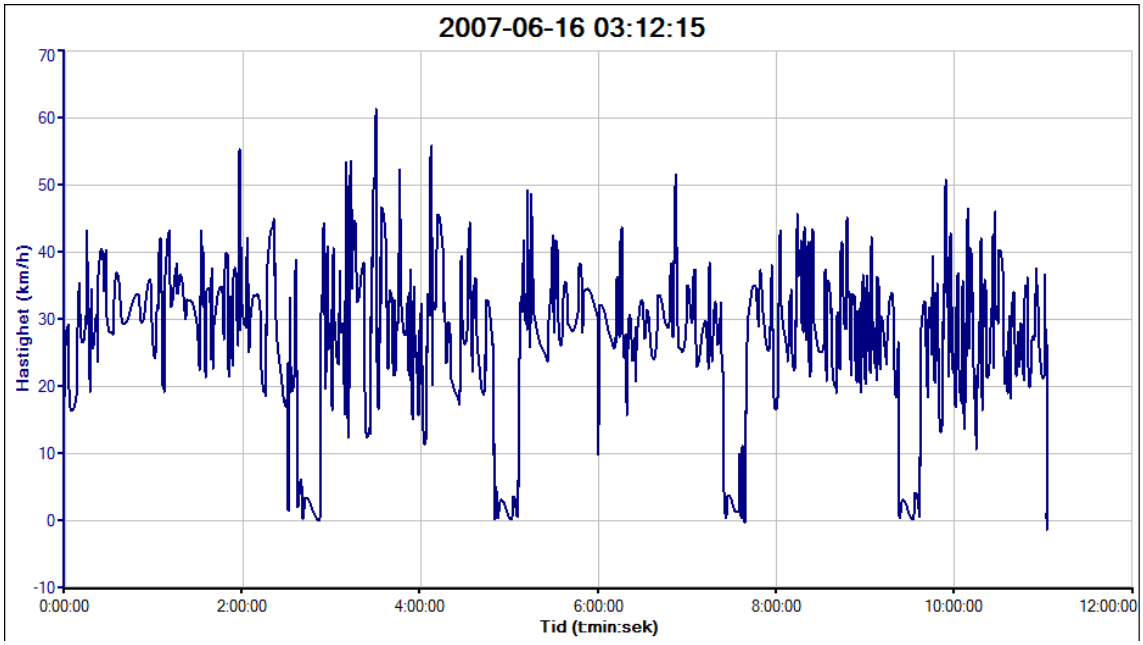
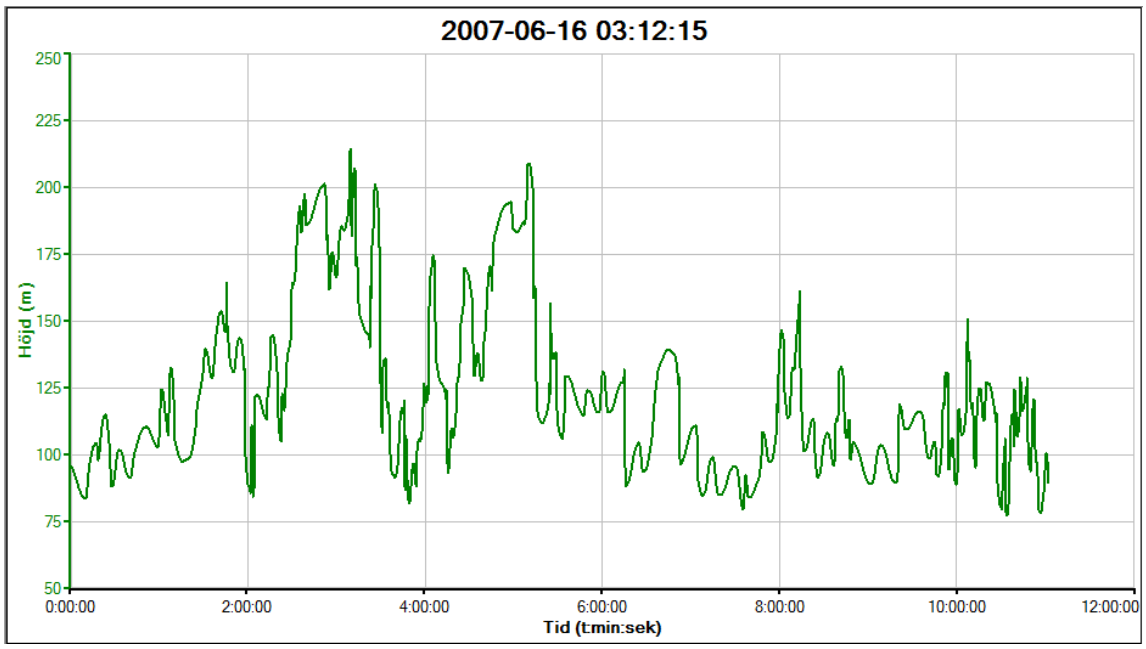
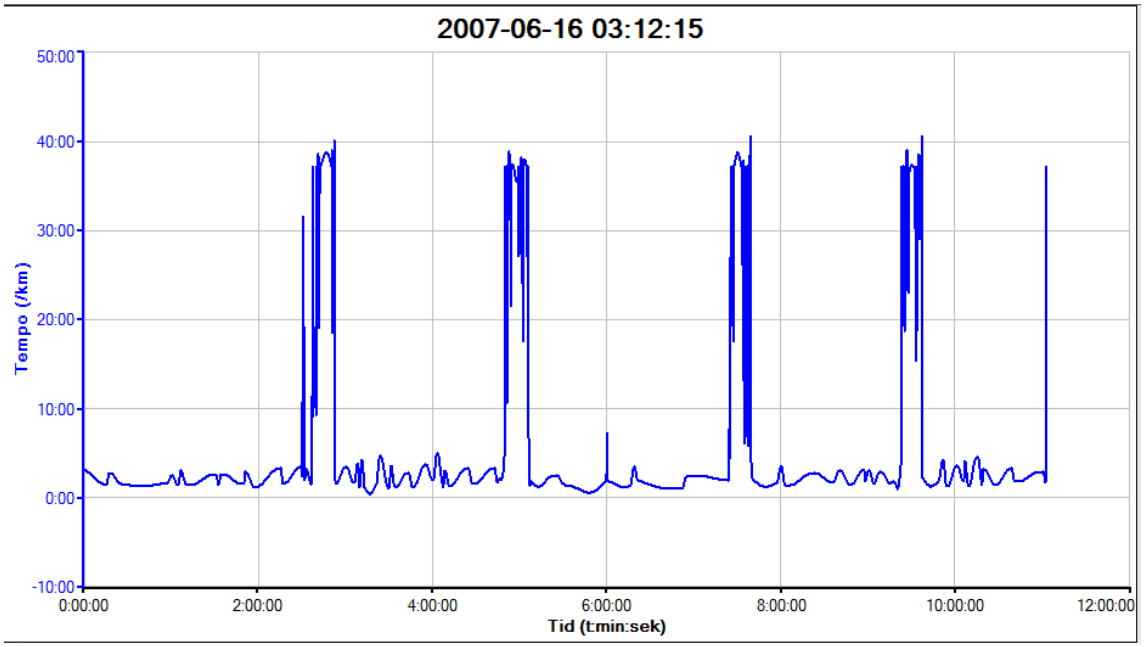

2007-06-16 03:12:15
Hastighet (km/h)
70
60
50
40
30
20
10
0
-10
0:00:00
2:00:00
4:00:00
6:00:00
8:00:00
10:00:00
12:00:00
Tid (t:min:sek)


2007-06-16 03:12:15
Höjd (m)
250
225
200
175
150
125
100
75
50
0:00:00
2:00:00
4:00:00
6:00:00
8:00:00
10:00:00
12:00:00
Tid (t:min:sek)



Namn	Avstånd totalt	Tid totalt	Genomsnittligt tempo	Medelhastighet	Maxhastighet	Summa kalorier	Totala fettkalorier	Genomsnittlig puls	Maximal puls	Genomsnittlig kadens
2007...	299.57 km	11:03...	2:12 /km	27.1 km/h	61.0 km/h	15572 kal		130 slag/min	153 slag/min	
Varv ...	299.57 km	11:03...	2:12 /km	27.1 km/h	61.0 km/h	15572 kal		130 slag/min	153 slag/min	0 varv/min

Objekt	Zon 1	Zon 2	Zon 3	Zon 4	Zon 5	Zon 6	Zon 7	Zon 8	Zon 9	Zon 10
Puls (tid)	26:53	51:01	1:12:28	1:15:19	0:00					
Puls (distans)	12 km	21 km	33 km	38 km	0 m					
Hastighet (tid)	14:35	4:36	28:27	1:54:45	4:21:55	2:28:53	34:34	6:42	2:29	0:26