

TRAINING DATA

Computer / bike: **valeradi / Bike 1**
Date / Time: **15.08.2015 - 05:59**



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

TRAINING DATA

Computer / bike: **valeradi / Bike 1**
 Date / Time: **15.08.2015 - 05:59**



TRIP DISTANCE & TIME

Trip distance: **241,38 km**
 Avg. speed: **31,43 kmh**
 Trip distance +: **241,38 km**
 Avg. Power **175 Watt**

Trip time: **07:40:45 h**
 Max. speed: **62,24 kmh**
 Trip distance -: **0,00 km**
 Max. power **563 Watt**



CADENCE

Avg. cadence: **80 R/min**
 Avg. Expansion **6,4 m/R**

Max. cadence: **121 R/min**



HEART RATE

Avg. heart rate: **144 bpm**
 Zone 1: **04:57:06 h**
 Zone 2: **02:15:28 h**
 Zone 3: **00:26:54 h**
 Calories: **5029 kcal**

Max. heart rate: **197 bpm**
 % in zone 1: **64 %**
 % in zone 2: **29 %**
 % in zone 3: **6 %**



UPHILL

Trip distance: **31,46 km**
 Avg. speed: **23,65 kmh**
 Avg. incline: **3 %**
 Max. altitude: **1052 m**

Trip time: **01:19:49 h**
 Altitude: **1168 m**
 Max. incline: **8 %**
 Avg. Expansion **5,5 m/R**



DOWNHILL

Trip distance: **36,66 km**
 Avg. speed: **37,95 kmh**
 Avg. incline: **2 %**

Trip time: **00:57:57 h**
 Altitude: **1124 m**
 Max. incline: **7 %**



TEMPERATURE

Minimum: **21,0 °C**

Maximum: **53,0 °C**