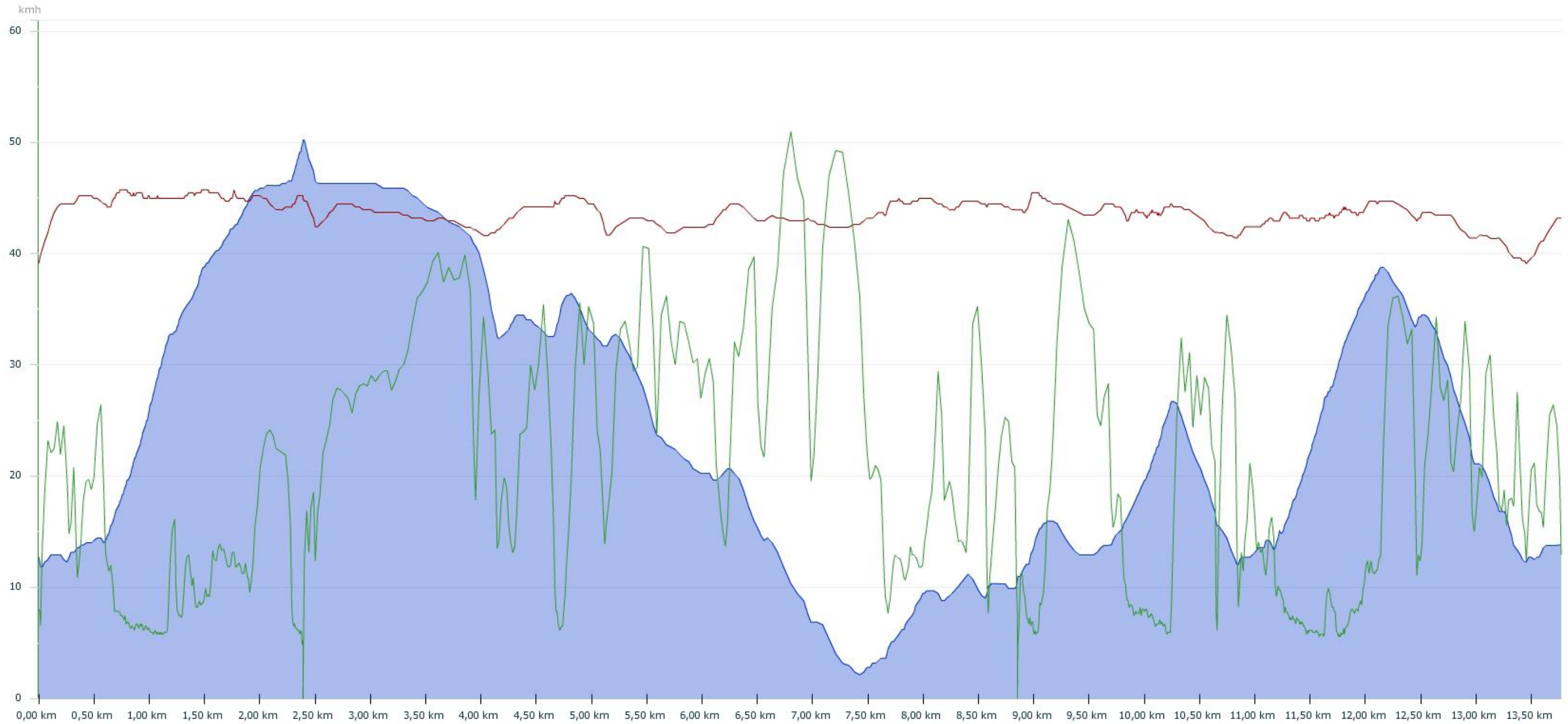


LOG

Computer / bike: HUGO / Bike 1 Date / Time: 07.10.2012 - 11:29 - 12:21



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

LOG

Computer / bike: HUGO / Bike 1 Date / Time: 07.10.2012 - 11:29 - 12:21



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

LOG

Computer / bike: **HUGO / Bike 1** Date / Time: **07.10.2012 - 11:29 - 12:21**

INFO

Date	07.10.2012
Start time	11:29 Clock
Stopp time	12:21 Clock
Bike	Bike 1
Wheel size	2060 mm
Unit	kmh
Calories	1019 kcal
Number of log entries	692
Log time interval	5 s

TOTAL VALUES

Trip distance	13,77 km
Trip distance uphill	4,90 km
Distance downhill	5,74 km
Trip time	00:51:41 h
Trip time uphill	00:29:20 h
Trip time downhill	00:12:00 h
Meters uphill	507 m
Meters downhill	503 m
Break time	00:00:10 h

MIN/MAX VALUES

Heart rate	154/180 bpm
Temperature	11,0/20,0 °C
Speed	0,00/50,94 kmh
Altitude	473/696 m
Incline	-18/18 %
Rate of ascent	-93/40 m/min
Cadence	0/0 R/min
Power	0/0 Watt

AVERAGE VALUES

Heart rate	172 bpm
Temperature	12,6 °C
Speed	15,94 kmh
Altitude	576 m
Inclination uphill	9 %
Inclination downhill	6 %
Inclination rate uphill	13 m/min
Inclination rate downhill	28 m/min
Power	0 Watt
Cadence	0 R/min

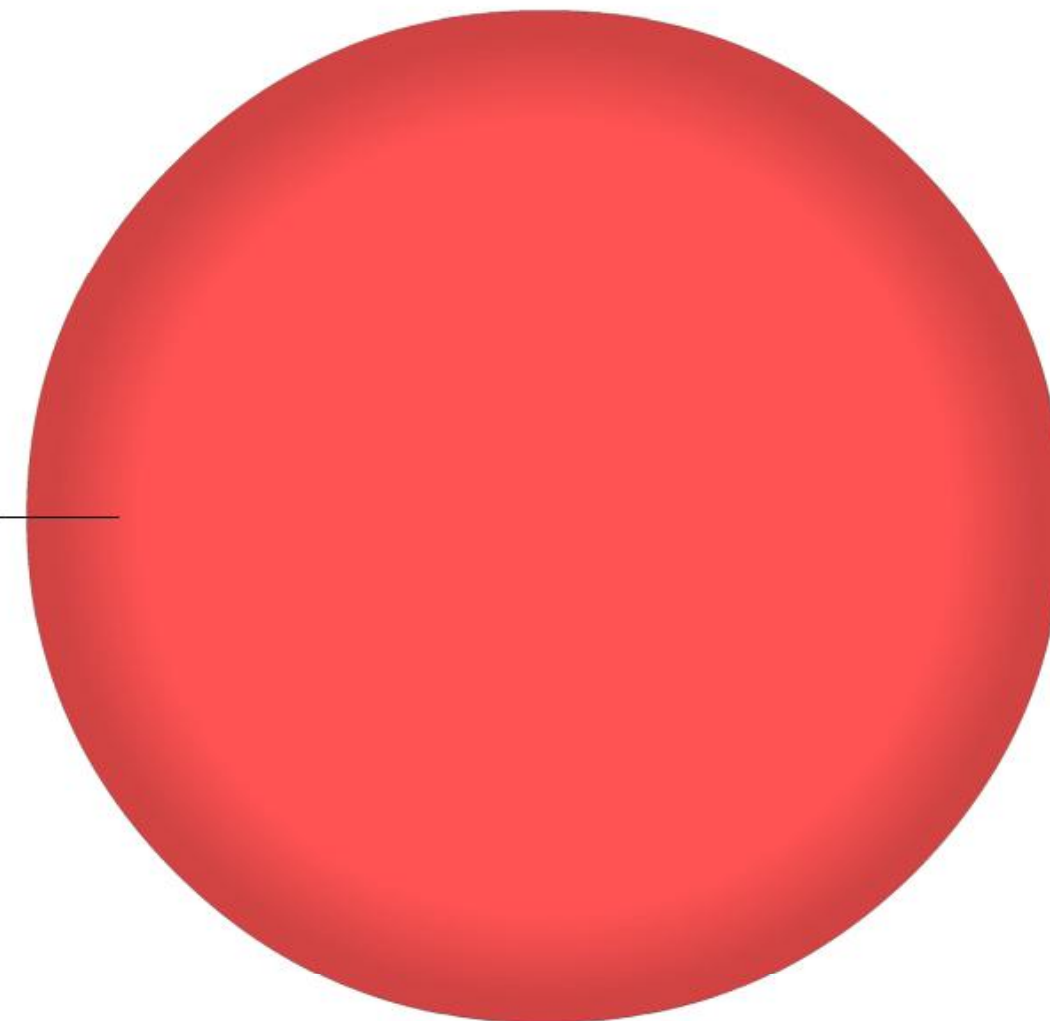
LOG

Computer / bike: HUGO / Bike 1 Date / Time: 07.10.2012 - 11:29 - 12:21

HEART RATE ZONES

Zone 1	105 - 133 bpm
Zone 2	133 - 152 bpm
Zone 3	152 - 190 bpm
Time in Zone 1:	00:00:00 h
Time in Zone 2:	00:00:00 h
Time in Zone 3:	00:51:41 h
Outside	00:00:00 h

Zone 3:
100.0%



Time in zone 1: 0.0% | Time in zone 2: 0.0% | Outside: 0.0%