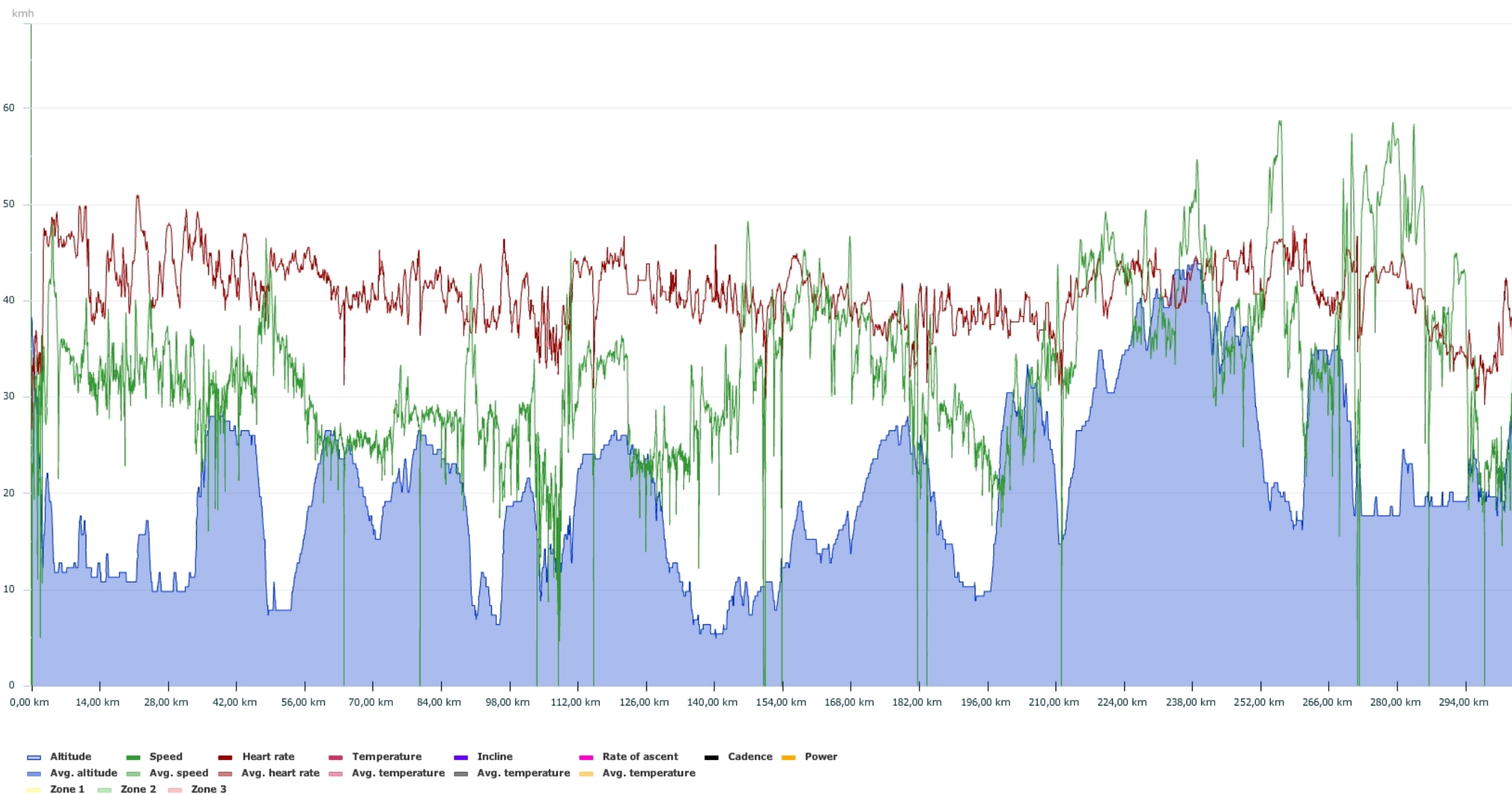


LOG

Computer / bike: valeradi / Bike 1 Name: marafon300 eyskiy Date / Time: 17.05.2015 - 06:59 - 18:14



LOG

Computer / bike: valeradi / Bike 1 Name: marafon300 eyskiy Date / Time: 17.05.2015 - 06:59 - 18:14



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: valeradi / Bike 1 Name: marafon300 eyskiy Date / Time: 17.05.2015 - 06:59 - 18:14

MARKERS

7. 

13. 

19. 

8. 

14. 

20. 

9. 

15. 

21. 

10. 

16. 

22. 

11. 

17. 

23. 

12. 

18. 

24. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **marafon300 eyskiy** Date / Time: **17.05.2015 - 06:59 - 18:14**

INFO

| | |
|-----------------------|-------------|
| Date | 17.05.2015 |
| Start time | 06:59 Clock |
| Stopp time | 18:14 Clock |
| Bike | Bike 1 |
| Wheel size | 2133 mm |
| Unit | kmh |
| Calories | 6263 kcal |
| Number of log entries | 7854 |
| Log time interval | 5 s |

TOTAL VALUES

| | |
|----------------------|------------|
| Trip distance | 305,04 km |
| Trip distance uphill | 29,29 km |
| Distance downhill | 28,35 km |
| Trip time | 09:47:55 h |
| Trip time uphill | 00:59:46 h |
| Trip time downhill | 00:50:14 h |
| Meters uphill | 851 m |
| Meters downhill | 870 m |
| Break time | 00:58:10 h |

MIN/MAX VALUES

| | |
|----------------|----------------|
| Heart rate | 93/178 bpm |
| Temperature | 13,0/30,0 °C |
| Speed | 0,00/58,75 kmh |
| Altitude | 478/558 m |
| Incline | -6/9 % |
| Rate of ascent | -57/25 m/min |
| Cadence | 0/139 R/min |
| Power | 0/752 Watt |

AVERAGE VALUES

| | |
|---------------------------|-----------|
| Heart rate | 142 bpm |
| Temperature | 20,2 °C |
| Speed | 31,16 kmh |
| Altitude | 509 m |
| Inclination uphill | 1 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 6 m/min |
| Inclination rate downhill | 7 m/min |
| Power | 138 Watt |
| Cadence | 84 R/min |

LOG

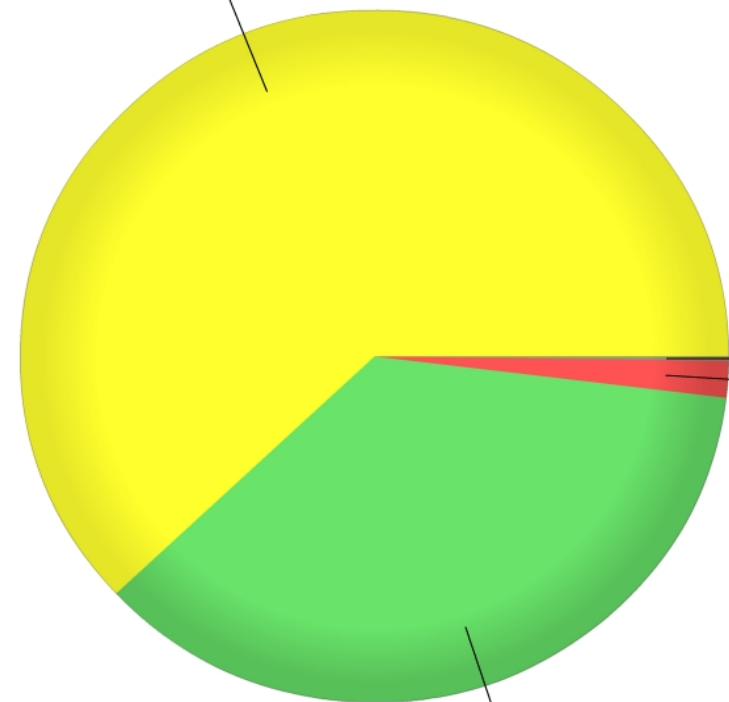
Computer / bike: valeradi / Bike 1 Name: marafon300 eyskiy Date / Time: 17.05.2015 - 06:59 - 18:14



HEART RATE ZONES

| | |
|-----------------|---------------|
| Zone 1 | 107 - 146 bpm |
| Zone 2 | 146 - 166 bpm |
| Zone 3 | 166 - 194 bpm |
| Time in Zone 1: | 06:04:30 h |
| Time in Zone 2: | 03:32:15 h |
| Time in Zone 3: | 00:10:03 h |
| Outside | 00:01:07 h |

Zone 1:
62.0%



Outside:
0.2%

Zone 3:
1.7%

Zone 2:
36.1%