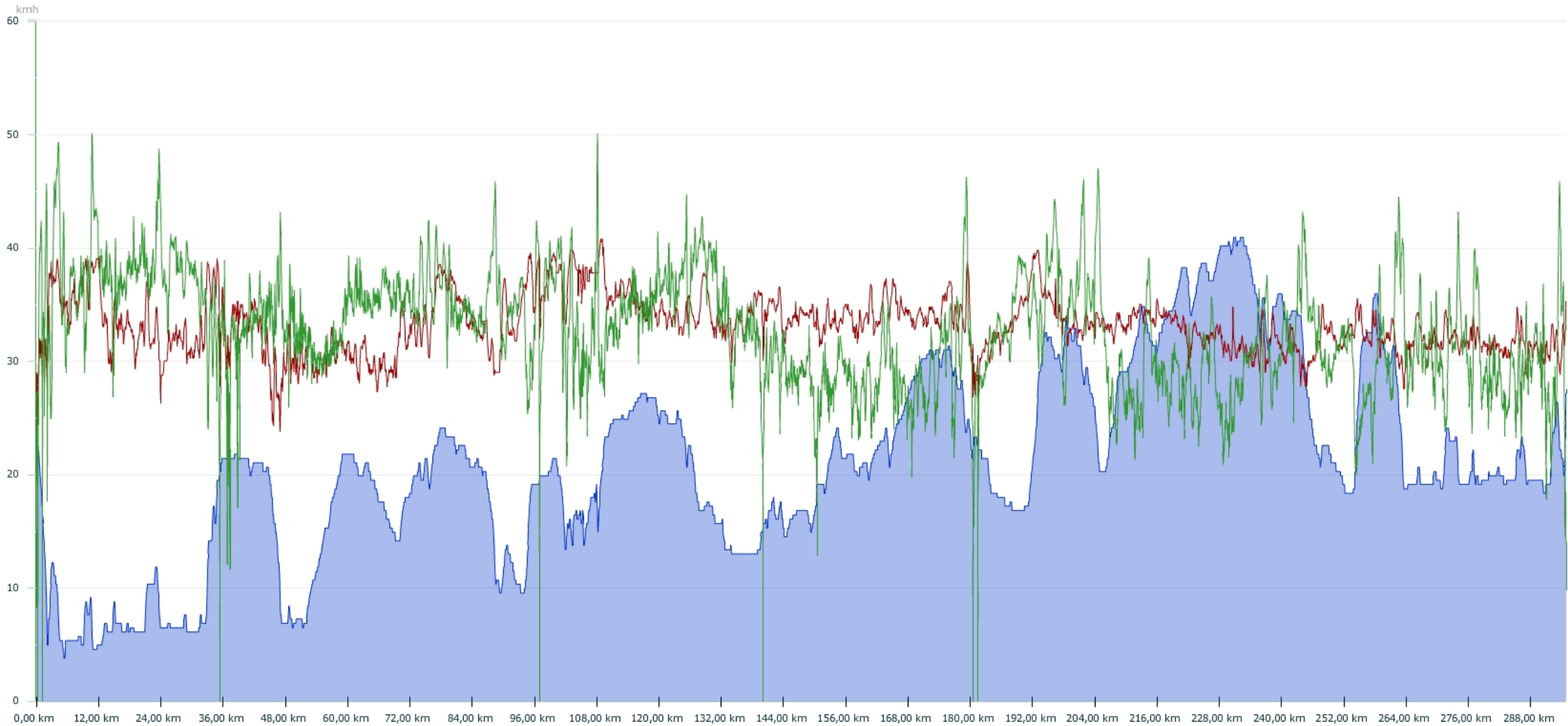


# LOG

Computer / bike: 2017. / Bike 1 Name: 300 Date / Time: 13.05.2017 - 07:02 - 16:31



■ 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: 2017. / Bike 1 Name: 300 Date / Time: 13.05.2017 - 07:02 - 16:31



## NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

## MARKERS

1. **P**

2. **P**

3. **P**

4. **P**

5. **P**

6. **P**

## LOG

Computer / bike: 2017. / Bike 1    Name: 300    Date / Time: 13.05.2017 - 07:02 - 16:31

## MARKERS

7. 

8. 

## LOG

Computer / bike: 2017. / Bike 1 Name: 300 Date / Time: 13.05.2017 - 07:02 - 16:31

### INFO

Date	13.05.2017
Start time	07:02 Clock
Stopp time	16:31 Clock
Bike	Bike 1
Wheel size	2112 mm
Unit	kmh
Calories	5637 kcal
Number of log entries	7414
Log time interval	5 s

### TOTAL VALUES

Trip distance	294,85 km
Trip distance uphill	26,86 km
Distance downhill	26,41 km
Trip time	09:15:43 h
Trip time uphill	00:55:34 h
Trip time downhill	00:43:43 h
Meters uphill	777 m
Meters downhill	772 m
Break time	00:12:03 h

### MIN/MAX VALUES

Heart rate	93/163 bpm
Temperature	14,0/31,0 °C
Speed	0,00/50,11 kmh
Altitude	15/112 m
Incline	-5/5 %
Rate of ascent	-33/22 m/min
Cadence	0/125 R/min
Power	0/469 Watt

### AVERAGE VALUES

Heart rate	132 bpm
Temperature	23,5 °C
Speed	31,85 kmh
Altitude	61 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	131 Watt
Cadence	73 R/min

# LOG

Computer / bike: 2017. / Bike 1 Name: 300 Date / Time: 13.05.2017 - 07:02 - 16:31

## HEART RATE ZONES

Zone 1	100 - 127 bpm
Zone 2	127 - 145 bpm
Zone 3	145 - 181 bpm
Time in Zone 1:	02:32:17 h
Time in Zone 2:	05:40:28 h
Time in Zone 3:	01:02:00 h
Outside	00:00:58 h

