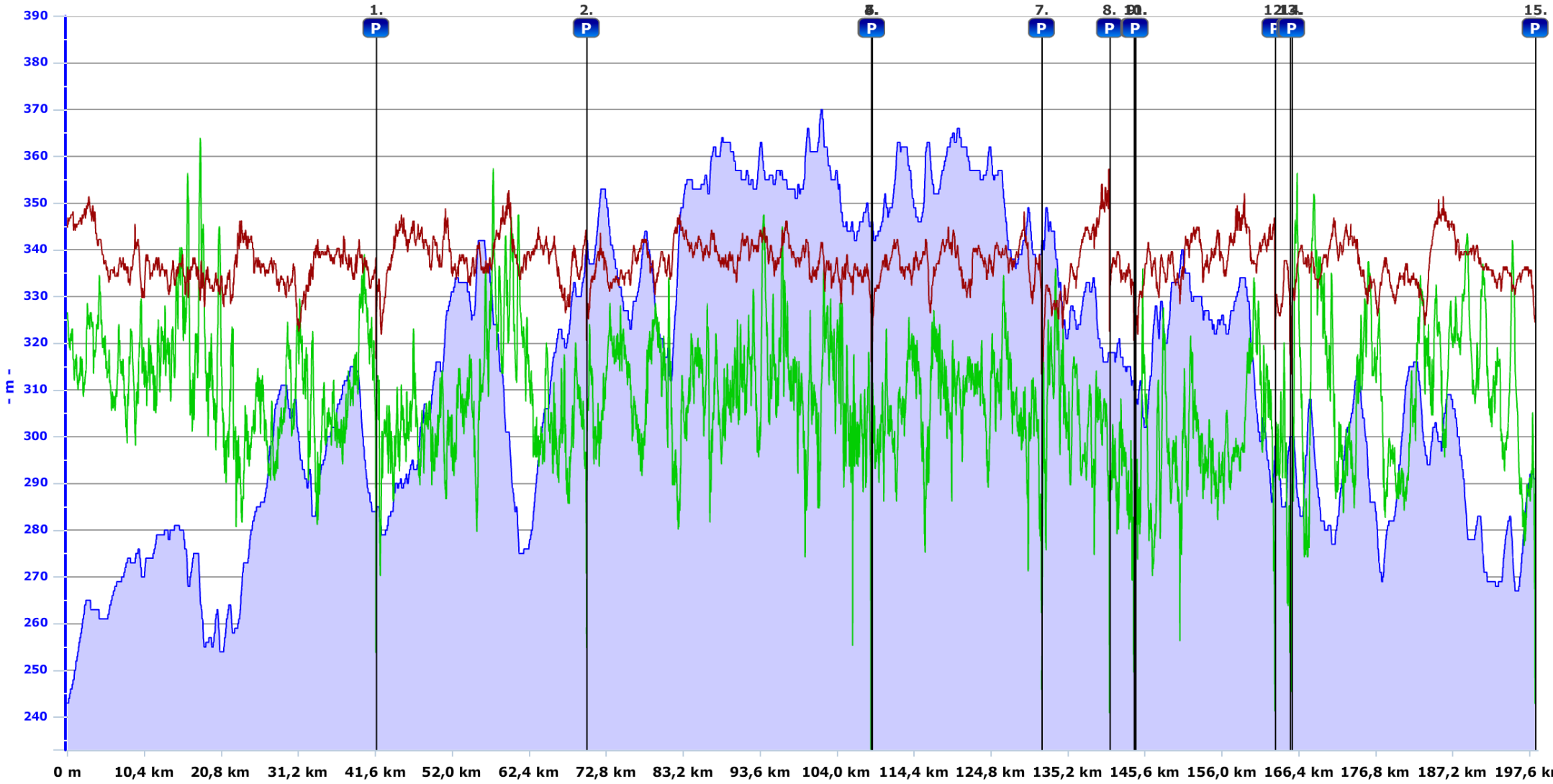
Appliance / bike: ROX 9.0 / Bike 1

Name: Marafon 200 km



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

Info

Unit	kmh
Wheel size	2095 mm
Time interval log	5
Number of entries	5750
Calories	5372
Bike	1
Start	05:58
End	15:00
Date	15.08.2009

Total values

Distance	198,32 km
Ride time	07:10:46 h
Rest time	01:40:17 h
Uphill distance	33,98 km
Ride time uphill	01:25:45 h
Uphill metres	906 m
Downhill distance	30,70 km
Ride time downhill	00:54:44 h
Downhill metres	858 m

Notes

Average values

Speed	27,62 km/h
Heart rate	159 bpm
Temperature	19,8 °C
Altitude	314 m
Uphill inclination	3 %
Rate of ascent uphill	11 m/min
Downhill inclination	3 %
Rate of ascent downhill	16 m/min

Min/Max values

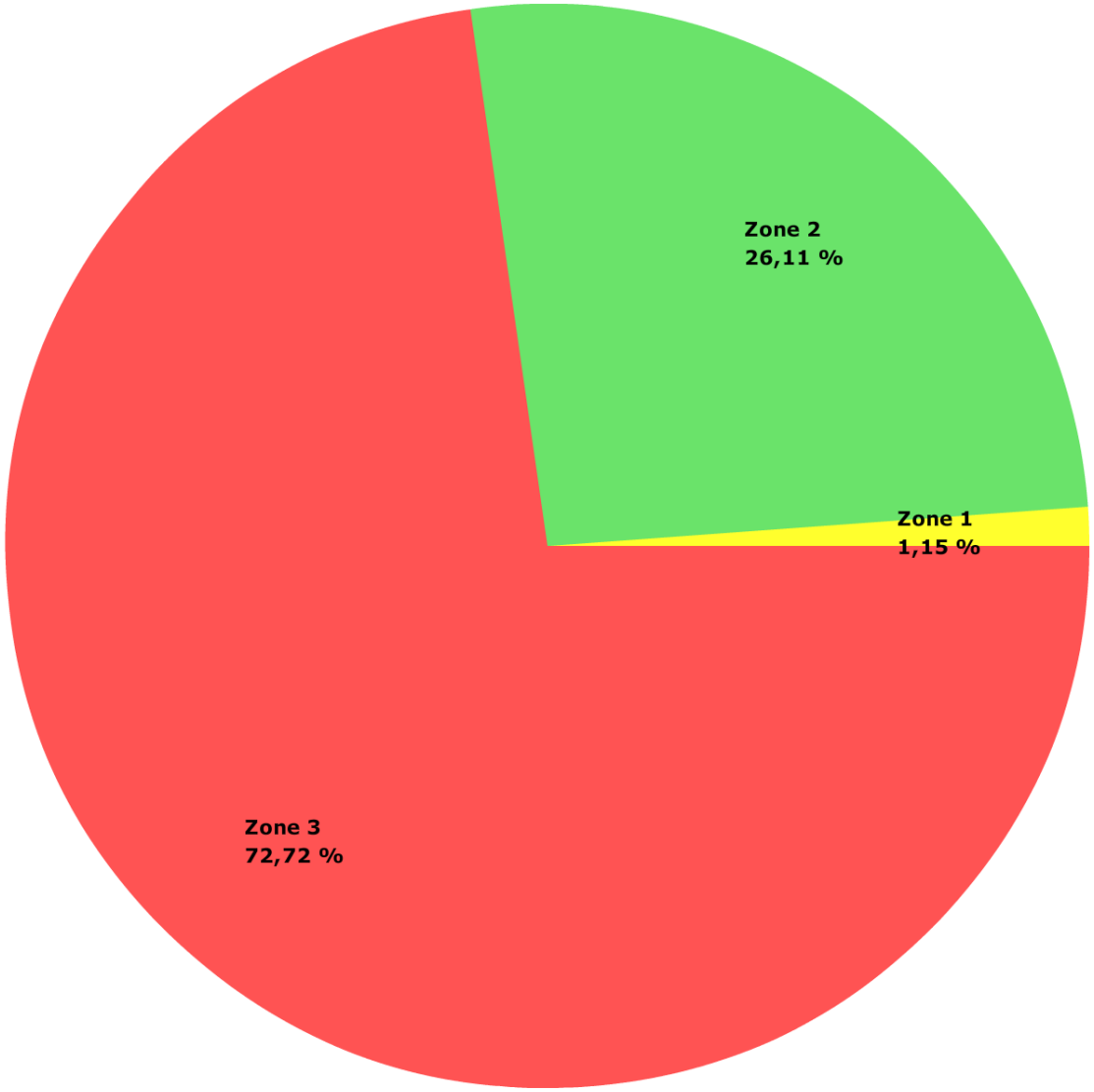
Speed	0,00 km/h / 50,09 km/h
Heart rate	123 bpm / 190 bpm
Temperature	12,0 °C / 37,0 °C
Altitude	243 m / 370 m
Inclination	-5 % / 8 %
Rise rate	-31 m/min / 16 m/min

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

Markers

1. P **Pause 1**
2. P **Pause 2**
3. P **Pause 3**
4. P **Pause 4**
5. P **Pause 5**
6. P **Pause 6**
7. P **Pause 7**
8. P **Pause 8**
9. P **Pause 9**
10. P **Pause 10**
11. P **Pause 11**
12. P **Pause 12**
13. P **Pause 13**
14. P **Pause 14**
15. P **Pause 15**

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



Heart rate zones

Zone 1	**107 - 137 bpm**
Zone 2	**137 - 156 bpm**
Zone 3	**156 - 195 bpm**

Time in Zone 1:	**00:04:25 h**
Time in Zone 2:	**01:40:02 h**
Time in Zone 3:	**04:38:32 h**
Outside	**00:00:00 h**