





















# ACTIVITY - VALUES

 Training time 03:04:15.0 h	 Distance 51,50 km	 Speed Ø 16,77 km/h  max. 44,68	 Section time: 00:00:00.0 h	 Section distance: 0,00 km
 Cadence Ø 61 rpm				

## Notes

 Weather  0,0 °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				