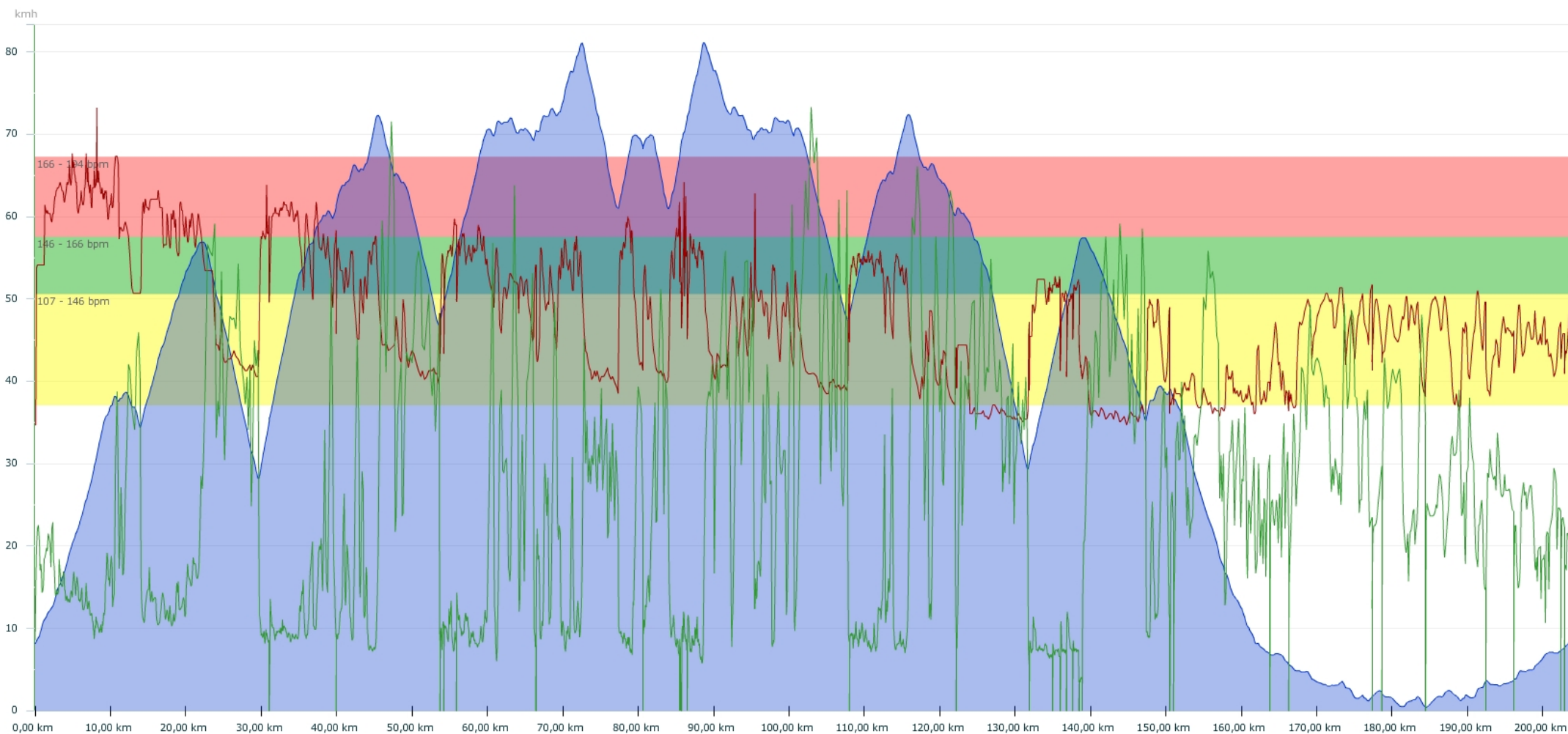


LOG

Computer / bike: valeradi / Bike 1 Name: marafon 200 km. dzhily su. Date / Time: 18.07.2015 - 04:44 - 17:21



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: marafon 200 km. dzhily su. Date / Time: 18.07.2015 - 04:44 - 17:21



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 Name: marafon 200 km. dzhily su. Date / Time: 18.07.2015 - 04:44 - 17:21

MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	27. 
10. 	16. 	22. 	28. 
11. 	17. 	23. 	29. 
12. 	18. 	24. 	30. 

LOG

Computer / bike: valeradi / Bike 1 Name: marafon 200 km. dzhily su. Date / Time: 18.07.2015 - 04:44 - 17:21

MARKERS

31. 

32. 

33. 

34. 

35. 

36. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **marafon 200 km. dzhily su.** Date / Time: **18.07.2015 - 04:44 - 17:21**

INFO

Date	18.07.2015
Start time	04:44 Clock
Stopp time	17:21 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	7439 kcal
Number of log entries	1979
Log time interval	20 s

TOTAL VALUES

Trip distance	204,37 km
Trip distance uphill	92,93 km
Distance downhill	98,64 km
Trip time	11:02:54 h
Trip time uphill	07:48:14 h
Trip time downhill	02:39:19 h
Meters uphill	5779 m
Meters downhill	5819 m
Break time	01:25:47 h

MIN/MAX VALUES

Heart rate	100/211 bpm
Temperature	6,0/35,0 °C
Speed	0,00/73,30 kmh
Altitude	835/2702 m
Incline	-14/18 %
Rate of ascent	-126/19 m/min
Cadence	0/119 R/min
Power	0/343 Watt

AVERAGE VALUES

Heart rate	147 bpm
Temperature	19,9 °C
Speed	18,66 kmh
Altitude	1891 m
Inclination uphill	7 %
Inclination downhill	5 %
Inclination rate uphill	11 m/min
Inclination rate downhill	36 m/min
Power	119 Watt
Cadence	53 R/min

LOG

Computer / bike: valeradi / Bike 1 Name: marafon 200 km. dzhily su. Date / Time: 18.07.2015 - 04:44 - 17:21



HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	04:18:21 h
Time in Zone 2:	04:02:16 h
Time in Zone 3:	02:11:41 h
Outside	00:30:34 h

