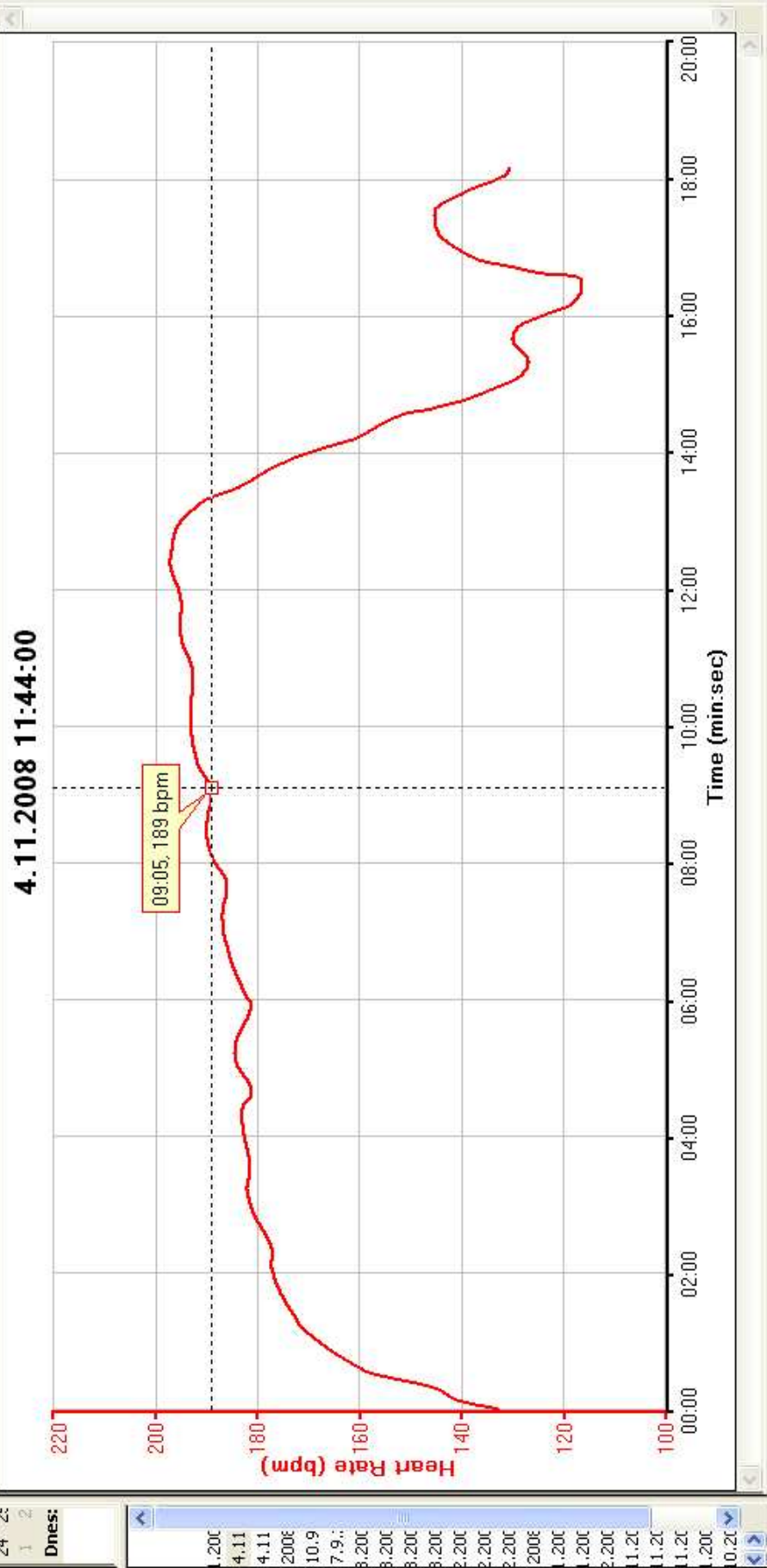


Heart Rate (Time)	00:00	01:27	02:29	01:07	06:15
Heart Rate (Distance)	0 m	33 m	228 m	110 m	1.3 km
Speed (Time)	00:20	00:25	00:57	04:32	01:40
Speed (Distance)	24 m	38 m	122 m	941 m	393 m
				04:46	01:30
				1.3 km	493 m
				00:24	00:00
				153 m	0 m
				00:00	0 m

4.11.2008 11:44:00

Time



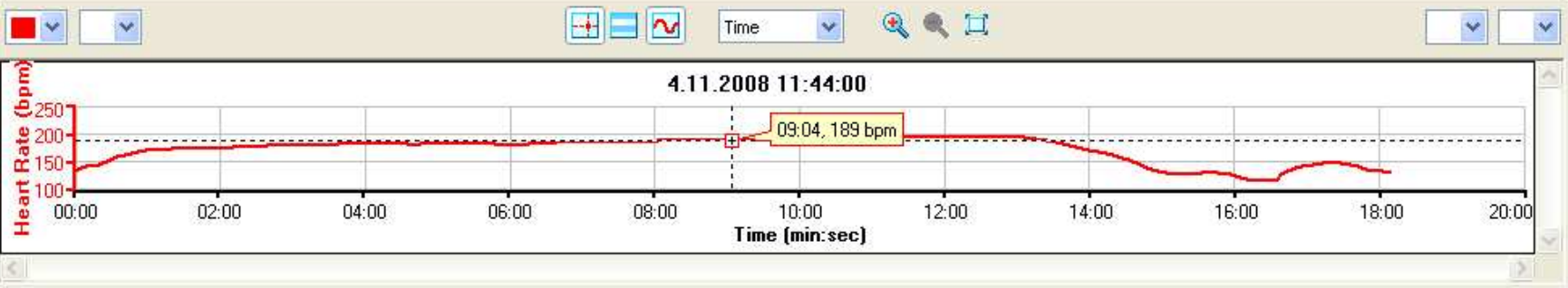
Map Totals Notes

3 4

Dnes:

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Avg Heart Rate	Max Heart Rate	Avg Cadence	Total Ascent	Total Descent
4.11.2008 11:44:00	3.46 km	18:12	05:16 /km	11.4 km/h	22.1 km/h	0 cal	173 bpm	197 bpm	255 rpm	104 m	98 m
Lap 1 - 11:44:00	194.64 m	01:03	05:23 /km	11.1 km/h	11.8 km/h	0 cal	153 bpm	168 bpm	255 rpm	2 m	0 m
Lap 2 - 11:45:03	195.48 m	00:58	04:59 /km	12.0 km/h	13.0 km/h	0 cal	173 bpm	177 bpm	255 rpm	2 m	0 m
Lap 3 - 11:46:02	201.28 m	00:56	04:40 /km	12.8 km/h	13.1 km/h	0 cal	179 bpm	181 bpm	255 rpm	3 m	10 m
Lap 4 - 11:46:58	200.77 m	00:52	04:22 /km	13.7 km/h	15.2 km/h	0 cal	182 bpm	183 bpm	255 rpm	14 m	9 m
Lap 5 - 11:47:51	203.07 m	00:53	04:23 /km	13.7 km/h	15.1 km/h	0 cal	183 bpm	183 bpm	255 rpm	2 m	9 m
Lap 6 - 11:48:44	202.83 m	00:52	04:19 /km	13.9 km/h	14.5 km/h	0 cal	184 bpm	185 bpm	255 rpm	9 m	2 m
Lap 7 - 11:49:37	199.03 m	00:50	04:15 /km	14.1 km/h	14.9 km/h	0 cal	183 bpm	185 bpm	255 rpm	3 m	6 m
Lap 8 - 11:50:28	200.91 m	00:49	04:05 /km	14.6 km/h	15.4 km/h	0 cal	186 bpm	187 bpm	255 rpm	7 m	3 m
Lap 9 - 11:51:17	205.50 m	00:47	03:51 /km	15.6 km/h	16.4 km/h	0 cal	187 bpm	189 bpm	255 rpm	2 m	6 m
Lap 10 - 11:52:05	198.91 m	00:45	03:46 /km	15.9 km/h	17.7 km/h	0 cal	189 bpm	190 bpm	255 rpm	8 m	2 m
Lap 11 - 11:52:50	205.67 m	00:43	03:31 /km	17.0 km/h	18.2 km/h	0 cal	190 bpm	192 bpm	255 rpm	4 m	8 m
Lap 12 - 11:53:33	198.80 m	00:43	03:37 /km	16.6 km/h	17.4 km/h	0 cal	192 bpm	193 bpm	255 rpm	16 m	6 m
Lap 13 - 11:54:17	205.65 m	00:42	03:27 /km	17.4 km/h	17.5 km/h	0 cal	193 bpm	194 bpm	255 rpm	3 m	4 m
Lap 14 - 11:54:59	200.38 m	00:41	03:27 /km	17.4 km/h	17.8 km/h	0 cal	195 bpm	195 bpm	255 rpm	5 m	7 m
Lap 15 - 11:55:41	220.54 m	00:37	02:51 /km	21.0 km/h	21.1 km/h	0 cal	196 bpm	197 bpm	255 rpm	6 m	6 m
Lap 16 - 11:56:19	224.38 m	00:38	02:53 /km	20.8 km/h	22.1 km/h	0 cal	197 bpm	197 bpm	255 rpm	1 m	4 m
Lap 17 - 11:56:57	197.86 m	05:15	26:34 /km	2.3 km/h	18.4 km/h	0 cal	146 bpm	196 bpm	255 rpm	17 m	19 m

Item	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
Heart Rate (Time)	00:00	01:27	02:29	01:07	06:15					
Heart Rate (Distance)	0 m	33 m	228 m	110 m	1.3 km					
Speed (Time)	00:20	00:25	00:57	04:32	01:40	04:46	01:30	00:24	00:00	00:00
Speed (Distance)	24 m	38 m	122 m	941 m	393 m	1.3 km	493 m	153 m	0 m	0 m



Map	Totals	Notes
Heart Rate (Time)	00:00	01:27 02:29 01:07 06:15
Heart Rate (Distance)	0 m	33 m 228 m 110 m 1.3 km
Speed (Time)	00:20	00:25 00:57 04:32 01:40 04:46 01:30 00:24 00:00 00:00
Speed (Distance)	24 m	38 m 122 m 941 m 393 m 1.3 km 493 m 153 m 0 m 0 m

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