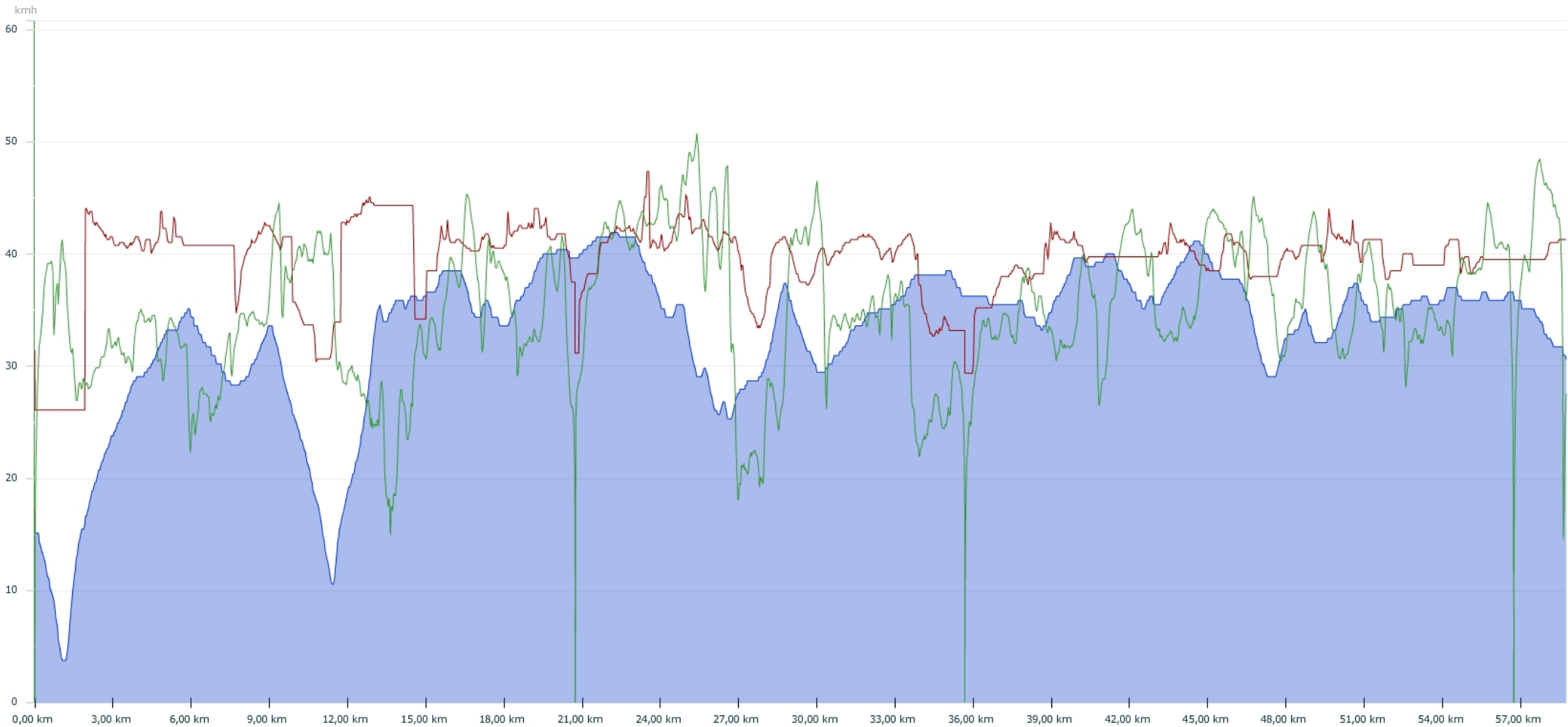


# LOG

Computer / bike: **valeradi / Bike 1** Name: **petrovka** Date / Time: **03.06.2015 - 12:01 - 13:54**



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	Avg. temperature
Zone 1	Zone 2	Zone 3					

## LOG

Computer / bike: **valeradi / Bike 1** Name: **petrovka** Date / Time: **03.06.2015 - 12:01 - 13:54**



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

slightly hilly



Training type:

Training partner:

Description:

veter vost 2 m/s

### MARKERS

1. 

2. 

3. 

## LOG

Computer / bike: **valeradi / Bike 1** Name: **petrovka** Date / Time: **03.06.2015 - 12:01 - 13:54**

### INFO

Date	03.06.2015
Start time	12:01 Clock
Stopp time	13:54 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1278 kcal
Number of log entries	1397
Log time interval	5 s

### TOTAL VALUES

Trip distance	58,75 km
Trip distance uphill	12,22 km
Distance downhill	11,46 km
Trip time	01:44:31 h
Trip time uphill	00:23:24 h
Trip time downhill	00:17:30 h
Meters uphill	353 m
Meters downhill	311 m
Break time	00:07:26 h

### MIN/MAX VALUES

Heart rate	103/187 bpm
Temperature	27,0/37,0 °C
Speed	0,00/50,80 kmh
Altitude	530/631 m
Incline	-4/6 %
Rate of ascent	-27/31 m/min
Cadence	0/111 R/min
Power	0/556 Watt

### AVERAGE VALUES

Heart rate	155 bpm
Temperature	31,6 °C
Speed	33,74 kmh
Altitude	607 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	9 m/min
Power	163 Watt
Cadence	81 R/min

# LOG

Computer / bike: **valeradi / Bike 1** Name: **petrovka** Date / Time: **03.06.2015 - 12:01 - 13:54**

## HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:13:34 h
Time in Zone 2:	01:10:42 h
Time in Zone 3:	00:16:43 h
Outside	00:03:31 h

