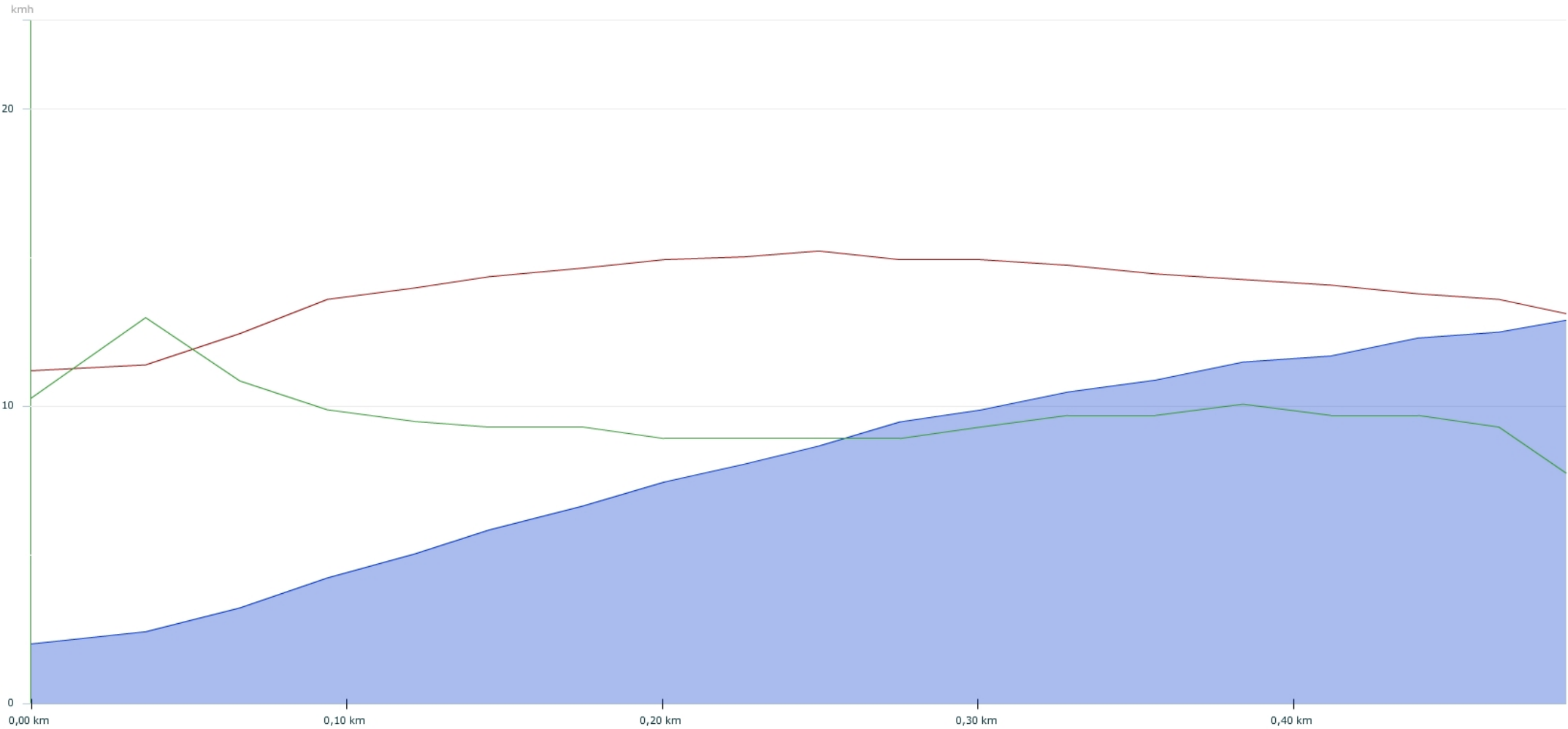


LOG

Computer / bike: sergey / Bike 1 Date / Time: 14.10.2012 - 13:09 - 13:12



■ 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: 14.10.2012 - 13:09 - 13:12



NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

steep



Training type:

Training partner:

Description:

MARKERS

1. WP

2. WP

LOG

Computer / bike: **sergey / Bike 1** Date / Time: **14.10.2012 - 13:09 - 13:12**

INFO

Date	14.10.2012
Start time	13:09 Clock
Stopp time	13:12 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	31 kcal
Number of log entries	19
Log time interval	10 s

TOTAL VALUES

Trip distance	0,48 km
Trip distance uphill	0,48 km
Distance downhill	0,00 km
Trip time	00:03:02 h
Trip time uphill	00:03:02 h
Trip time downhill	00:00:00 h
Meters uphill	54 m
Meters downhill	0 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	117/159 bpm
Temperature	14,0/14,0 °C
Speed	7,76/12,99 kmh
Altitude	15/69 m
Incline	0/19 %
Rate of ascent	0/30 m/min

AVERAGE VALUES

Heart rate	146 bpm
Temperature	14,0 °C
Speed	9,64 kmh
Altitude	45 m
Inclination uphill	11 %
Inclination downhill	0 %
Inclination rate uphill	18 m/min
Inclination rate downhill	0 m/min

LOG

Computer / bike: **sergey / Bike 1** Date / Time: **14.10.2012 - 13:09 - 13:12**

HEART RATE ZONES

Zone 1	102 - 130 bpm
Zone 2	130 - 149 bpm
Zone 3	149 - 186 bpm
Time in Zone 1:	00:00:10 h
Time in Zone 2:	00:01:10 h
Time in Zone 3:	00:01:41 h
Outside	00:00:00 h

