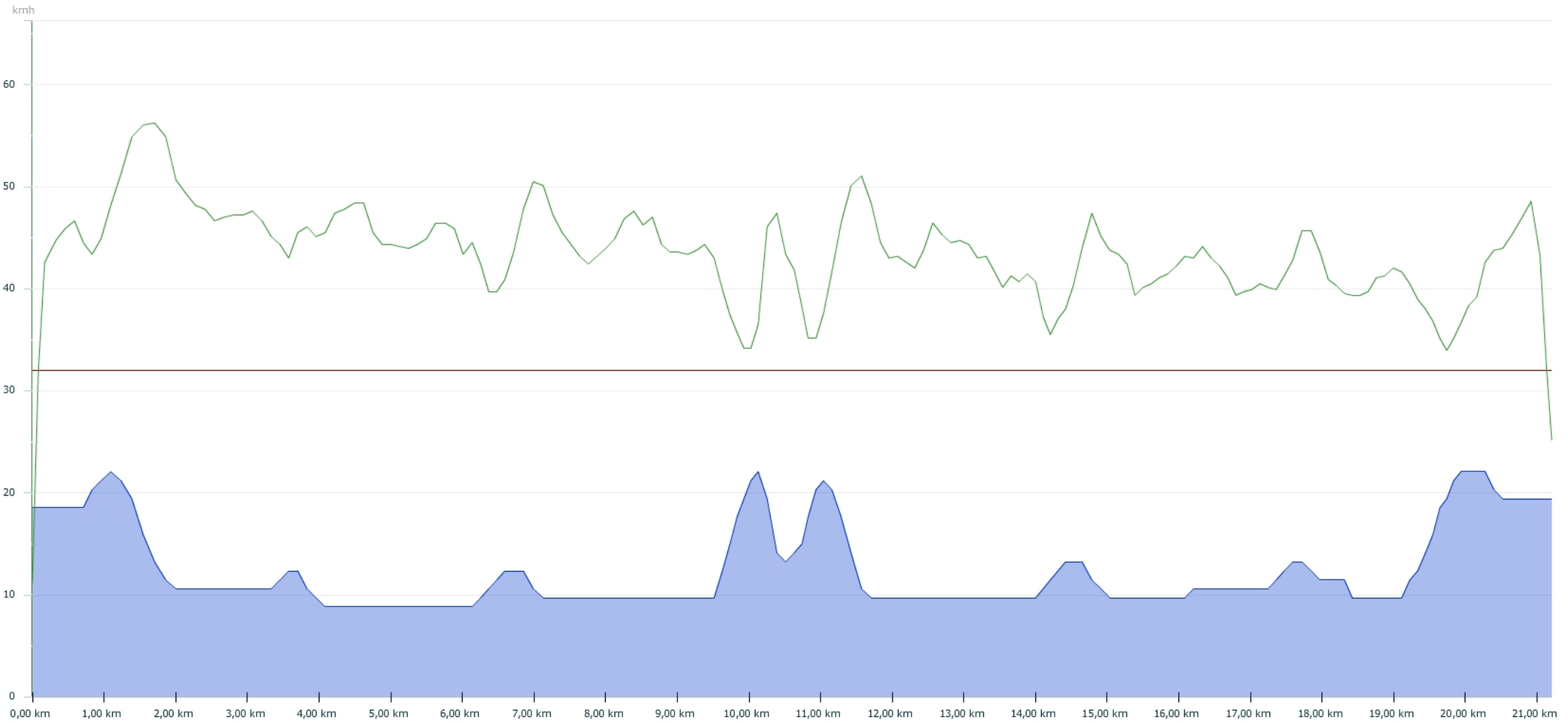


LOG

Computer / bike: vladimir / Bike 1 Name: Date / Time: 09.05.2016 - 10:21 - 10:51



■ 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: vladimir / Bike 1 Name: Date / Time: 09.05.2016 - 10:21 - 10:51



NOTES

MARKERS

Rating:



Weather:

cloudy



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

LOG

Computer / bike: **vladimir / Bike 1** Name: Date / Time: **09.05.2016 - 10:21 - 10:51**

INFO

Date	09.05.2016
Start time	10:21 Clock
Stopp time	10:51 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	0 kcal
Number of log entries	176
Log time interval	10 s

TOTAL VALUES

Trip distance	21,20 km
Trip distance uphill	3,94 km
Distance downhill	3,61 km
Trip time	00:29:31 h
Trip time uphill	00:06:04 h
Trip time downhill	00:04:33 h
Meters uphill	55 m
Meters downhill	54 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	116/116 bpm
Temperature	22,0/29,0 °C
Speed	11,14/56,26 kmh
Altitude	60/75 m
Incline	-2/2 %
Rate of ascent	-17/11 m/min
Cadence	0/96 R/min
Power	0/479 Watt

AVERAGE VALUES

Heart rate	116 bpm
Temperature	24,3 °C
Speed	42,99 kmh
Altitude	64 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	10 m/min
Power	301 Watt
Cadence	78 R/min

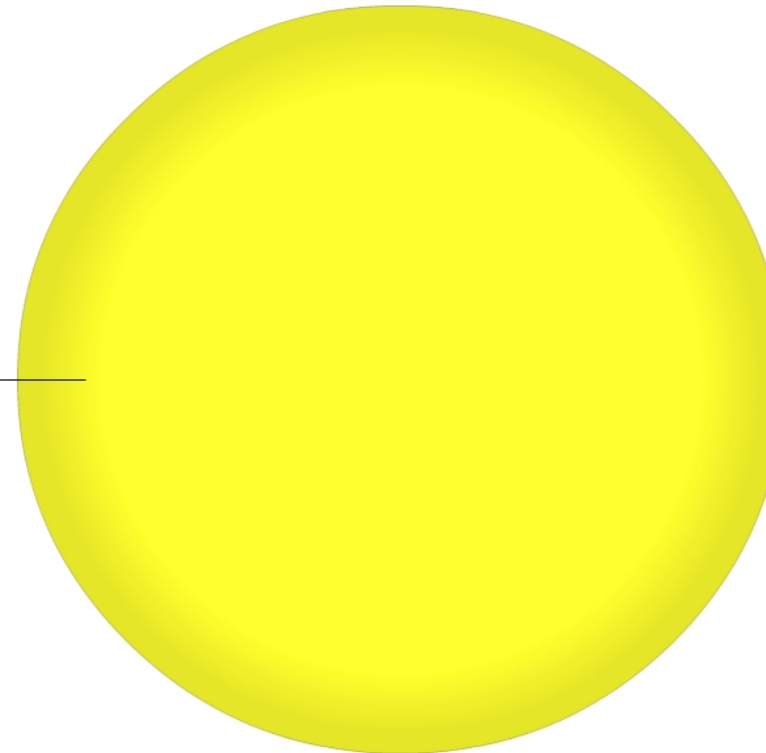
LOG

Computer / bike: vladimir / Bike 1 Name: Date / Time: 09.05.2016 - 10:21 - 10:51

HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 145 bpm
Zone 3	145 - 181 bpm
Time in Zone 1:	00:29:31 h
Time in Zone 2:	00:00:00 h
Time in Zone 3:	00:00:00 h
Outside	00:00:00 h

Zone 1:
100.0%



Time in zone 2: 0.0% | Time in zone 3: 0.0% | Outside: 0.0%