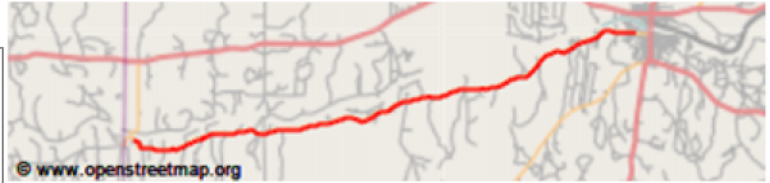


8/14/2010 8:49 AM: Road - Llano River - 17.78 mi - 01:51:39.0 h

Summary

Location	Llano River		
Start Time	8/14/2010 8:49 AM	Category	My Activities:Cycling:Road
Distance	17.78 mi	Time	01:51:39.0
Time Moving	01:51:39.0	Stopped	00:00:00.0
Average speed	9.6 mph	Maximum speed	21.0 mph
Average heart rate	140 bpm	Maximum heart rate	164 bpm
Total Ascent	486 ft +27 ft/mi	Total Descent	-160 ft -9 ft/mi
Weather	ChanceThunder; 83.0 °F		
Calories	1027 kCal		
Notes	Don, Eric, David, Tom, Doug Changes performed by After Import Plugin Version 1.1.3626 on 8/14/2010 6:54:17 PM: - find weather information - add activity documentation (template = "HR+speed+elevation -- for cycling")		



Map: OpenStreetMap - Mapnik

Equipment

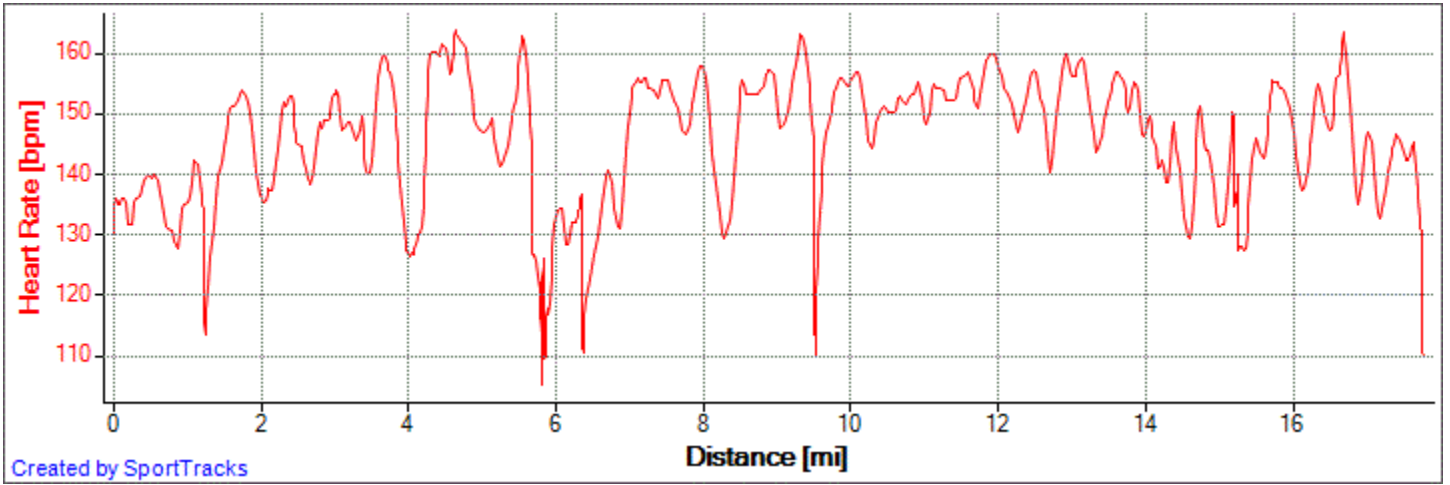
No	Photo	Name	Type	Time Used	Distance Used	Life remaining
1		Garmin - Forerunner 305	Watch	40:13:00	205.5 mi	4,794.5 mi
2		Peugeot - Triathlon	Bicycle	6:04:00	61.9 mi	1,938.1 mi

Splits

No	Type	Start Time	Start Distance	Duration	Distance	Elevation Change	Ascent/Descent	Average Speed	Average Heart rate	Heart beats per mi	Notes
1	Active	8:49:57 AM	0.00 mi	01:49:12	17.75 mi	+165 ft	+487 ft / -322 ft	9.8 mph	141 bpm (85%)	866 bpm	
2	Active	10:39:10 AM	17.75 mi	00:02:26	0.02 mi	+17 ft	+20 ft / -2 ft	0.6 mph	120 bpm (72%)	12335 bpm	
Totals:				01:51:39.0	17.78 mi	+182 ft	+506 ft / -324 ft	9.6 mph	140 bpm (85%)	881 bpm	

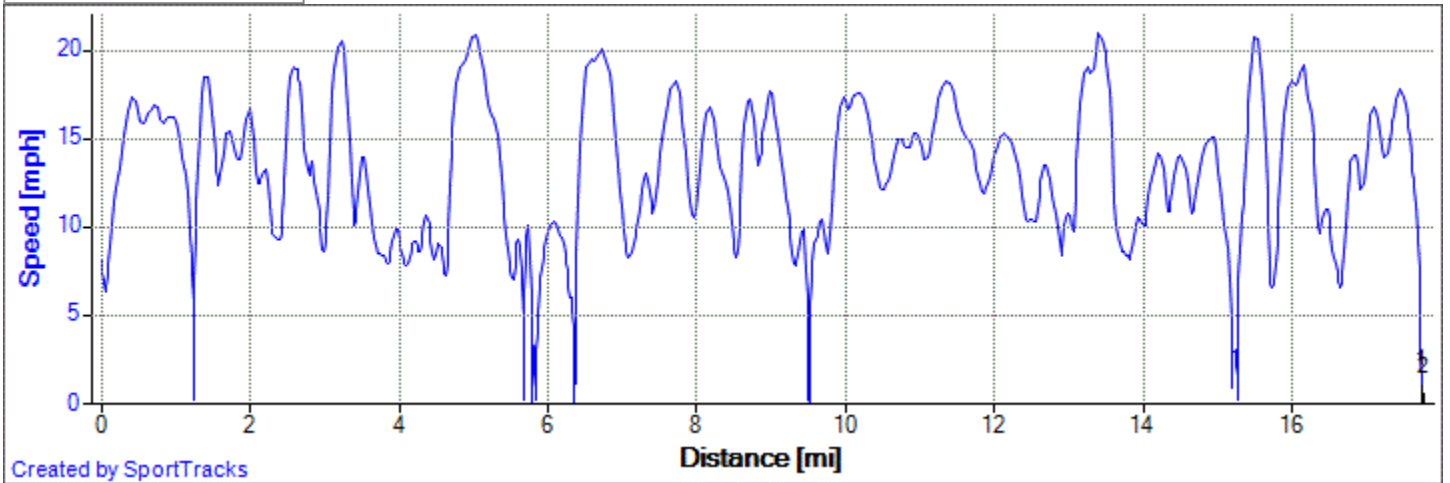
Heart Rate (not including stopped times)

Min.	Max.	Avg.
105.1 bpm	163.7 bpm	140.1 bpm



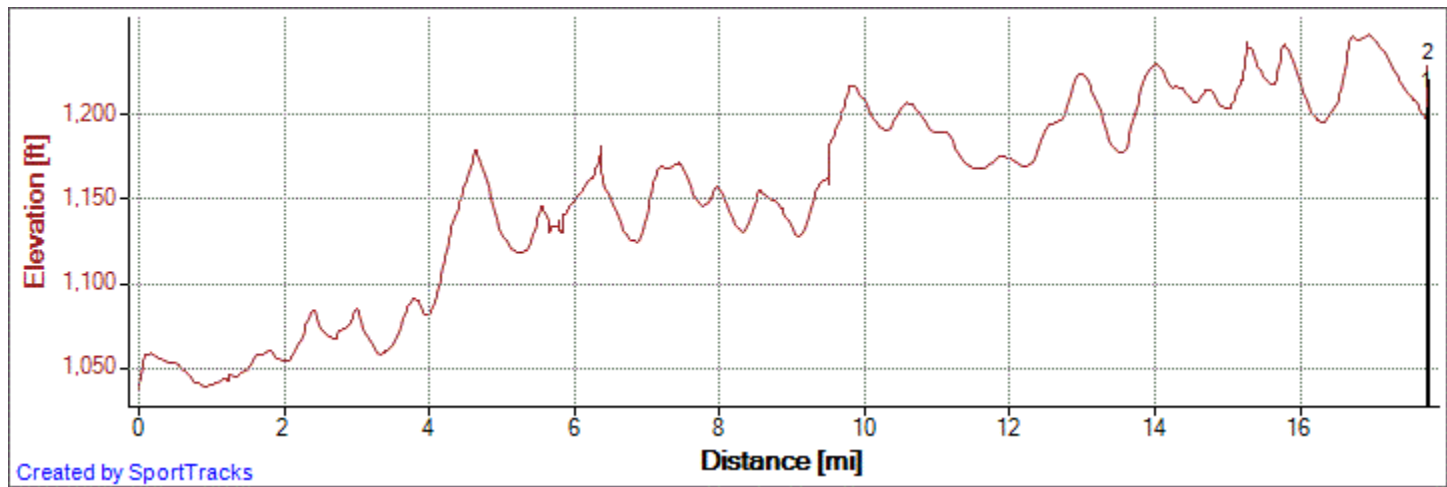
Speed (not including stopped times)

Min.	Max.	Avg.
0.0 mph	21.0 mph	9.6 mph



Elevation (not including stopped times)

Min.	Max.	Avg.
1037.9 ft	1246.4 ft	1156.1 ft



Created with Activity Documentation Plugin for SportTracks
(see <http://www.sporttracks-plugins.com>)