



Duration
02:58:18

HR Avg
161 bpm

HR Max
187 bpm

Calories
1441 kcal

Distance
63.80 km

Pace Avg
02:46 min/km

Training Load
608

Curve



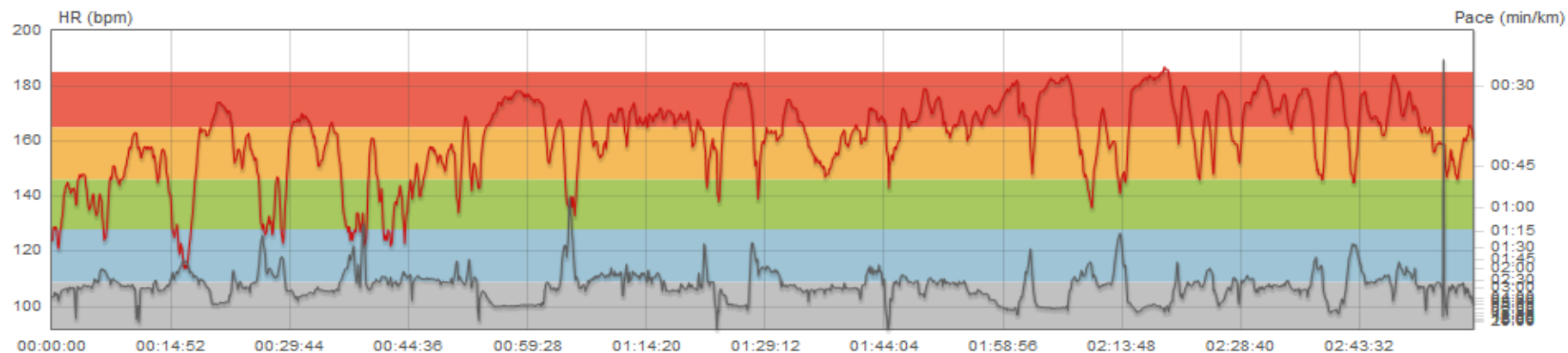
Settings



Reset zoom



Full Screen



Zones



Laps

#	Time in Sport Zones	Lower Limit	Upper Limit
Zone 5	45%	01:20:53	166 bpm185 bpm
Zone 4	36%	01:04:46	148 bpm165 bpm
Zone 3	13%	00:23:54	130 bpm146 bpm
Zone 2	4%	00:07:23	111 bpm128 bpm
Zone 1	0%	00:00:00	92 bpm109 bpm