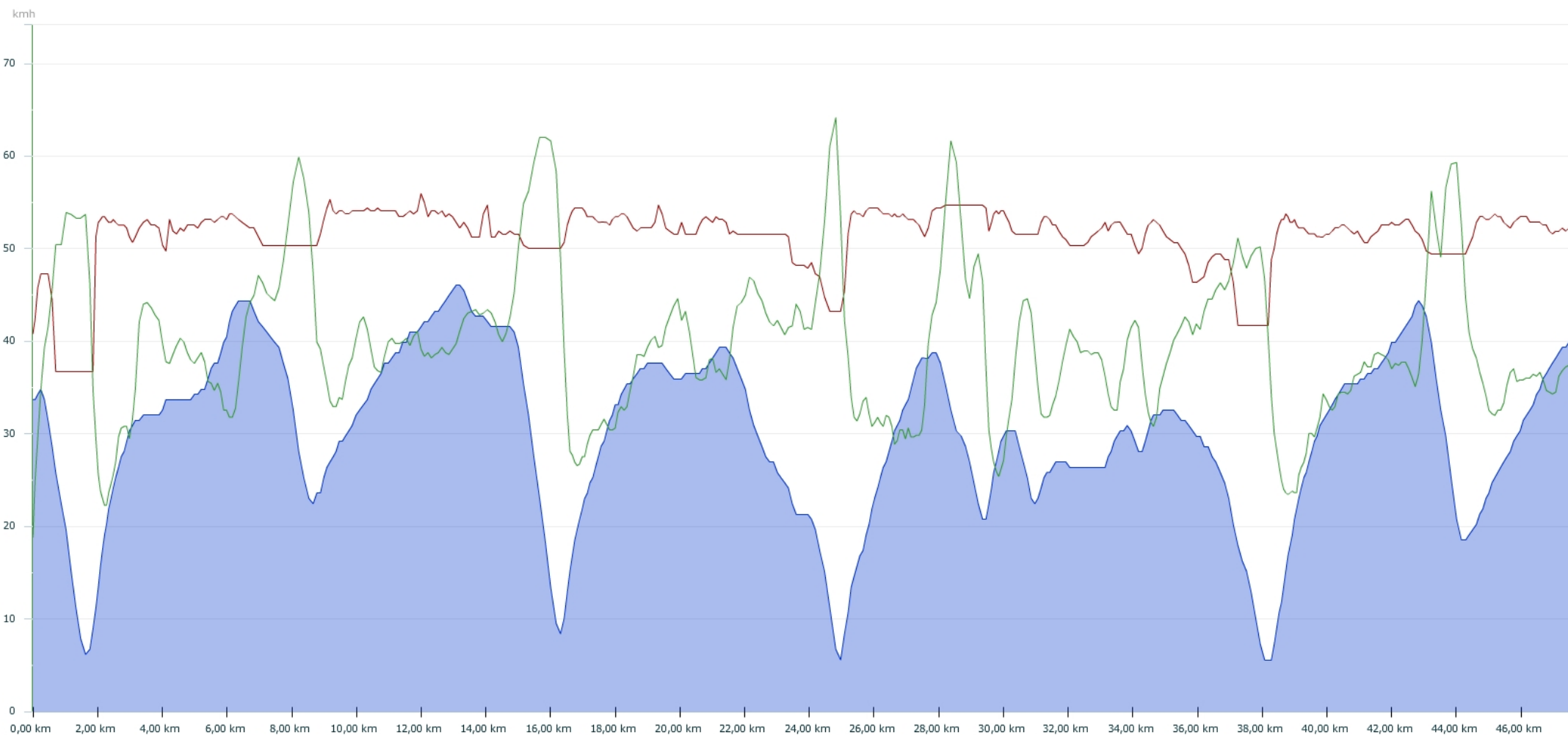


LOG

Computer / bike: sergey / Bike 1 Date / Time: 08.06.2012 - 16:54 - 18:09



Altitude Speed Heart rate Temperature Incline Rate of ascent
 Avg. altitude Avg. speed Avg. heart rate Avg. temperature
 Zone 1 Zone 2 Zone 3

LOG

Computer / bike: sergey / Bike 1 Date / Time: 08.06.2012 - 16:54 - 18:09



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

mountainous



Training type:

Training partner:

Description:

MARKERS

LOG

Computer / bike: sergey / Bike 1 Date / Time: 08.06.2012 - 16:54 - 18:09

INFO

Date	08.06.2012
Start time	16:54 Clock
Stopp time	18:09 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	910 kcal
Number of log entries	444
Log time interval	10 s

TOTAL VALUES

Trip distance	47,69 km
Trip distance uphill	21,55 km
Distance downhill	15,33 km
Trip time	01:14:45 h
Trip time uphill	00:38:48 h
Trip time downhill	00:19:14 h
Meters uphill	379 m
Meters downhill	366 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	119/181 bpm
Temperature	25,0/30,0 °C
Speed	18,81/64,18 kmh
Altitude	14/86 m
Incline	-5/6 %
Rate of ascent	-51/31 m/min

AVERAGE VALUES

Heart rate	167 bpm
Temperature	25,9 °C
Speed	38,29 kmh
Altitude	57 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	9 m/min
Inclination rate downhill	17 m/min

LOG

Computer / bike: sergey / Bike 1 Date / Time: 08.06.2012 - 16:54 - 18:09



HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	00:01:31 h
Time in Zone 2:	00:02:42 h
Time in Zone 3:	01:10:32 h
Outside	00:00:00 h

