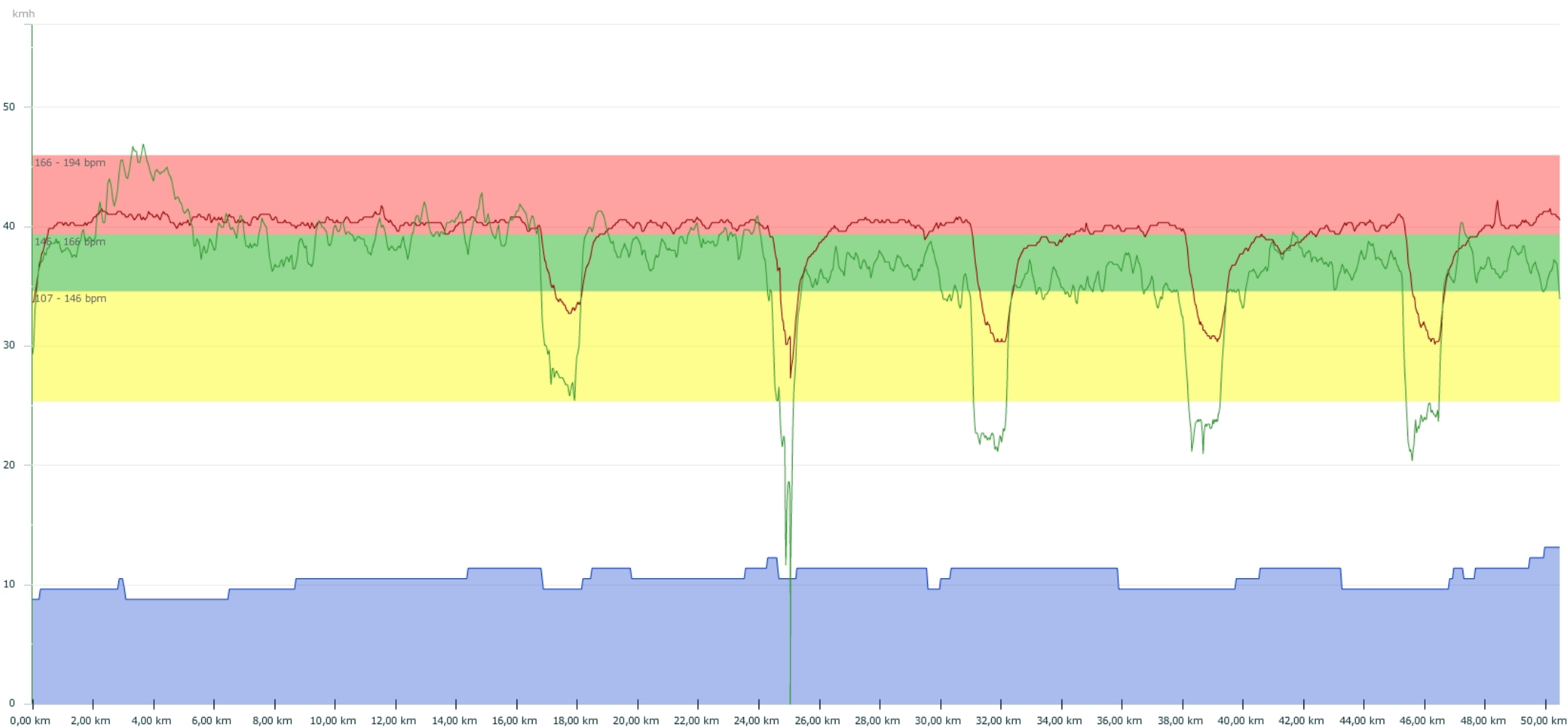


LOG

Computer / bike: valeradi / Bike 1 Name: rogozhkino Date / Time: 02.03.2016 - 13:57 - 15:27



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

LOG

Computer / bike: valeradi / Bike 1 Name: rogozhkino Date / Time: 02.03.2016 - 13:57 - 15:27



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

3. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **rogozhkino** Date / Time: **02.03.2016 - 13:57 - 15:27**

INFO

Date	02.03.2016
Start time	13:57 Clock
Stopp time	15:27 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1120 kcal
Number of log entries	1143
Log time interval	5 s

TOTAL VALUES

Trip distance	50,46 km
Trip distance uphill	0,87 km
Distance downhill	0,49 km
Trip time	01:25:34 h
Trip time uphill	00:01:25 h
Trip time downhill	00:00:49 h
Meters uphill	19 m
Meters downhill	14 m
Break time	00:04:11 h

MIN/MAX VALUES

Heart rate	116/178 bpm
Temperature	15,0/19,0 °C
Speed	0,00/46,93 kmh
Altitude	71/76 m
Incline	-1/1 %
Rate of ascent	-6/7 m/min
Cadence	0/106 R/min
Power	0/457 Watt

AVERAGE VALUES

Heart rate	163 bpm
Temperature	15,7 °C
Speed	35,43 kmh
Altitude	73 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	7 m/min
Power	189 Watt
Cadence	76 R/min

LOG

Computer / bike: **valeradi / Bike 1** Name: **rogozhkino** Date / Time: **02.03.2016 - 13:57 - 15:27**



HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:11:55 h
Time in Zone 2:	00:16:03 h
Time in Zone 3:	00:57:36 h
Outside	00:00:00 h

