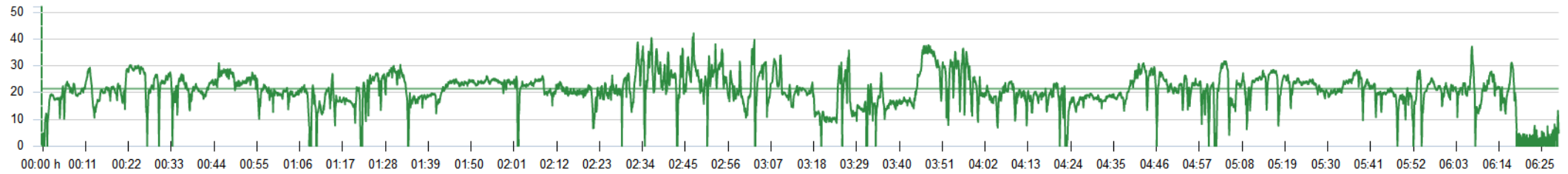


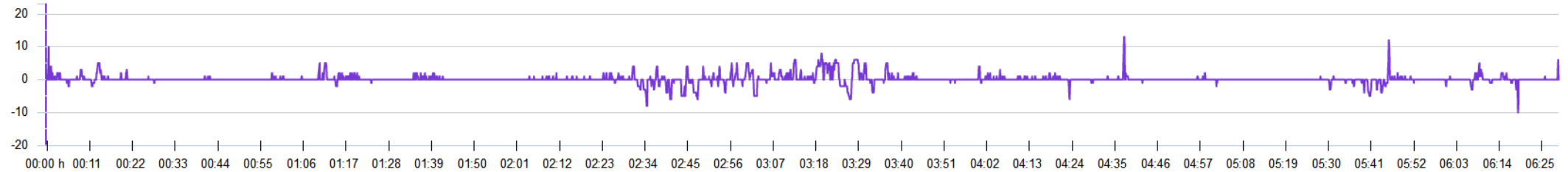
 Geschwindigkeit [km/h]



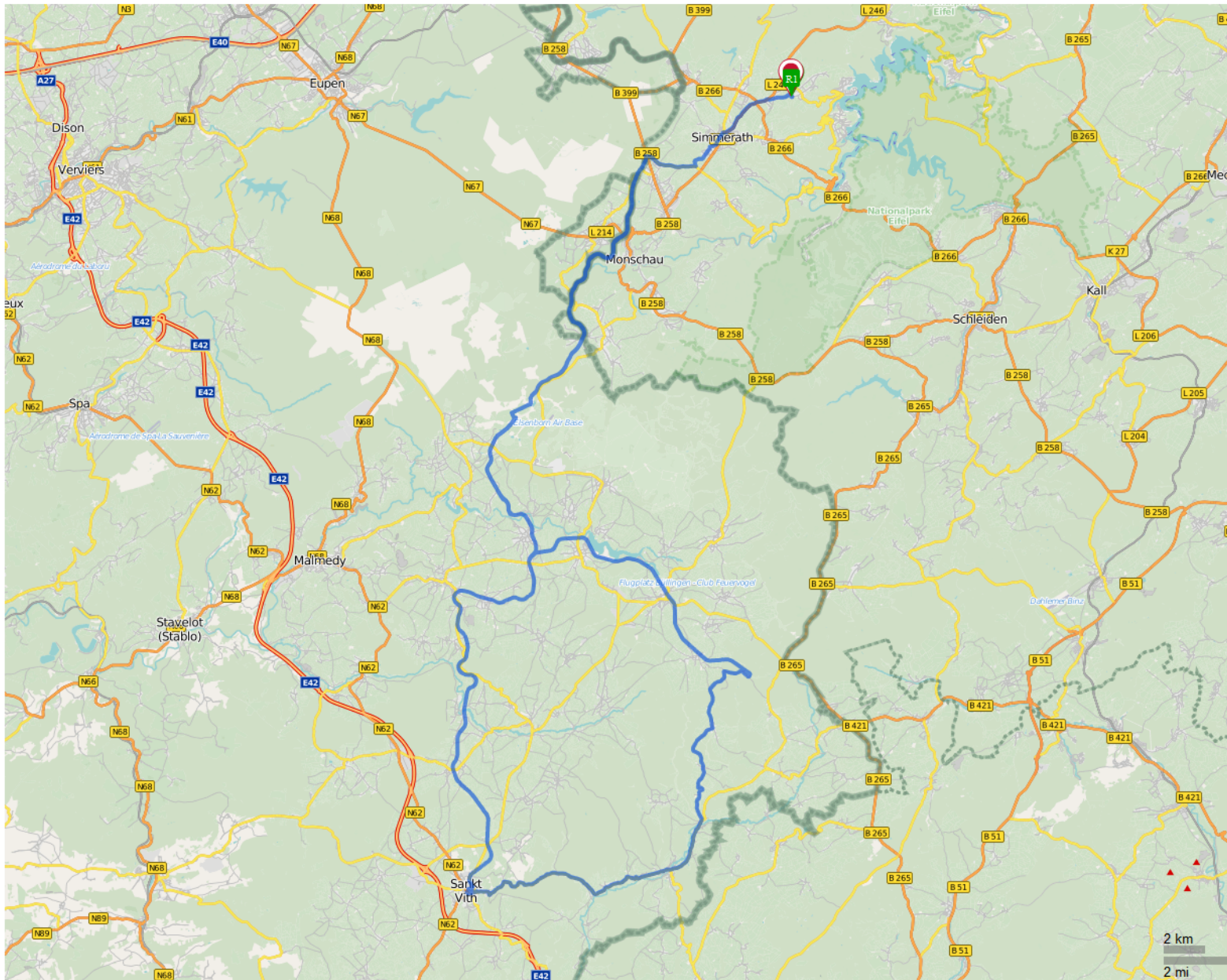
 Höhenmeter [m]



 Steigung [%]

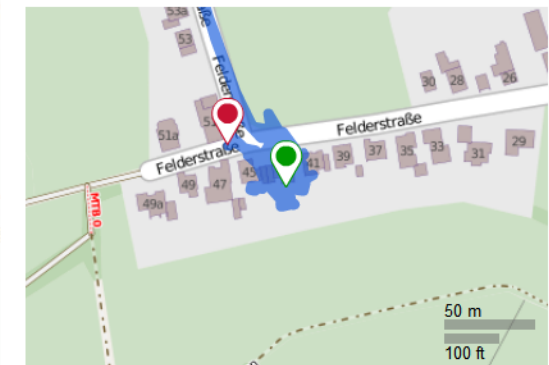


 <p><b>Trainingszeit</b> 06:29:17.5 h Dauer: 06:29:17.5</p> <p>↑▲ 00:52:23.8      ↓▲ 00:24:59.8</p>	 <p><b>Strecke</b> 134,54 km</p> <p>↑▲ 14,76      ↓▲ 10,64</p>	 <p><b>Geschwindigkeit</b> Ø 21,08 km/h</p> <p>min. 0,00      ↑Ø 16,90      ↓Ø 25,54      max. 42,26</p>	 <p><b>Höhenmeter</b> ↑▲ 829 m ↓▲ 829</p> <p>min. 383      Ø 498      max. 626</p>	 <p><b>Herzfrequenz</b> Ø 108 bpm 60 % von HRmax</p> <p>min. 0      max. 147</p>
 <p><b>Kalorien</b> 2 552 kcal</p>	 <p><b>Steigung</b> ↑Ø 2 % ↓Ø 2</p> <p>min. -10      max. 13</p>	 <p><b>Steigrate</b> ↑Ø 6 m/min ↓Ø -11</p> <p>min. -42      max. 41</p>	 <p><b>Trittfrequenz</b> Ø 68 U/min</p> <p>min. 0      max. 107</p>	 <p><b>Leistung</b> Ø 74 Watt 0,8 Watt/kg</p> <p>min. 0      Arbeit in kJ      max. 725 1 273</p>
 <p><b>Temperatur</b> Ø 24,6 °C</p> <p>min. 14,1      max. 37,1</p>				



	Distanz	134,54 km
	Trainingszeit	06:22:58.5 h
	Höhe Bergauf	829 m

### Start



### Ende

