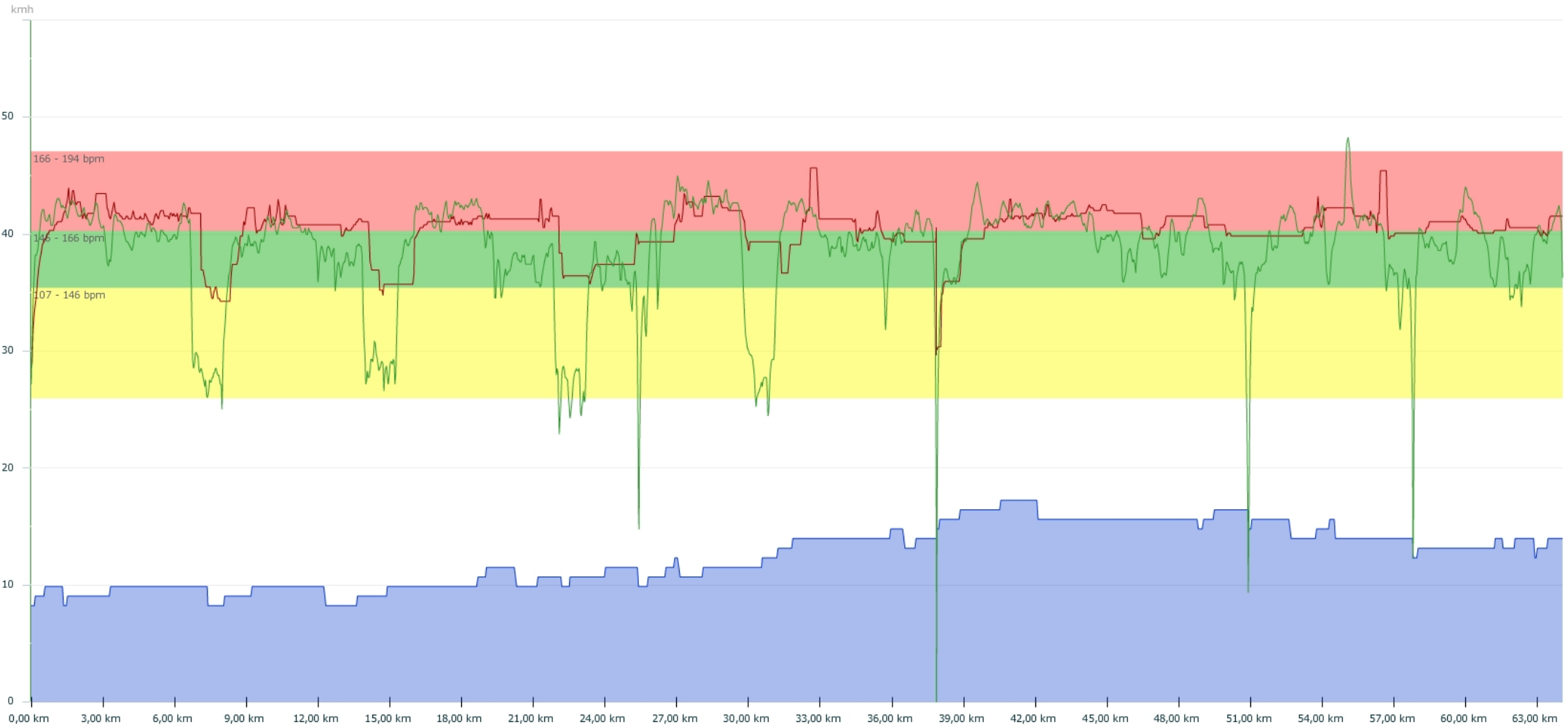


LOG

Computer / bike: **valeradi / Bike 1** Name: **rogozhkino** Date / Time: **05.06.2015 - 14:25 - 16:16**



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

LOG

Computer / bike: **valeradi / Bike 1** Name: **rogozhkino** Date / Time: **05.06.2015 - 14:25 - 16:16**



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **rogozhkino** Date / Time: **05.06.2015 - 14:25 - 16:16**

INFO

Date	05.06.2015
Start time	14:25 Clock
Stopp time	16:16 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1363 kcal
Number of log entries	1357
Log time interval	5 s

TOTAL VALUES

Trip distance	64,05 km
Trip distance uphill	1,64 km
Distance downhill	0,99 km
Trip time	01:41:35 h
Trip time uphill	00:02:37 h
Trip time downhill	00:01:48 h
Meters uphill	35 m
Meters downhill	29 m
Break time	00:09:13 h

MIN/MAX VALUES

Heart rate	116/188 bpm
Temperature	25,0/32,0 °C
Speed	0,00/48,28 kmh
Altitude	526/537 m
Incline	-1/1 %
Rate of ascent	-6/6 m/min
Cadence	0/105 R/min
Power	0/425 Watt

AVERAGE VALUES

Heart rate	166 bpm
Temperature	27,3 °C
Speed	37,86 kmh
Altitude	531 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	213 Watt
Cadence	83 R/min

LOG

Computer / bike: **valeradi / Bike 1** Name: **rogozhkino** Date / Time: **05.06.2015 - 14:25 - 16:16**

HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:02:52 h
Time in Zone 2:	00:36:45 h
Time in Zone 3:	01:01:58 h
Outside	00:00:00 h

