

Appliance / bike: ROX 9.0 / Bike 1
Name: Nižborský Freecoolin

Info

Unit kmh
Wheel size 2114 mm
Time interval log 5
Number of entries 2456
Calories 2016
Bike 1
Start 10:25
End 15:18
Date 13.06.2009

Average values

Speed 17,79 km/h
Heart rate 147 bpm
Temperature 17,5 °C
Altitude 388 m
Uphill inclination 6 %
Rate of ascent uphill 12 m/min
Downhill inclination 6 %
Rate of ascent downhill 30 m/min

Total values

Distance 53,72 km
Ride time 03:01:22 h
Rest time 01:49:07 h
Uphill distance 17,51 km
Ride time uphill 01:24:30 h
Uphill metres 1027 m
Downhill distance 17,49 km
Ride time downhill 00:35:00 h
Downhill metres 1020 m

Min/Max values

Speed 0,00 km/h / 50,16 km/h
Heart rate 20 bpm / 188 bpm
Temperature 13,0 °C / 26,0 °C
Altitude 243 m / 508 m
Inclination -26 % / 69 %
Rise rate -95 m/min / 62 m/min

Notes