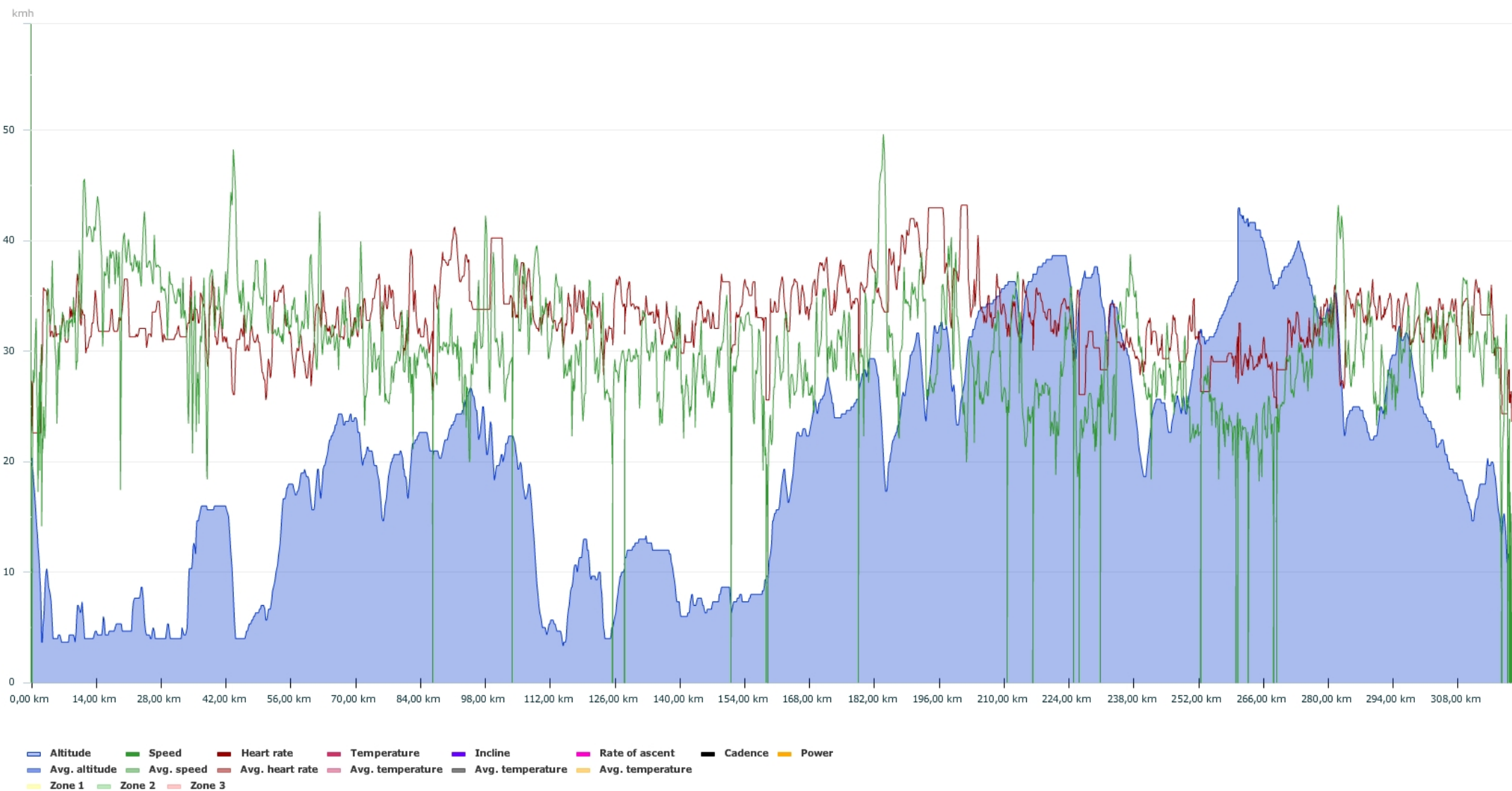


LOG

Computer / bike: **valeradi / Bike 1** Date / Time: **12.06.2015 - 07:00 - 20:21**



LOG

Computer / bike: **valeradi / Bike 1** Date / Time: **12.06.2015 - 07:00 - 20:21**



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** Date / Time: **12.06.2015 - 07:00 - 20:21**

MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	27. 
10. 	16. 	22. 	
11. 	17. 	23. 	
12. 	18. 	24. 	

LOG

Computer / bike: **valeradi / Bike 1** Date / Time: **12.06.2015 - 07:00 - 20:21**

INFO

Date	12.06.2015
Start time	07:00 Clock
Stopp time	20:21 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	6223 kcal
Number of log entries	1956
Log time interval	20 s

TOTAL VALUES

Trip distance	319,61 km
Trip distance uphill	89,83 km
Distance downhill	76,93 km
Trip time	10:56:26 h
Trip time uphill	03:14:49 h
Trip time downhill	02:23:16 h
Meters uphill	831 m
Meters downhill	864 m
Break time	01:42:11 h

MIN/MAX VALUES

Heart rate	91/174 bpm
Temperature	21,0/40,0 °C
Speed	0,00/49,64 kmh
Altitude	592/711 m
Incline	-4/3 %
Rate of ascent	-20/11 m/min
Cadence	0/123 R/min
Power	0/399 Watt

AVERAGE VALUES

Heart rate	133 bpm
Temperature	31,1 °C
Speed	29,46 kmh
Altitude	645 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	7 m/min
Power	104 Watt
Cadence	86 R/min

LOG

Computer / bike: **valeradi / Bike 1** Date / Time: **12.06.2015 - 07:00 - 20:21**



HEART RATE ZONES

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

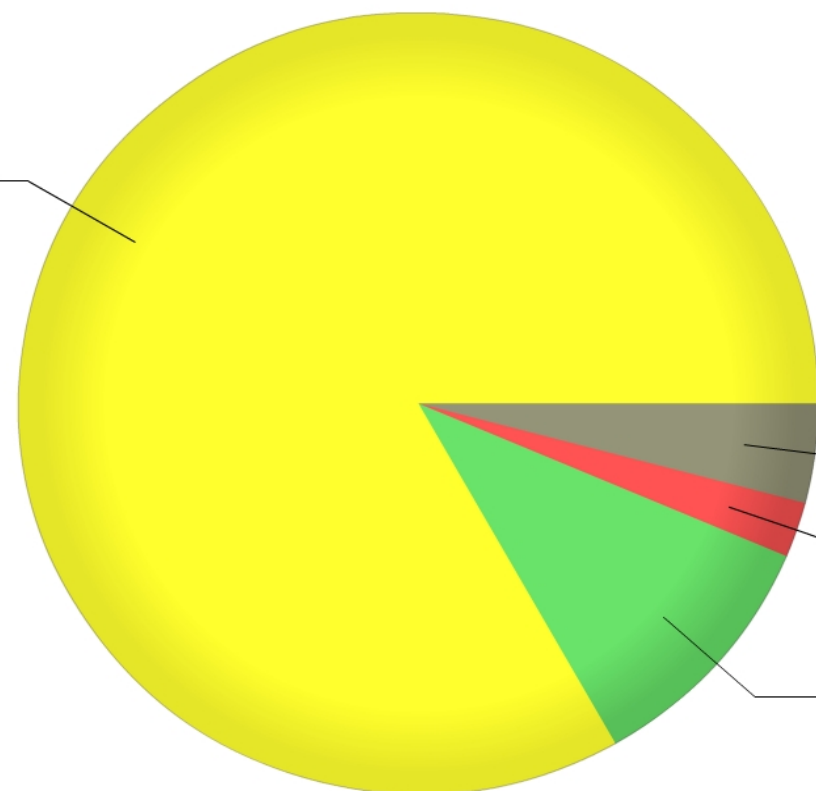
Time in Zone 1: 09:05:58 h

Time in Zone 2: 01:08:30 h

Time in Zone 3: 00:15:11 h

Outside 00:26:45 h

Zone 1:
83.2%



Outside:
4.1%

Zone 3:
2.3%

Zone 2:
10.4%