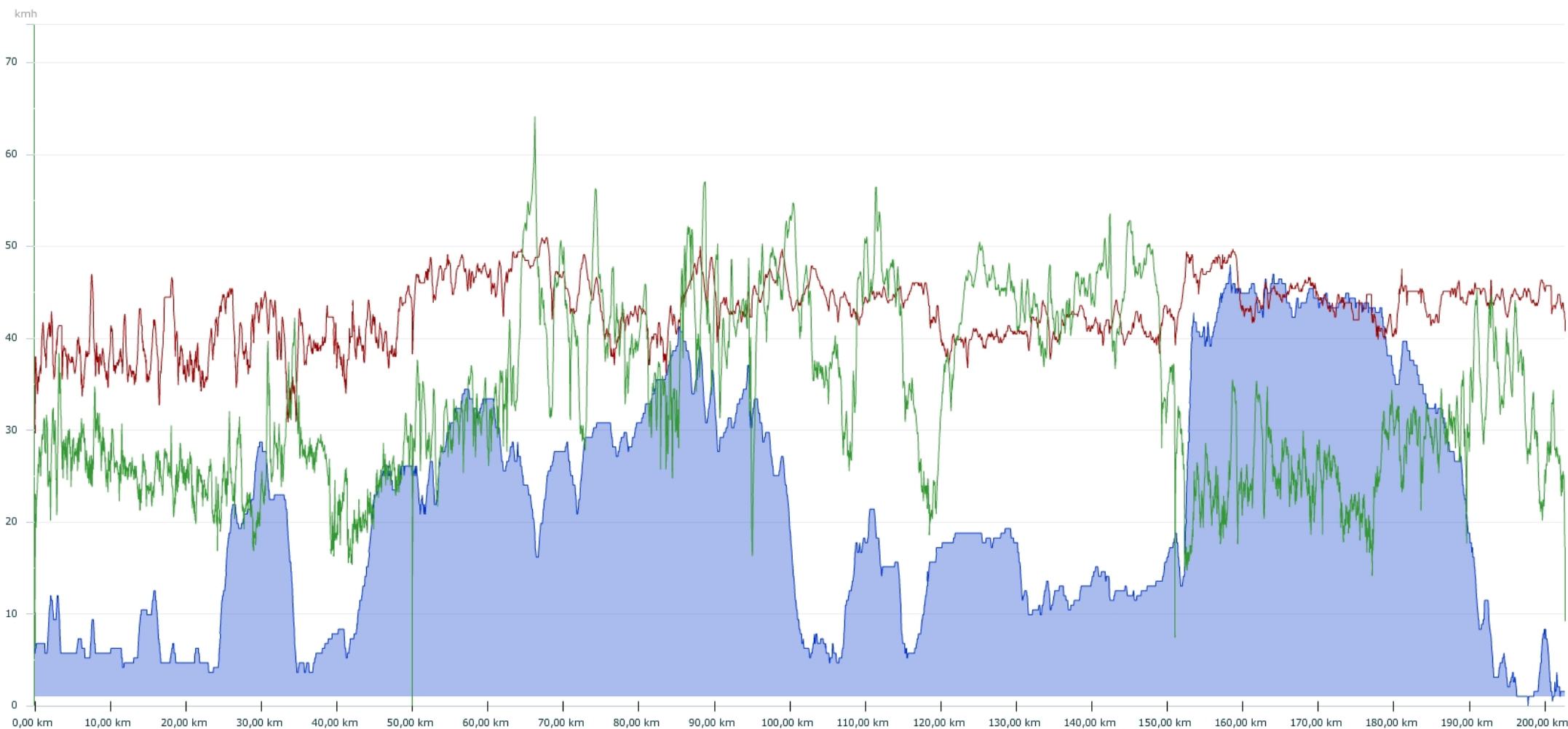


# LOG

Computer / bike: vladimir / Bike 1    Name: 200    Date / Time: 15.04.2017 - 08:05 - 14:39



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: 200    Date / Time: 15.04.2017 - 08:05 - 14:39



### NOTES

Rating:



Weather:



Trip distance profile:



Training type:

Training partner:

Description:

### MARKERS

1. 

## LOG

Computer / bike: vladimir / Bike 1    Name: 200    Date / Time: 15.04.2017 - 08:05 - 14:39

### INFO

Date	15.04.2017
Start time	08:05 Clock
Stopp time	14:39 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	4305 kcal
Number of log entries	5240
Log time interval	5 s

### TOTAL VALUES

Trip distance	202,65 km
Trip distance uphill	22,90 km
Distance downhill	22,92 km
Trip time	06:32:55 h
Trip time uphill	00:47:15 h
Trip time downhill	00:36:49 h
Meters uphill	672 m
Meters downhill	680 m
Break time	00:00:35 h

### MIN/MAX VALUES

Heart rate	96/165 bpm
Temperature	15,0/27,0 °C
Speed	0,00/64,13 kmh
Altitude	-2/90 m
Incline	-4/6 %
Rate of ascent	-28/22 m/min
Cadence	0/114 R/min
Power	0/738 Watt

### AVERAGE VALUES

Heart rate	139 bpm
Temperature	19,0 °C
Speed	30,95 kmh
Altitude	39 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	8 m/min
Power	138 Watt
Cadence	74 R/min

## LOG

Computer / bike: vladimir / Bike 1    Name: 200    Date / Time: 15.04.2017 - 08:05 - 14:39



### HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 145 bpm
Zone 3	145 - 181 bpm
Time in Zone 1:	01:03:22 h
Time in Zone 2:	03:18:04 h
Time in Zone 3:	02:11:24 h
Outside	00:00:04 h

