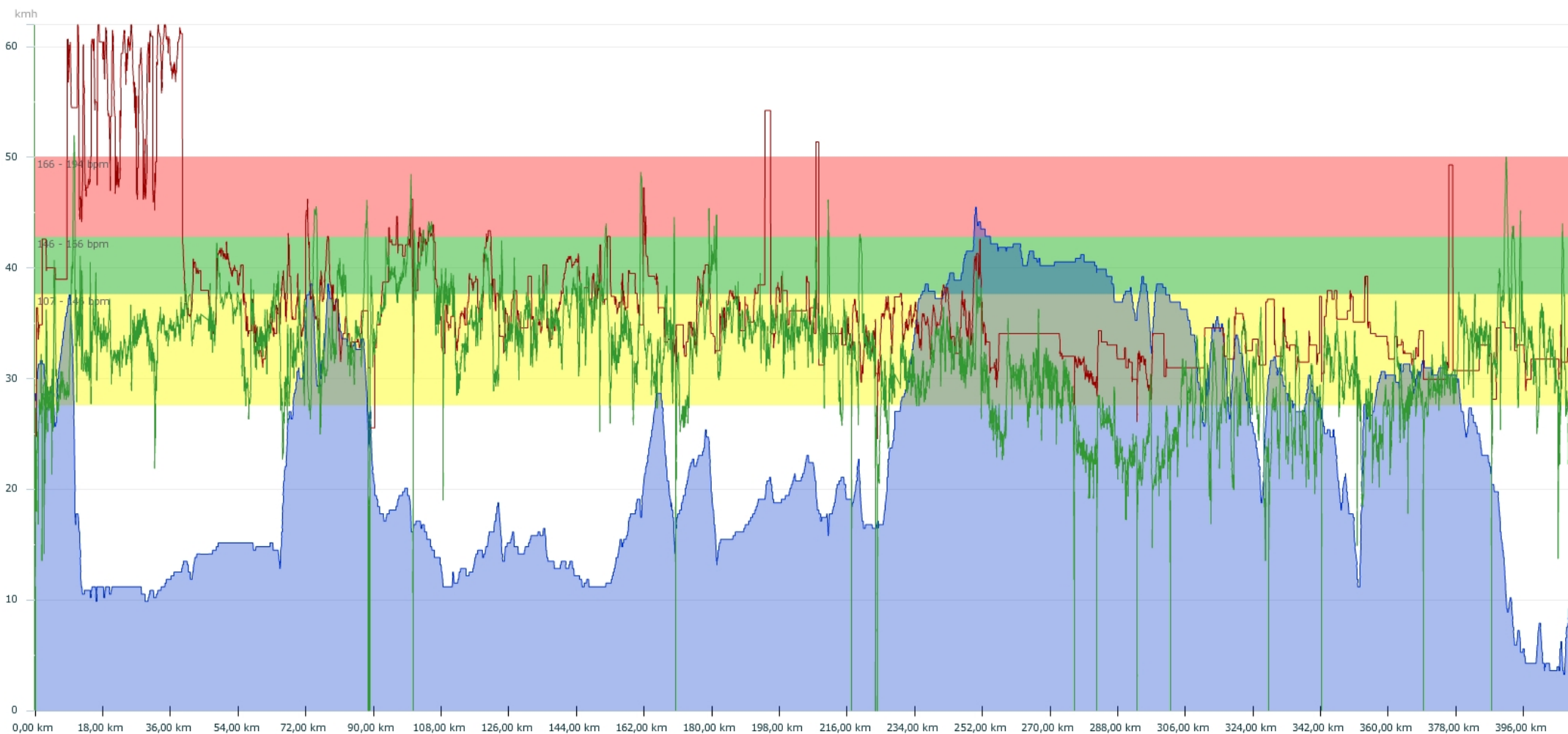


LOG

Computer / bike: valeradi / Bike 1 Name: marathon 400 stepnoy Date / Time: 30.05.2015 - 05:01 - 20:04



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: valeradi / Bike 1 Name: marathon 400 stepnoy Date / Time: 30.05.2015 - 05:01 - 20:04



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter zap 4 m/s

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: valeradi / Bike 1 Name: marathon 400 stepnoy Date / Time: 30.05.2015 - 05:01 - 20:04

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: **marathon 400 stepnoy** Date / Time: **30.05.2015 - 05:01 - 20:04**

INFO

Date	30.05.2015
Start time	05:01 Clock
Stopp time	20:04 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	8246 kcal
Number of log entries	10481
Log time interval	5 s

TOTAL VALUES

Trip distance	409,90 km
Trip distance uphill	30,53 km
Distance downhill	31,02 km
Trip time	13:05:02 h
Trip time uphill	01:03:54 h
Trip time downhill	00:53:44 h
Meters uphill	888 m
Meters downhill	956 m
Break time	01:24:47 h

MIN/MAX VALUES

Heart rate	95/240 bpm
Temperature	14,0/37,0 °C
Speed	0,00/51,97 kmh
Altitude	525/653 m
Incline	-8/5 %
Rate of ascent	-50/22 m/min
Cadence	0/124 R/min
Power	0/660 Watt

AVERAGE VALUES

Heart rate	141 bpm
Temperature	25,2 °C
Speed	31,11 kmh
Altitude	589 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	123 Watt
Cadence	82 R/min

LOG

Computer / bike: valeradi / Bike 1 Name: marathon 400 stepnoy Date / Time: 30.05.2015 - 05:01 - 20:04



HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm

Time in Zone 1:	09:41:23 h
Time in Zone 2:	02:07:10 h
Time in Zone 3:	00:24:40 h

Outside	00:51:47 h
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