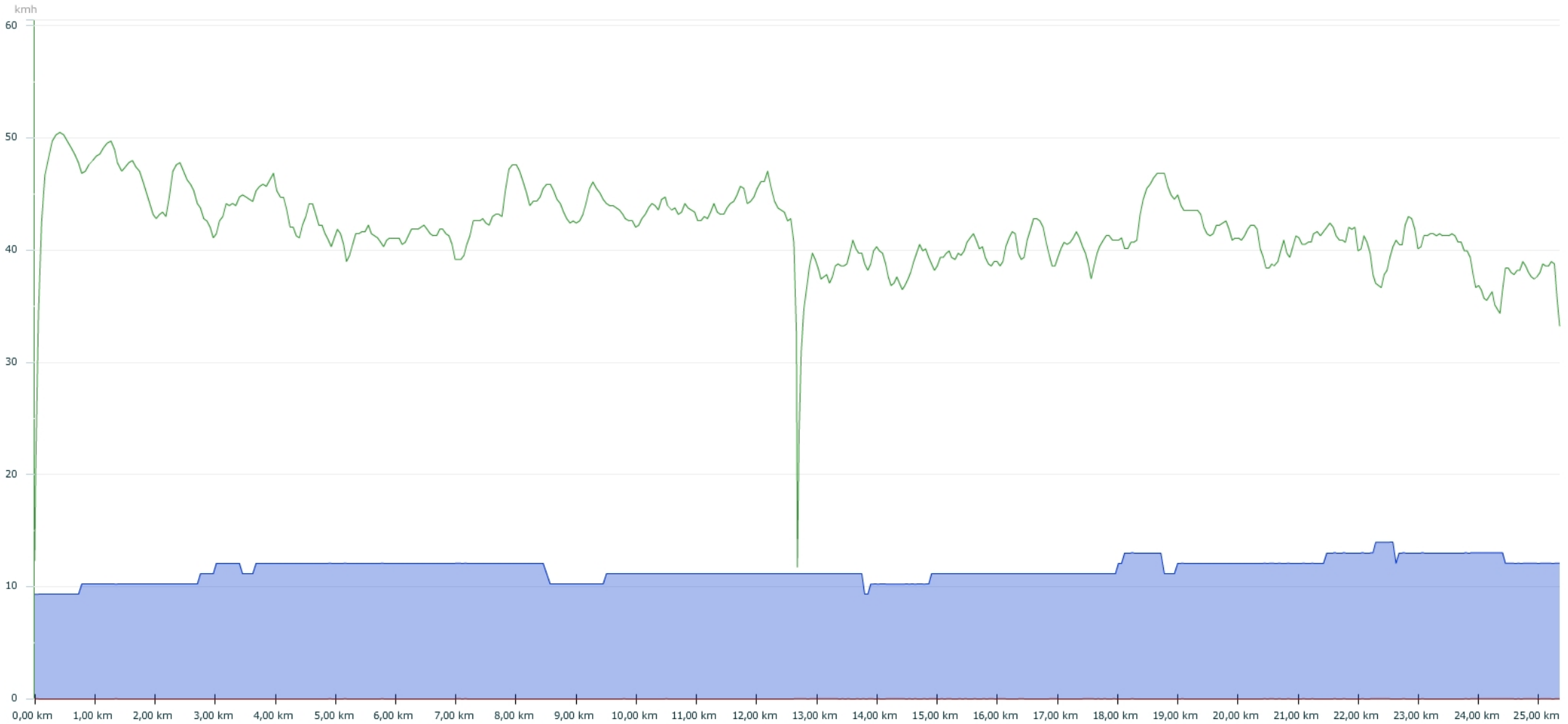


LOG

Computer / bike: vladimir / Bike 1 Name: 25 Date / Time: 28.05.2016 - 10:57 - 11:33



■ 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: 25 Date / Time: 28.05.2016 - 10:57 - 11:33



NOTES

MARKERS

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

LOG

Computer / bike: vladimir / Bike 1 Name: 25 Date / Time: 28.05.2016 - 10:57 - 11:33

INFO

Date	28.05.2016
Start time	10:57 Clock
Stopp time	11:33 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	0 kcal
Number of log entries	488
Log time interval	5 s

TOTAL VALUES

Trip distance	25,35 km
Trip distance uphill	0,67 km
Distance downhill	0,38 km
Trip time	00:36:31 h
Trip time uphill	00:00:58 h
Trip time downhill	00:00:31 h
Meters uphill	13 m
Meters downhill	10 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	0/0 bpm
Temperature	26,0/38,0 °C
Speed	11,71/50,50 kmh
Altitude	92/97 m
Incline	0/0 %
Rate of ascent	0/0 m/min
Cadence	0/94 R/min
Power	0/463 Watt

AVERAGE VALUES

Heart rate	0 bpm
Temperature	30,3 °C
Speed	41,64 kmh
Altitude	94 m
Inclination uphill	0 %
Inclination downhill	0 %
Inclination rate uphill	0 m/min
Inclination rate downhill	0 m/min
Power	272 Watt
Cadence	70 R/min

LOG

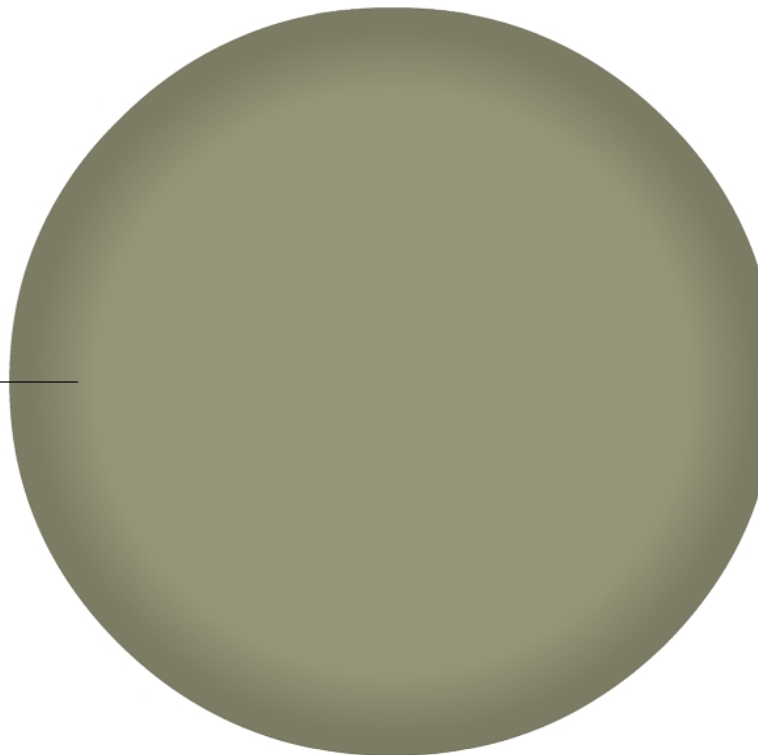
Computer / bike: vladimir / Bike 1 Name: 25 Date / Time: 28.05.2016 - 10:57 - 11:33



HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 145 bpm
Zone 3	145 - 181 bpm
Time in Zone 1:	00:00:00 h
Time in Zone 2:	00:00:00 h
Time in Zone 3:	00:00:00 h
Outside	00:36:31 h

Outside:
100.0%



Time in zone 1: 0.0% | Time in zone 2: 0.0% | Time in zone 3: 0.0%