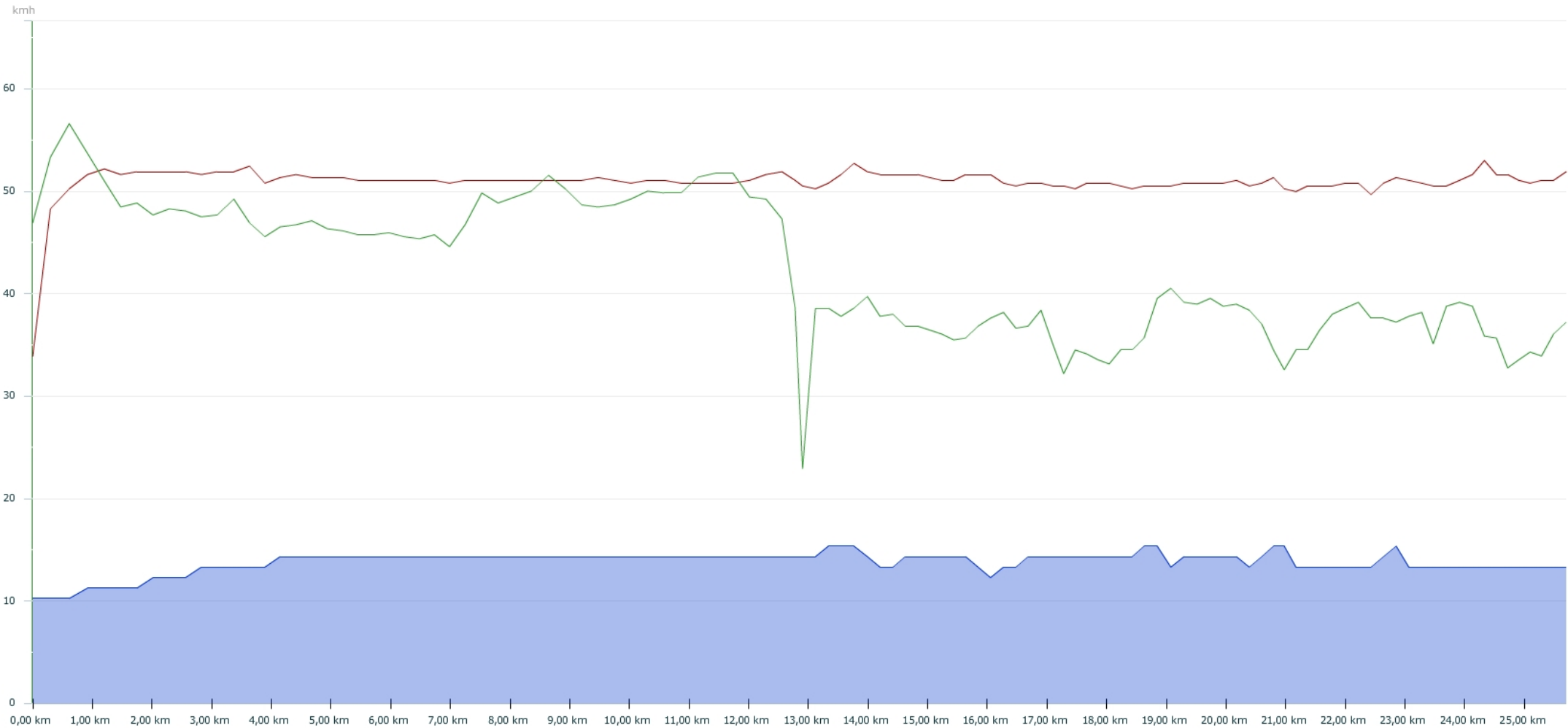


LOG

Computer / bike: **valeradi / Bike 1** Name: **razdelka 25 km. rogozhkino** Date / Time: **04.07.2015 - 10:55 - 11:32**



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

LOG

Computer / bike: valeradi / Bike 1 Name: razdelka 25 km. rogozhkino Date / Time: 04.07.2015 - 10:55 - 11:32



NOTES

MARKERS

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter s/z 6 m/s

LOG

Computer / bike: **valeradi / Bike 1** Name: **razdelka 25 km. rogozhkino** Date / Time: **04.07.2015 - 10:55 - 11:32**

INFO

Date	04.07.2015
Start time	10:55 Clock
Stopp time	11:32 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	578 kcal
Number of log entries	111
Log time interval	20 s

TOTAL VALUES

Trip distance	25,70 km
Trip distance uphill	3,18 km
Distance downhill	1,70 km
Trip time	00:37:07 h
Trip time uphill	00:04:43 h
Trip time downhill	00:02:42 h
Meters uphill	14 m
Meters downhill	11 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	122/191 bpm
Temperature	28,0/36,0 °C
Speed	22,88/56,62 kmh
Altitude	819/824 m
Incline	0/0 %
Rate of ascent	0/0 m/min
Cadence	56/113 R/min
Power	0/657 Watt

AVERAGE VALUES

Heart rate	183 bpm
Temperature	31,8 °C
Speed	41,65 kmh
Altitude	822 m
Inclination uphill	0 %
Inclination downhill	0 %
Inclination rate uphill	0 m/min
Inclination rate downhill	0 m/min
Power	283 Watt
Cadence	78 R/min

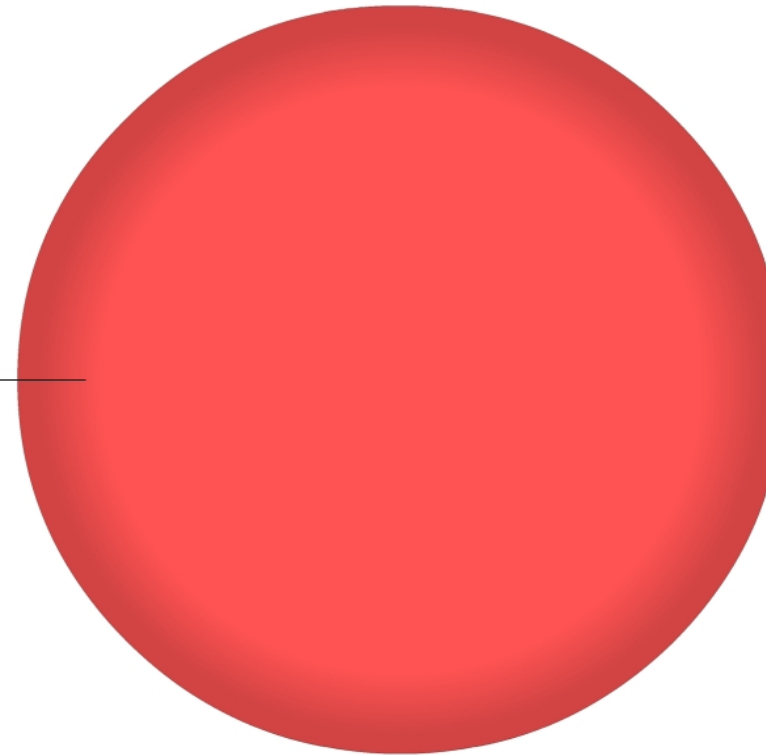
LOG

Computer / bike: **valeradi / Bike 1** Name: **razdelka 25 km. rogozhkino** Date / Time: **04.07.2015 - 10:55 - 11:32**

HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:00:00 h
Time in Zone 2:	00:00:00 h
Time in Zone 3:	00:37:07 h
Outside	00:00:00 h

Zone 3:
100.0%



Time in zone 1: 0.0% | Time in zone 2: 0.0% | Outside: 0.0%