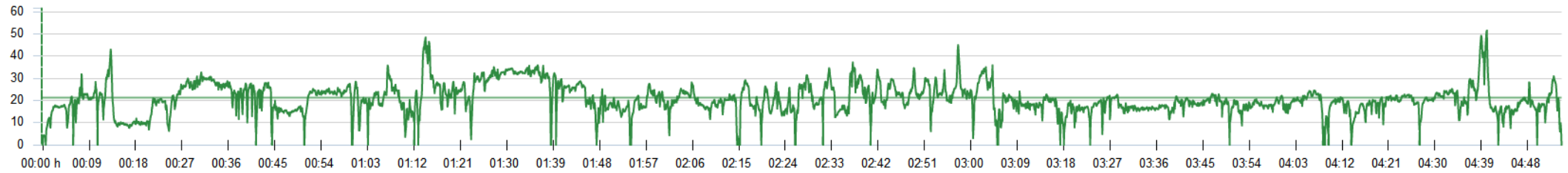

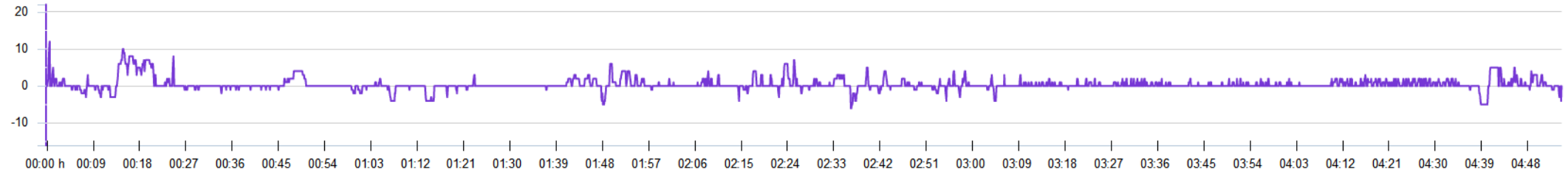
 Geschwindigkeit [km/h]



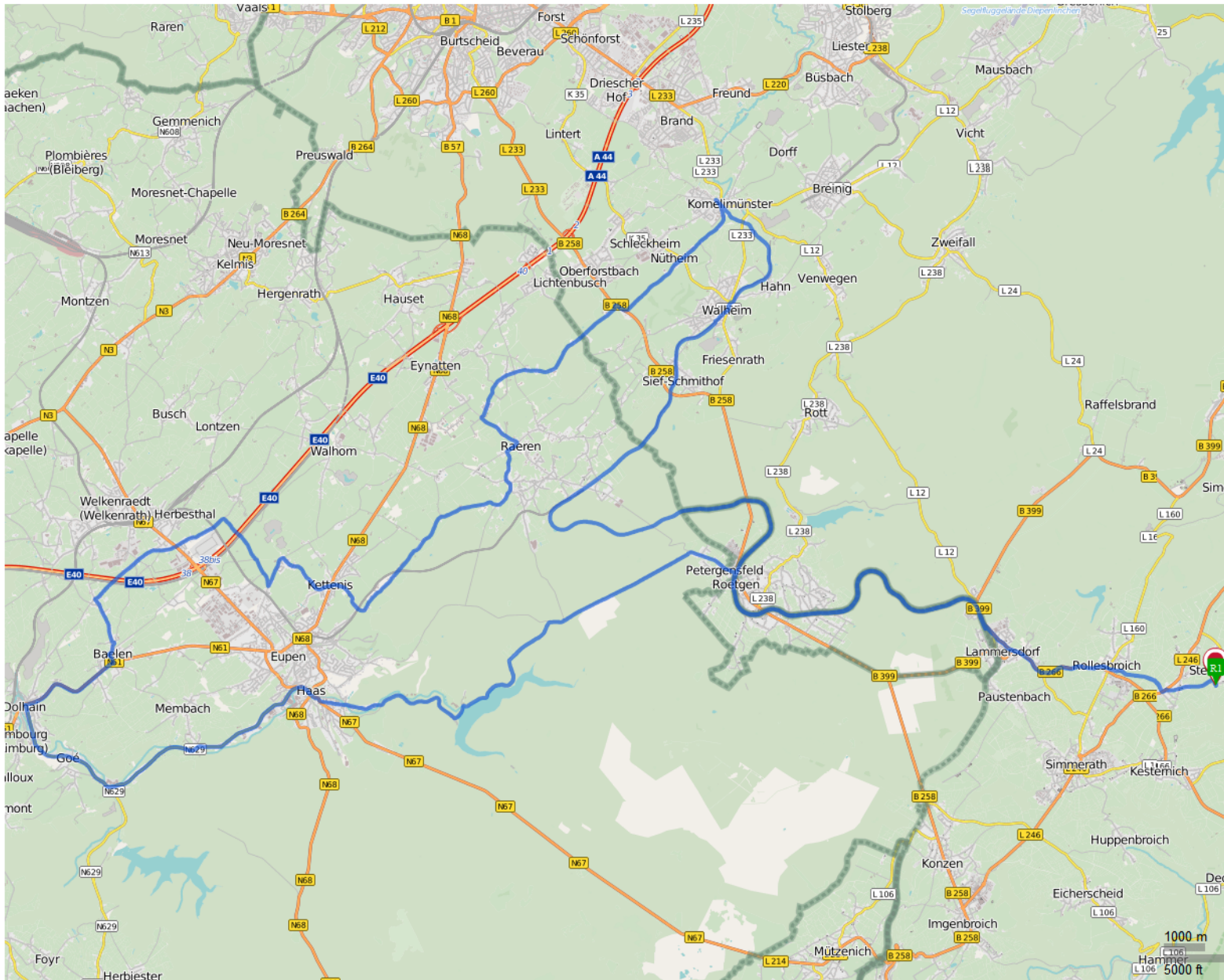
 Höhenmeter [m]






 Steigung [%]

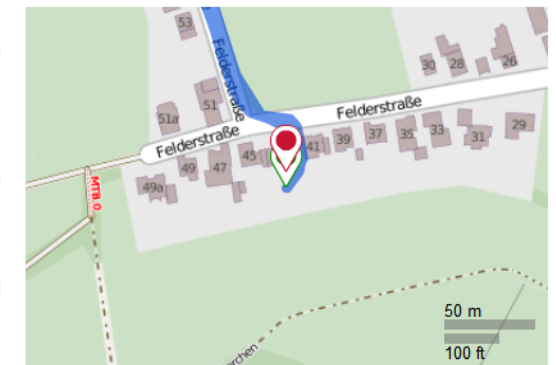


 <p>Trainingszeit 04:54:36.2 h Dauer: 04:54:36.2</p> <p>↑▲ 01:11:20.5 ↓▲ 00:22:25.2</p>	 <p>Strecke 101,36 km</p> <p>↑▲ 20,49 ↓▲ 10,53</p>	 <p>Geschwindigkeit Ø 20,80 km/h</p> <p>min. 0,00 ↑Ø 17,24 ↓Ø 28,19 max. 51,51</p>	 <p>Höhenmeter ↑▲ 783 m ↓▲ 783</p> <p>min. 217 Ø 383 max. 569</p>	 <p>Herzfrequenz Ø 101 bpm 56 % von HRmax</p> <p>min. 0 max. 155</p>
 <p>Kalorien 1 220 kcal</p>	 <p>Steigung ↑Ø 2 % ↓Ø 2</p> <p>min. -6 max. 12</p>	 <p>Steigrate ↑Ø 6 m/min ↓Ø -11</p> <p>min. -42 max. 21</p>	 <p>Trittfrequenz Ø 67 U/min</p> <p>min. 0 max. 106</p>	 <p>Leistung Ø 84 Watt 0,9 Watt/kg</p> <p>min. 0 Arbeit in kJ max. 440 1 060</p>
 <p>Temperatur Ø 28,1 °C</p> <p>min. 21,9 max. 40,4</p>				



	Distanz	101,36 km
	Trainingszeit	04:52:21.2 h
	Höhe Bergauf	783 m

Start



Ende

