






















# ACTIVITY - VALUES

 06\_08\_2017\_Ada

Standard / Bike 1 / 06.08.2017 - 15:05

 Training time 01:56:21.0 h	 Distance 45,05 km	 Speed Ø 23,23 km/h  max. 41,53	 Section time: 00:00:00.0 h	 Section distance: 0,00 km
 Cadence Ø 77 rpm				

## Notes

 Weather  31,0 °C  0 Bft	 Trip Profile  flat	 Feelings 	 Evaluation 	 Description Use this area to enter further details about your training ...
 Linked track	 External link			
 Training partner				
 Training type				