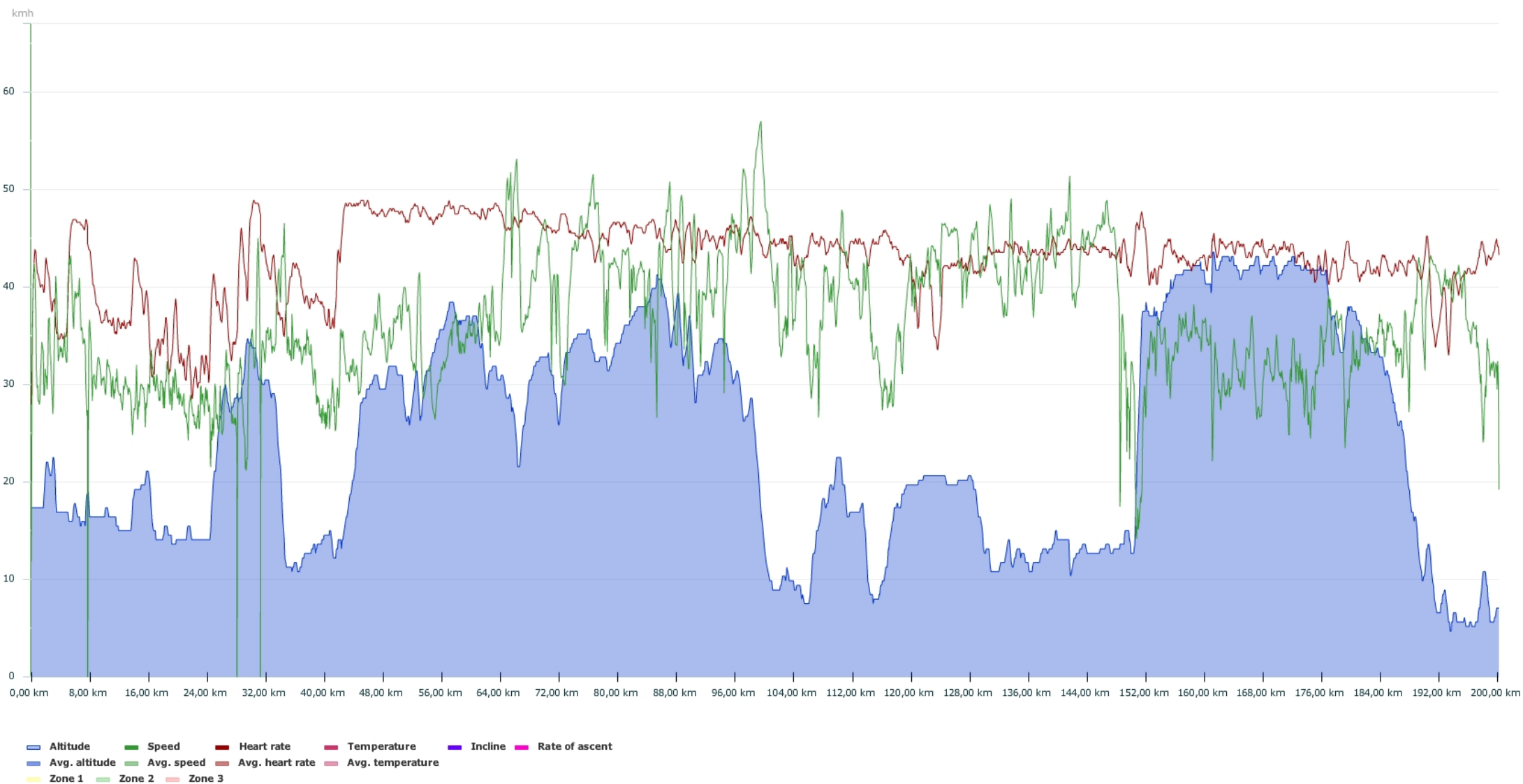


# LOG

Computer / bike: Tropin Sergey / Bike 1      Date / Time: 16.04.2016 - 08:05 - 13:46



## LOG

Computer / bike: Tropin Sergey / Bike 1    Date / Time: 16.04.2016 - 08:05 - 13:46



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

### MARKERS

1. **P**

2. **P**

3. **P**

4. **WP**

5. **WP**

6. **WP**

## LOG

Computer / bike: Tropin Sergey / Bike 1      Date / Time: 16.04.2016 - 08:05 - 13:46

### INFO

Date	16.04.2016
Start time	08:05 Clock
Stopp time	13:46 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	3665 kcal
Number of log entries	2023
Log time interval	10 s

### TOTAL VALUES

Trip distance	200,17 km
Trip distance uphill	41,65 km
Distance downhill	40,17 km
Trip time	05:40:51 h
Trip time uphill	01:16:47 h
Trip time downhill	01:01:55 h
Meters uphill	601 m
Meters downhill	625 m
Break time	00:00:52 h

### MIN/MAX VALUES

Heart rate	100/175 bpm
Temperature	12,0/20,0 °C
Speed	0,00/57,01 kmh
Altitude	61/144 m
Incline	-4/7 %
Rate of ascent	-28/21 m/min

### AVERAGE VALUES

Heart rate	153 bpm
Temperature	13,6 °C
Speed	35,28 kmh
Altitude	103 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	9 m/min

## LOG

Computer / bike: Tropin Sergey / Bike 1 Date / Time: 16.04.2016 - 08:05 - 13:46



### HEART RATE ZONES

Zone 1	101 - 129 bpm
Zone 2	129 - 147 bpm
Zone 3	147 - 184 bpm

Time in Zone 1:	00:28:01 h
Time in Zone 2:	00:46:34 h
Time in Zone 3:	04:26:15 h

Outside	00:00:00 h
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