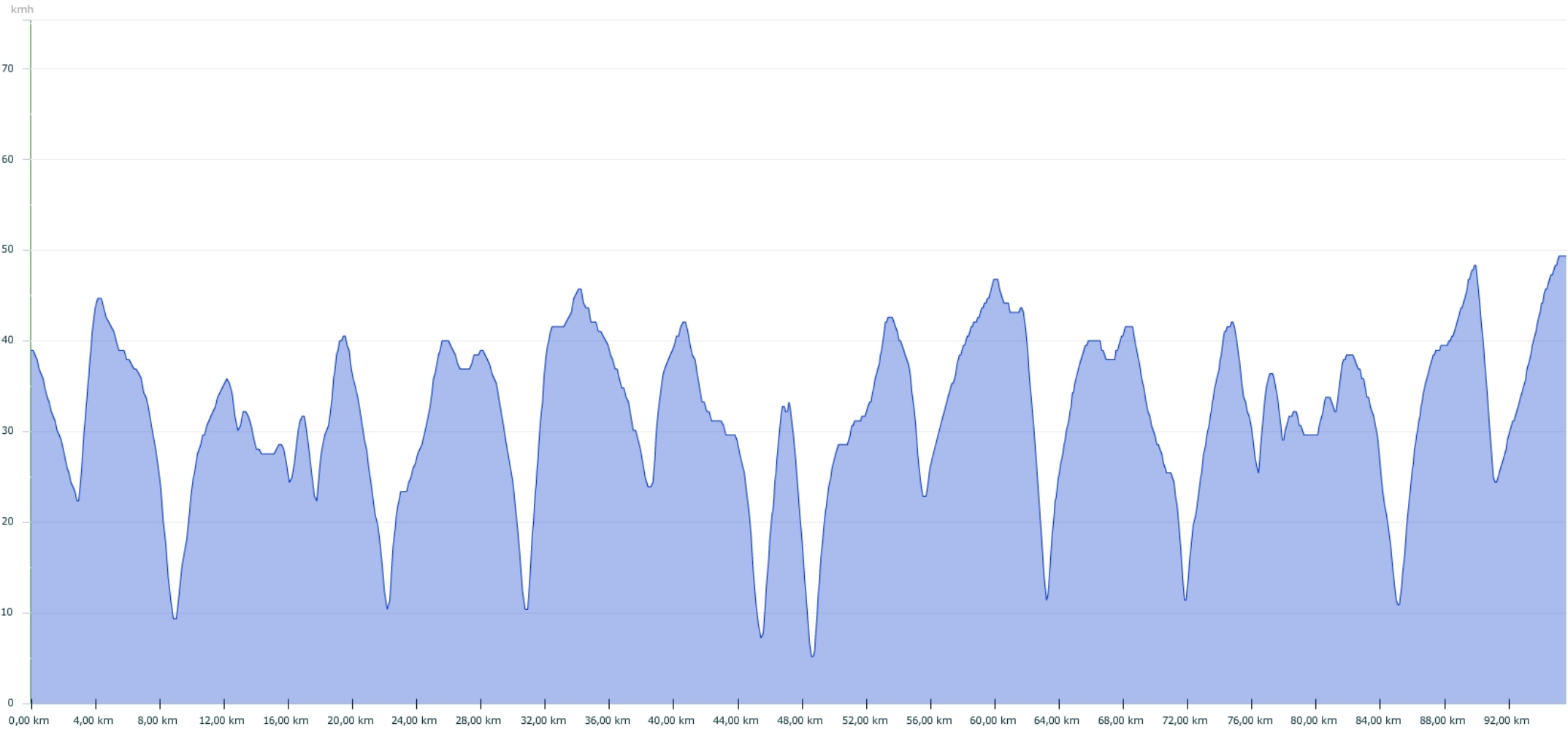


# LOG

Computer / bike: **sergey / Bike 1**    Date / Time: **28.05.2012 - 09:35 - 12:12**



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

# LOG

Computer / bike: sergey / Bike 1    Date / Time: 28.05.2012 - 09:35 - 12:12



## NOTES

## MARKERS

Rating:



Weather:

light cloud



no wind



Trip distance profile:

mountainous



Training type:

Training partner:

Description:

## LOG

Computer / bike: **sergey / Bike 1**    Date / Time: **28.05.2012 - 09:35 - 12:12**

### INFO

Date	28.05.2012
Start time	09:35 Clock
Stopp time	12:12 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1661 kcal
Number of log entries	929
Log time interval	10 s

### TOTAL VALUES

Trip distance	95,57 km
Trip distance uphill	37,72 km
Distance downhill	36,71 km
Trip time	02:36:36 h
Trip time uphill	01:15:15 h
Trip time downhill	00:47:35 h
Meters uphill	771 m
Meters downhill	751 m
Break time	00:00:00 h

### MIN/MAX VALUES

Heart rate	105/180 bpm
Temperature	21,0/30,0 °C
Speed	15,32/65,35 kmh
Altitude	25/110 m
Incline	-5/8 %
Rate of ascent	-48/38 m/min

### AVERAGE VALUES

Heart rate	151 bpm
Temperature	25,1 °C
Speed	36,66 kmh
Altitude	76 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	10 m/min
Inclination rate downhill	14 m/min

# LOG

Computer / bike: sergey / Bike 1    Date / Time: 28.05.2012 - 09:35 - 12:12

## HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	00:13:19 h
Time in Zone 2:	00:40:30 h
Time in Zone 3:	01:42:46 h
Outside	00:00:00 h

