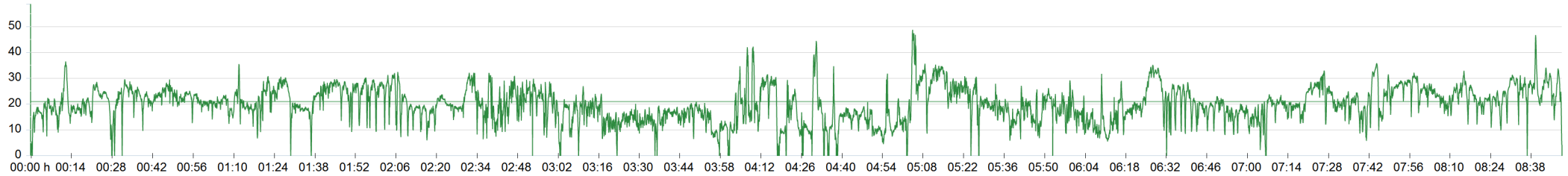

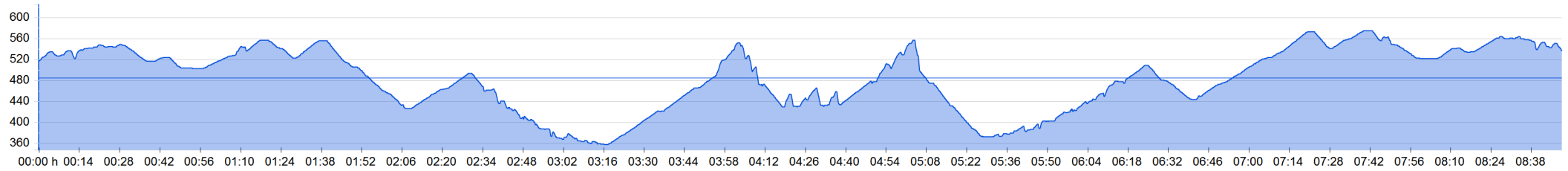

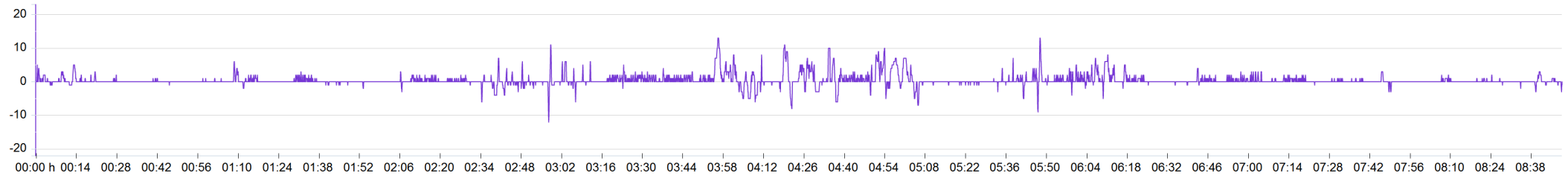
 Geschwindigkeit [km/h]






 Höhenmeter [m]



 Steigung [%]



<p> <b>Trainingszeit</b> 08:48:34.1 h Dauer: 08:48:34.1</p> <p>↑▲ 01:55:16.1      ↓▲ 00:29:52.9</p>	<p> <b>Strecke</b> 181,52 km</p> <p>↑▲ 29,76      ↓▲ 12,62</p>	<p> <b>Geschwindigkeit</b> Ø 20,72 km/h</p> <p>min. 0,00      ↑Ø 15,49      ↓Ø 25,35      max. 48,64</p>	<p> <b>Höhenmeter</b> ↑▲ 1 165 m ↓▲ 1 146</p> <p>min. 358      Ø 484      max. 575</p>	<p> <b>Herzfrequenz</b> Ø 101 bpm 56 % von HRmax</p> <p>min. 0      max. 149</p>
<p> <b>Kalorien</b> 2 642 kcal</p>	<p>↑▲↓ <b>Steigung</b> ↑Ø 2 % ↓Ø 2</p> <p>min. -12      max. 13</p>	<p>↑▲↓ <b>Steigrate</b> ↑Ø 5 m/min ↓Ø -10</p> <p>min. -56      max. 25</p>	<p> <b>Trittfrequenz</b> Ø 0 U/min</p> <p>min. 0      max. 0</p>	<p> <b>Leistung</b> Ø 0 Watt 0,0 Watt/kg</p> <p>min. 0      Arbeit in kJ      max. 0</p>
<p> <b>Temperatur</b> Ø 21,6 °C</p> <p>min. 12,5      max. 43,1</p>				