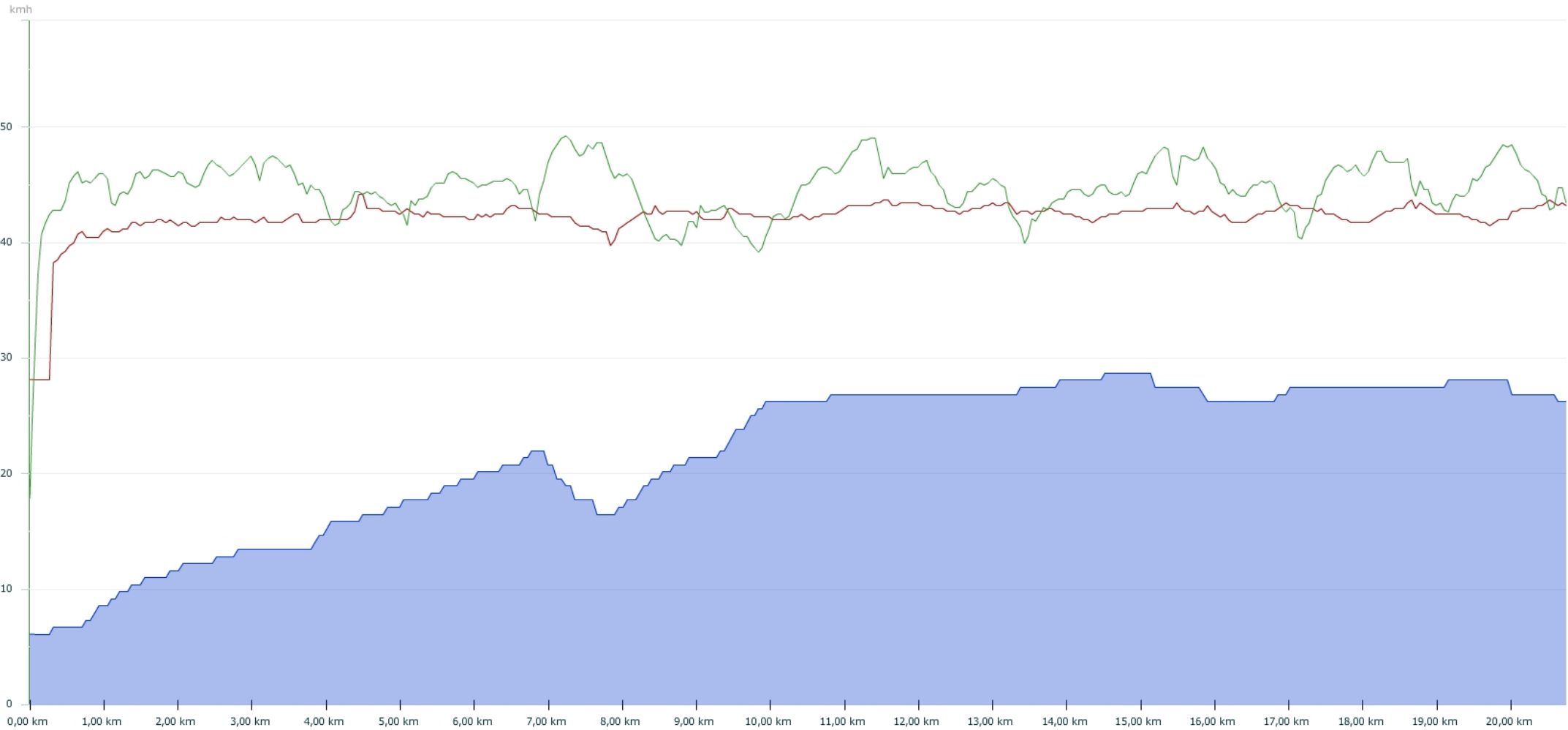


# LOG

Computer / bike: sergey / Bike 1 Date / Time: 08.09.2012 - 10:01 - 10:29



■ 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: 08.09.2012 - 10:01 - 10:29



## NOTES

## MARKERS

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

## LOG

Computer / bike: **sergey / Bike 1**    Date / Time: **08.09.2012 - 10:01 - 10:29**

### INFO

|                       |             |
|-----------------------|-------------|
| Date                  | 08.09.2012  |
| Start time            | 10:01 Clock |
| Stopp time            | 10:29 Clock |
| Bike                  | Bike 1      |
| Wheel size            | 2133 mm     |
| Unit                  | kmh         |
| Calories              | 351 kcal    |
| Number of log entries | 373         |
| Log time interval     | 5 s         |

### TOTAL VALUES

|                      |            |
|----------------------|------------|
| Trip distance        | 20,74 km   |
| Trip distance uphill | 2,67 km    |
| Distance downhill    | 0,59 km    |
| Trip time            | 00:27:54 h |
| Trip time uphill     | 00:03:40 h |
| Trip time downhill   | 00:00:45 h |
| Meters uphill        | 49 m       |
| Meters downhill      | 16 m       |
| Break time           | 00:00:00 h |

### MIN/MAX VALUES

|                |                 |
|----------------|-----------------|
| Heart rate     | 114/179 bpm     |
| Temperature    | 22,0/24,0 °C    |
| Speed          | 17,84/49,25 kmh |
| Altitude       | 64/101 m        |
| Incline        | -2/2 %          |
| Rate of ascent | -16/14 m/min    |

### AVERAGE VALUES

|                           |           |
|---------------------------|-----------|
| Heart rate                | 170 bpm   |
| Temperature               | 22,8 °C   |
| Speed                     | 44,62 kmh |
| Altitude                  | 89 m      |
| Inclination uphill        | 1 %       |
| Inclination downhill      | 1 %       |
| Inclination rate uphill   | 7 m/min   |
| Inclination rate downhill | 9 m/min   |

# LOG

Computer / bike: **sergey / Bike 1**    Date / Time: **08.09.2012 - 10:01 - 10:29**

## HEART RATE ZONES

|                 |               |
|-----------------|---------------|
| Zone 1          | 102 - 130 bpm |
| Zone 2          | 130 - 149 bpm |
| Zone 3          | 149 - 186 bpm |
| Time in Zone 1: | 00:00:27 h    |
| Time in Zone 2: | 00:00:00 h    |
| Time in Zone 3: | 00:27:27 h    |
| Outside         | 00:00:00 h    |

