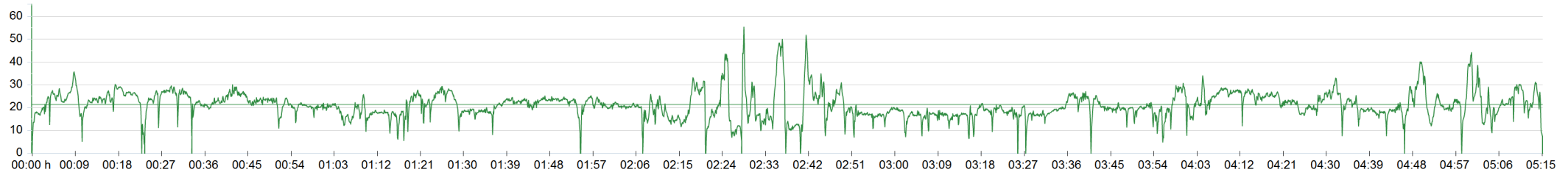

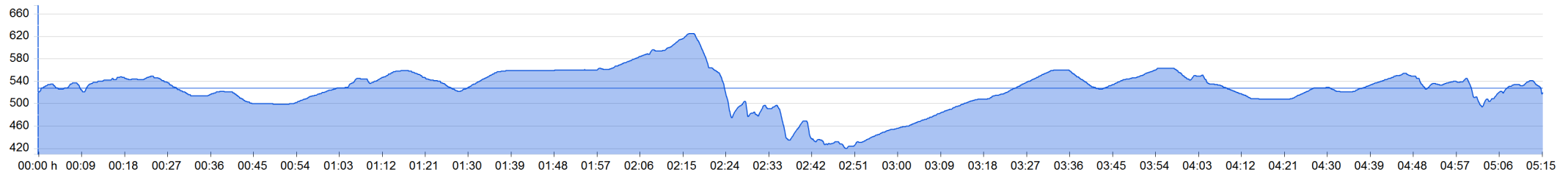

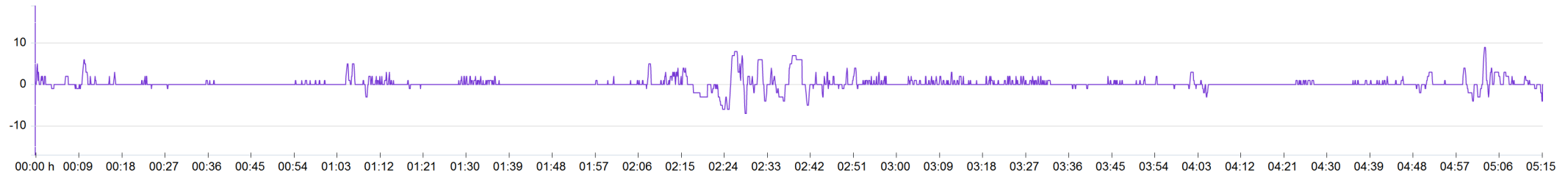
 Geschwindigkeit [km/h]



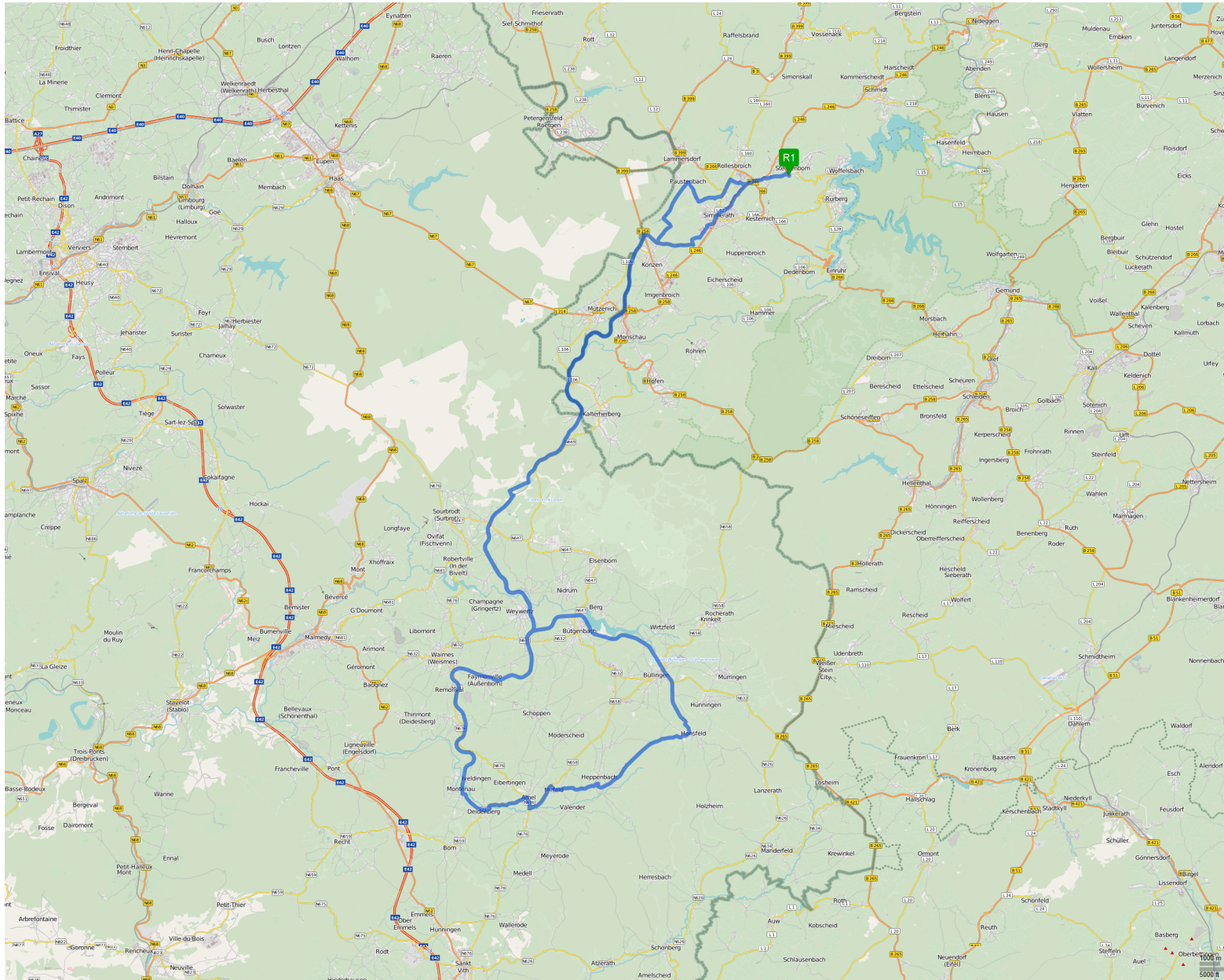
 Höhenmeter [m]






 Steigung [%]

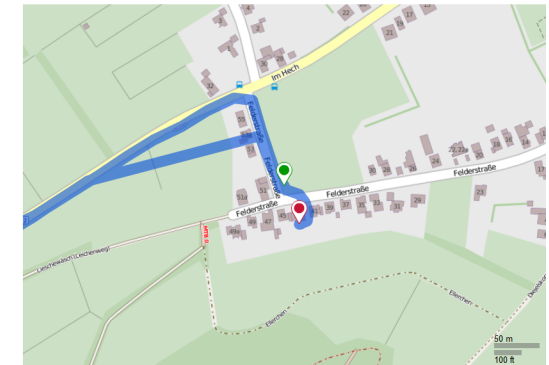


<p> <b>Trainingszeit</b> 05:15:08.5 h Dauer: 05:15:08.5</p> <p> 00:58:39.9  00:20:35.0</p>	<p> <b>Strecke</b> 110,84 km</p> <p> 16,48  10,21</p>	<p> <b>Geschwindigkeit</b> Ø 21,16 km/h</p> <p>min. 0,00  16,86  29,79 max. 55,31</p>	<p> <b>Höhenmeter</b> ↑ 681 m ↓ 682</p> <p>min. 420  526 max. 625</p>	<p> <b>Herzfrequenz</b> Ø 108 bpm 60 % von HRmax</p> <p>min. 0 max. 153</p>
<p> <b>Kalorien</b> 2 145 kcal</p>	<p> <b>Steigung</b> ↑ Ø 2 % ↓ Ø 2</p> <p>min. -7 max. 9</p>	<p> <b>Steigrate</b> ↑ Ø 5 m/min ↓ Ø -13</p> <p>min. -64 max. 22</p>	<p> <b>Trittfrequenz</b> Ø 68 U/min</p> <p>min. 0 max. 102</p>	<p> <b>Leistung</b> Ø 72 Watt 0,8 Watt/kg</p> <p>min. 0 Arbeit in kJ max. 375 1 111</p>
<p> <b>Temperatur</b> Ø 8,9 °C</p> <p>min. 5,0 max. 21,7</p>				



	Distanz	110,84 km
	Trainingszeit	05:14:19.5 h
	Höhe Bergauf	681 m

### Start



### Ende

