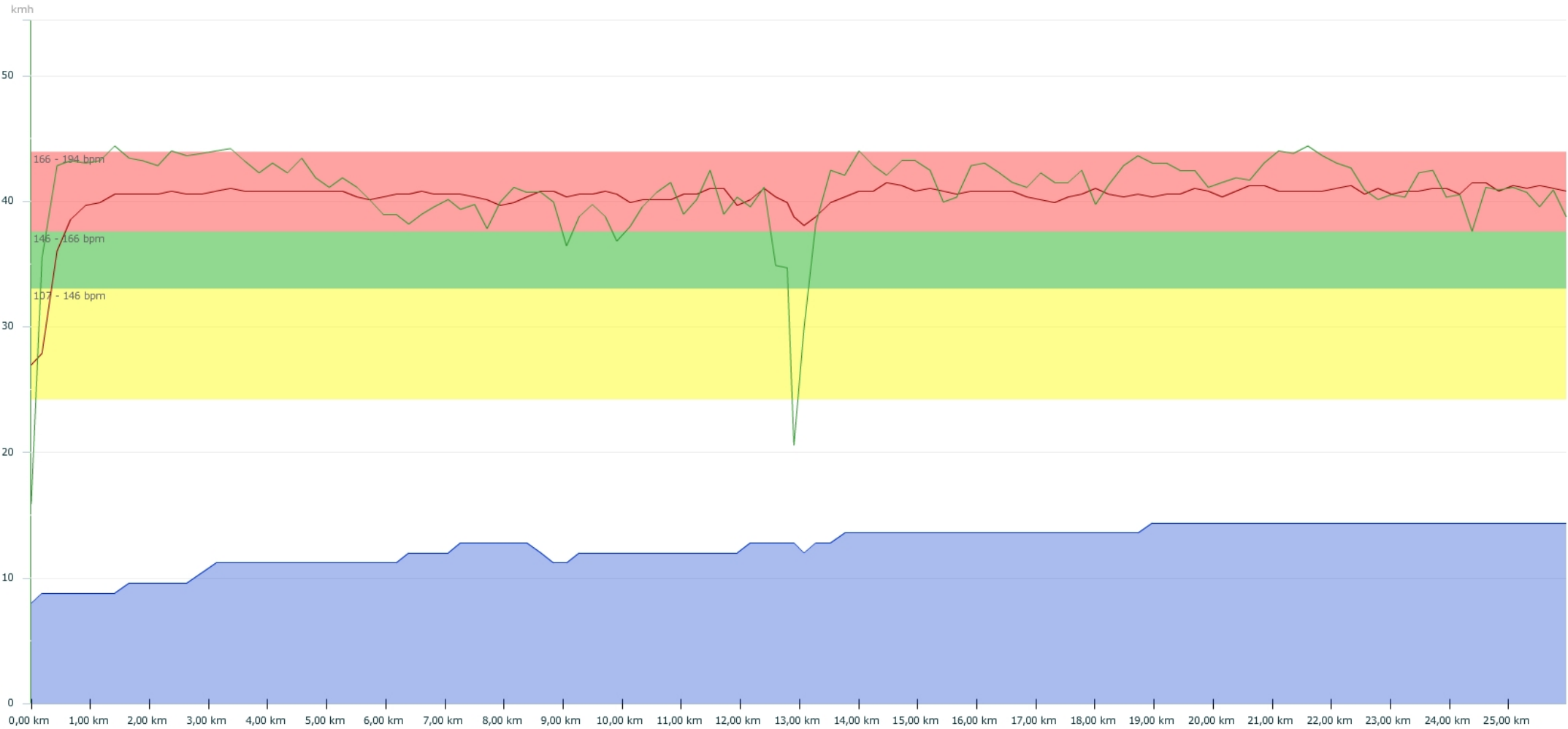


LOG

Computer / bike: **valeradi / Bike 1** Name: **UsGI 38 min. rogozhkino** Date / Time: **24.06.2015 - 12:59 - 13:37**



■ 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: **UsGI 38 min. rogozhkino** Date / Time: **24.06.2015 - 12:59 - 13:37**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter u 2 m/s

MARKERS

1. **WP**

LOG

Computer / bike: **valeradi / Bike 1** Name: **UsGI 38 min. rogozhkino** Date / Time: **24.06.2015 - 12:59 - 13:37**

INFO

Date	24.06.2015
Start time	12:59 Clock
Stopp time	13:37 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	568 kcal
Number of log entries	114
Log time interval	20 s

TOTAL VALUES

Trip distance	25,97 km
Trip distance uphill	2,46 km
Distance downhill	0,62 km
Trip time	00:38:08 h
Trip time uphill	00:03:42 h
Trip time downhill	00:01:00 h
Meters uphill	11 m
Meters downhill	3 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	119/183 bpm
Temperature	31,0/40,0 °C
Speed	15,90/44,41 kmh
Altitude	593/601 m
Incline	0/0 %
Rate of ascent	0/0 m/min
Cadence	0/101 R/min
Power	0/323 Watt

AVERAGE VALUES

Heart rate	178 bpm
Temperature	34,6 °C
Speed	40,71 kmh
Altitude	598 m
Inclination uphill	0 %
Inclination downhill	0 %
Inclination rate uphill	0 m/min
Inclination rate downhill	0 m/min
Power	254 Watt
Cadence	78 R/min

LOG

Computer / bike: **valeradi / Bike 1** Name: **UsGI 38 min. rogozhkino** Date / Time: **24.06.2015 - 12:59 - 13:37**

HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:00:20 h
Time in Zone 2:	00:00:20 h
Time in Zone 3:	00:37:27 h
Outside	00:00:00 h

