



Appliance / bike: ROX 9.0 / Bike 1
Name: marafon 200 km

Cycling

Distance:	200,86 km	Ride time:	07:17:16 h
Average speed:	27,56 km/h	Maximum speed:	51,99 km/h
Distance +:	200,86 km	Distance -:	-0,86 km
Average cadence:	83 upm	Maximum cadence:	151 upm

Heart rate

Average heart rate:	160 bpm	Maximum pulse:	190 bpm
Time in Zone 1:	00:05:38 h	Percentage in Zone 1:	1.28 %
Time in Zone 2:	02:14:38 h	Percentage in Zone 2:	30.78 %
Time in Zone 3:	04:55:51 h	Percentage in Zone 3:	67.65 %
Calories:	5439 kcal		

Temperature

Minimum:	12,1 °C	Maximum:	37,1 °C
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Uphill

Distance:	34,55 km	Ride time:	01:30:50 h
Average speed:	22,82 km/h	Vertical Climb:	973 m
Average inclination:	2.00 %	Maximum inclination:	5.00 %
Maximum altitude:	369 m		

Downhill

Distance:	37,29 km	Ride time:	01:07:40 h
Average speed:	33,06 km/h	Vertical Descent:	-941 m
Average inclination:	-2.00 %	Maximum inclination:	-4.00 %

Notes