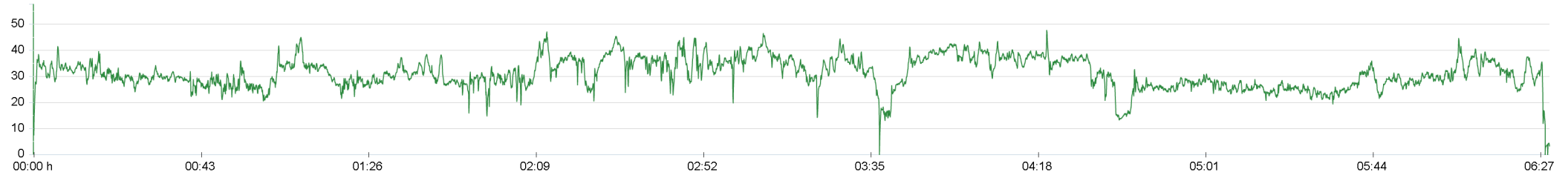

 Speed [km/h]



 Heart rate [bpm]



 Altitude [m]

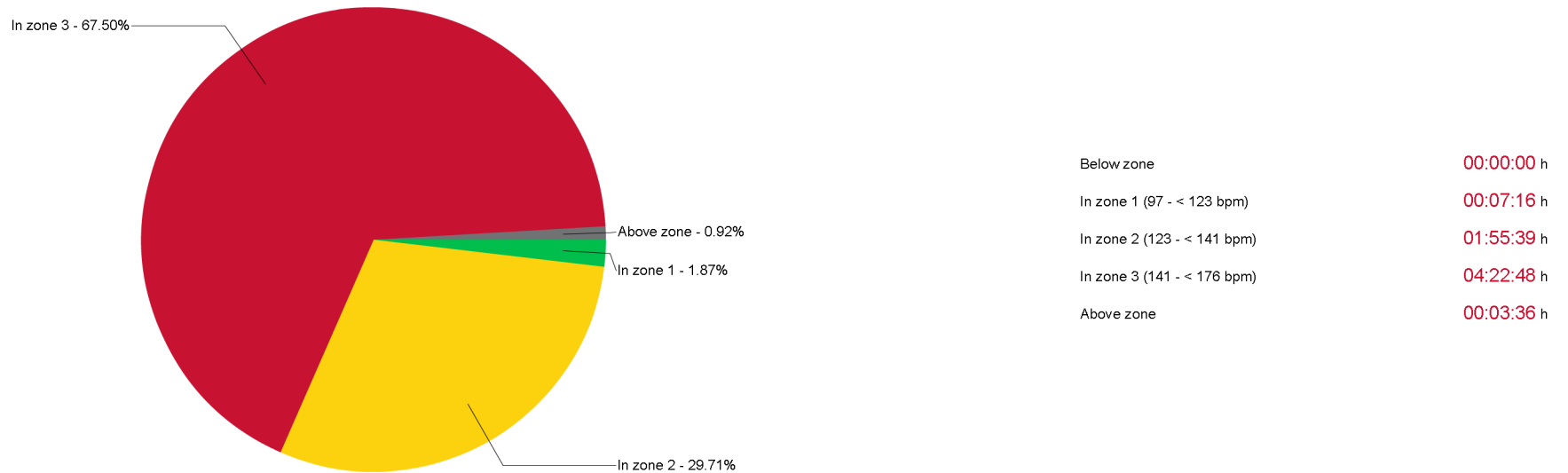


# ACTIVITY - VALUES



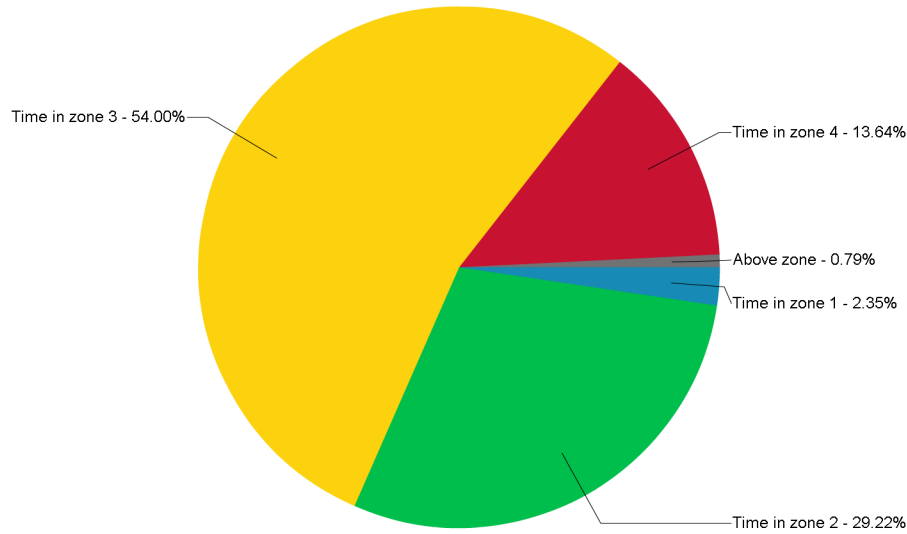
<p><b>Training time</b> 06:29:19.5 h</p> <p>↑ 00:39:45.0 ↓ 00:33:58.5</p>	<p><b>Distance</b> 202,05 km</p> <p>↑ 18,48 ↓ 20,08</p>	<p><b>Speed</b> ∅ 31,14 km/h</p> <p>min. 0,00 ↑ 27,90 ↓ 35,48 max. 47,71</p>	<p><b>Altitude</b> ↑ 552 m ↓ 582</p> <p>min. 69 ∅ 114 max. 154</p>	<p><b>Heart rate</b> ∅ 145 bpm</p> <p>min. 110 max. 185</p>
<p><b>Calories</b> 5 723 kcal</p>	<p><b>Incline</b> ↑ ∅ 1 % ↓ ∅ -1</p> <p>min. -4 max. 6</p>	<p><b>Rise rate</b> ↑ ∅ 5 m/min ↓ ∅ -7</p> <p>min. -25 max. 16</p>	<p><b>Cadence</b> ∅ 84 rpm</p> <p>min. 0 max. 123</p>	<p><b>Power</b> ∅ 148 Watt</p> <p>min. 0 max. 495</p>
<p><b>Temperature</b> ∅ 14,8 °C</p> <p>min. 12,0 max. 19,0</p>				

## Heart rate zones



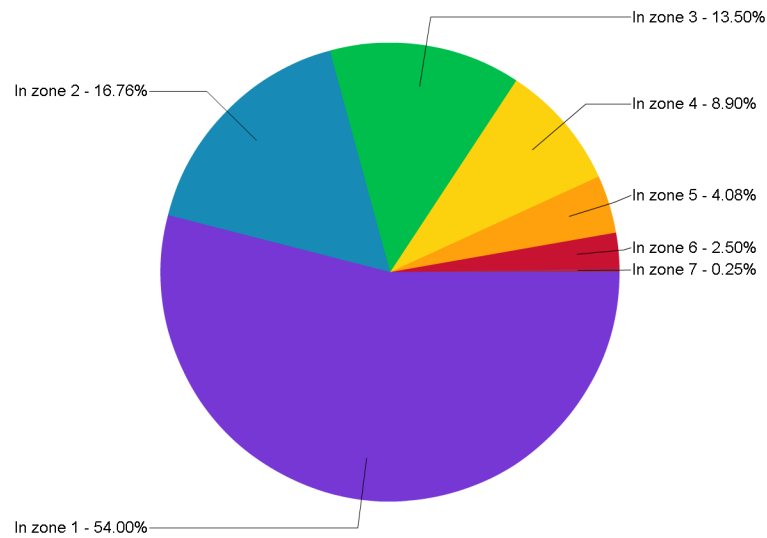


## Intensity zones



Below zone	00:00:00 h
Time in zone 1 (> 105 - 123 bpm)	00:09:09 h
Time in zone 2 (> 123 - 140 bpm)	01:53:46 h
Time in zone 3 (> 140 - 158 bpm)	03:30:13 h
Time in zone 4 (> 158 - 176 bpm)	00:53:06 h
Above zone	00:03:04 h















## Power zones



In zone 1 (0 - 140 Watt)	03:30:13 h
In zone 2 (> 140 - 190 Watt)	01:05:15 h
In zone 3 (> 190 - 227 Watt)	00:52:34 h
In zone 4 (> 227 - 265 Watt)	00:34:39 h
In zone 5 (> 265 - 302 Watt)	00:15:54 h
In zone 6 (> 302 - 377 Watt)	00:09:45 h
In zone 7 (> 377 - 2000 Watt)	00:00:58 h



## Notes

<p> Weather</p> <p>  0 Bft</p>	<p> Trip Profile</p> <p> flat</p>	<p> Feelings</p> <p></p>	<p> Evaluation</p> <p></p>	<p> Description</p> <p>Use this area to enter further details about your training ...</p>
<p> Linked track</p>	<p> External link</p>			
<p> Training partner</p>				
<p> Training type</p>				

# ACTIVITY - LAPS



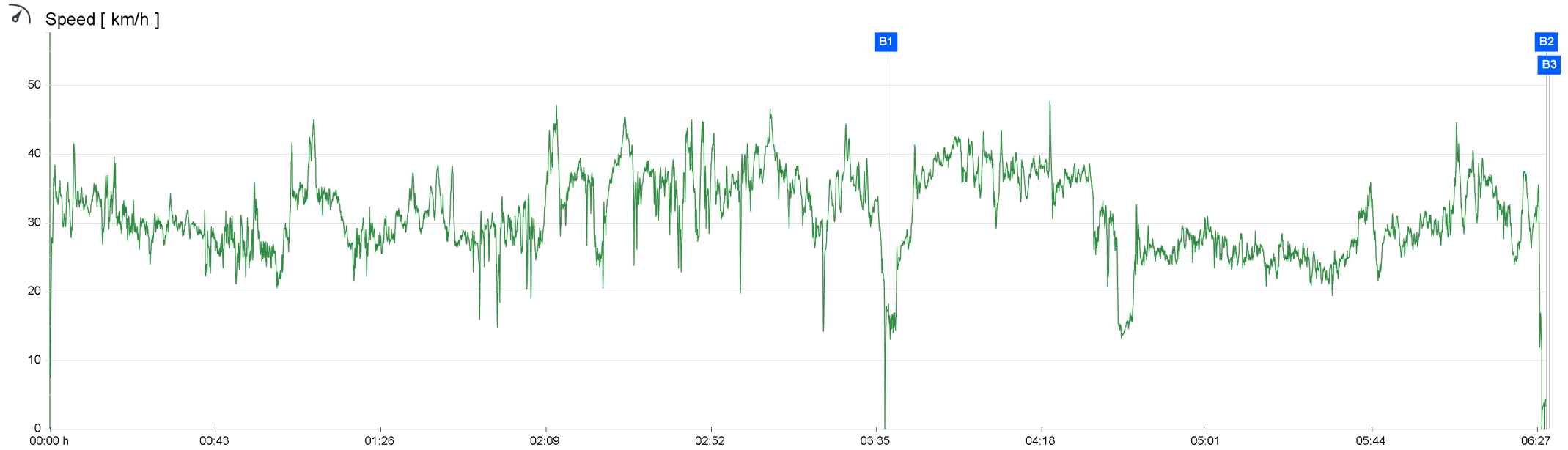
Speed [ km/h ]



## Laps

Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)	Cadence (rpm)	Power (Watt)
1	6:29:19.5	202,05	Avg. 31,14	Avg. 145	5724	Avg. 114	552	582	Avg. 1	Avg. -1	Avg. 82	Avg. 141
	Distance since start	Distance since start	Min. 2,69	Min. 110		Max. 154			Max. 6	Max. -4	Max. 123	Max. 495
	6:29:19.5	202,05	Max. 47,71	Max. 185								
<b>Total</b>	06:29:19.5	202,05			5723		552	582				
<b>Avg. lap</b>	06:29:19.5	202,05	31,14	145	5723	114	552	582	1	-1	82	141
<b>Min.</b>	06:29:19.5	202,05	2,69	110	5723	114	552	582	1	-1	82	141
<b>Max.</b>	06:29:19.5	202,05	47,71	185	5723	154	6	582	6	-4	123	495

# ACTIVITY - BREAKES



## Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:41.0	3:37:12.0 Time since start: 3:37:12.0	116,22 Distance since start: 116,22
2	0:01:15.0	2:51:00.0 Time since start: 6:28:12.0	85,76 Distance since start: 201,98
3	0:00:08.0	0:00:40.5 Time since start: 6:28:52.5	0,03 Distance since start: 202,02
<b>Total</b>	00:02:04.0	06:28:52.5	202,02
<b>Avg. break</b>	00:00:41.3	02:09:37.5	67,34
<b>Max.</b>	00:01:15.0	03:37:12.0	116,22