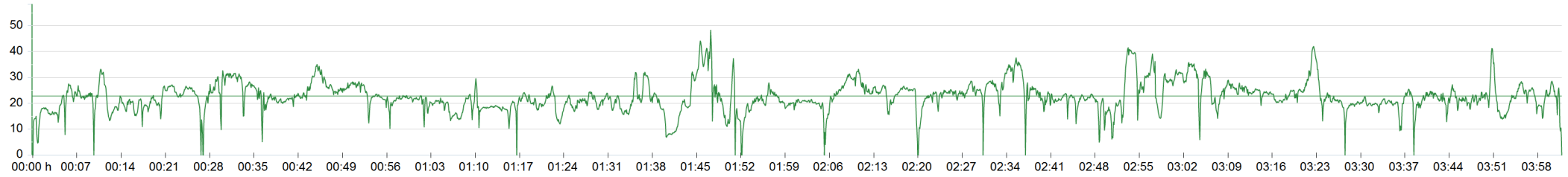
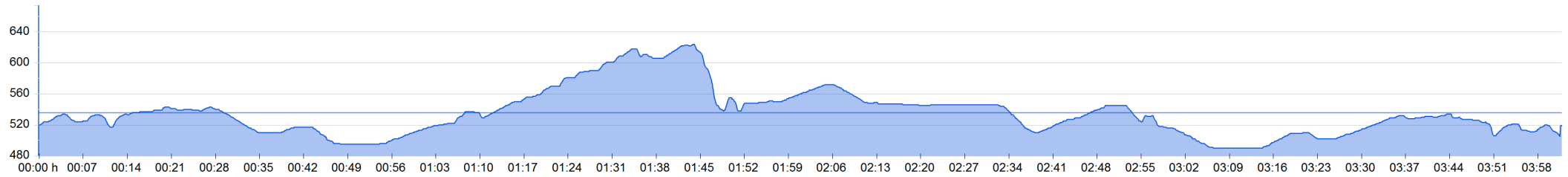


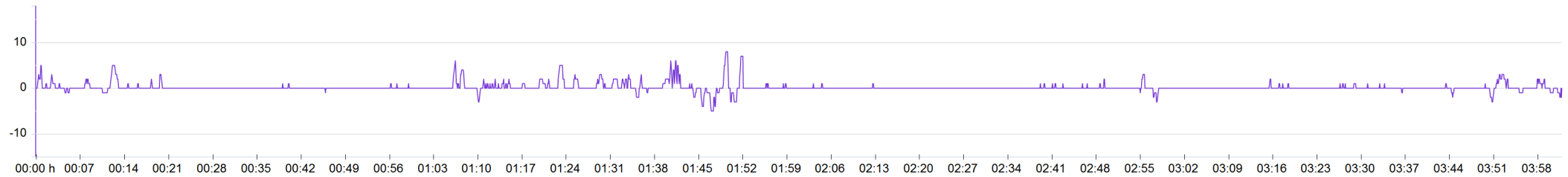
Geschwindigkeit [km/h]



Höhenmeter [m]



Steigung [%]



<p> Trainingszeit 04:01:48.4 h Dauer: 04:01:48.4</p> <p>↑ 00:27:54.7 ↓ 00:10:30.1</p>	<p> Strecke 90,75 km</p> <p>↑ 8,12 ↓ 5,01</p>	<p> Geschwindigkeit Ø 22,59 km/h</p> <p>min. 0,00 ↑ 17,46 ↓ 28,63 max. 48,30</p>	<p> Höhenmeter ↑ 411 m ↓ 412</p> <p>min. 490 Ø 535 max. 624</p>	<p> Herzfrequenz Ø 106 bpm 59 % von HRmax</p> <p>min. 0 max. 163</p>
<p> Kalorien 1 482 kcal</p>	<p> Steigung ↑ Ø 2 % ↓ Ø 1</p> <p>min. -5 max. 8</p>	<p> Steigrate ↑ Ø 5 m/min ↓ Ø -8</p> <p>min. -40 max. 20</p>	<p> Trittfrequenz Ø 73 U/min</p> <p>min. 0 max. 117</p>	<p> Leistung Ø 79 Watt 0,9 Watt/kg</p> <p>min. 0 Arbeit in kJ max. 931 350</p>
<p> Temperatur Ø 14,1 °C</p> <p>min. 10,6 max. 29,4</p>				