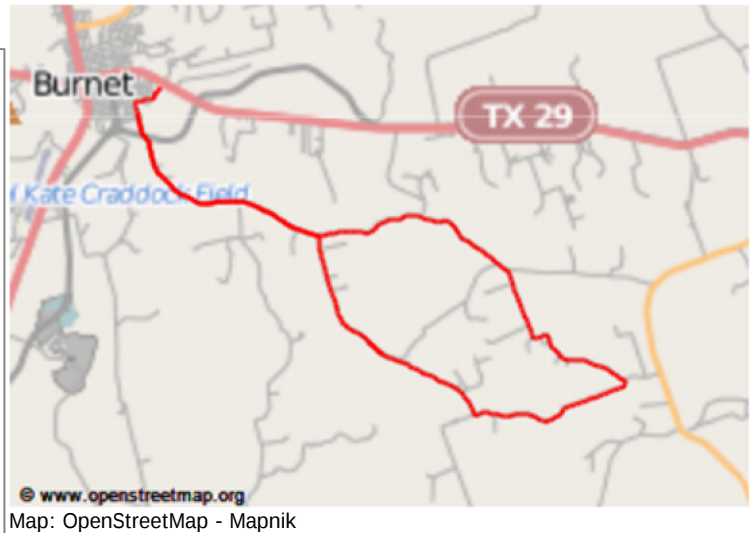


11/19/2010 2:47 PM: Road - CR330 - 17.91 mi - 01:42:14.0 h

Summary

Location	CR330		
Start Time	11/19/2010 2:47 PM	Category	My Activities:Cycling:Road
Distance	17.91 mi	Time	01:42:14.0
Time Moving	01:42:14.0	Stopped	00:00:00.0
Average speed	10.5 mph	Maximum speed	30.4 mph
Average heart rate	127 bpm	Maximum heart rate	164 bpm
Total Ascent	905 ft +51 ft/mi	Total Descent	-852 ft -48 ft/mi
Weather	Clear; 68.1 °F		
Calories	1020 kCal		
Notes	With Don and David. Moderate pace on a beautiful afternoon. Don did his kamikaze hill run. Changes performed by After Import Plugin Version 1.1.3626 on 11/20/2010 9:53:32 AM: - find weather information - add activity documentation (template = "HR+speed+elevation -- for cycling")		



Equipment

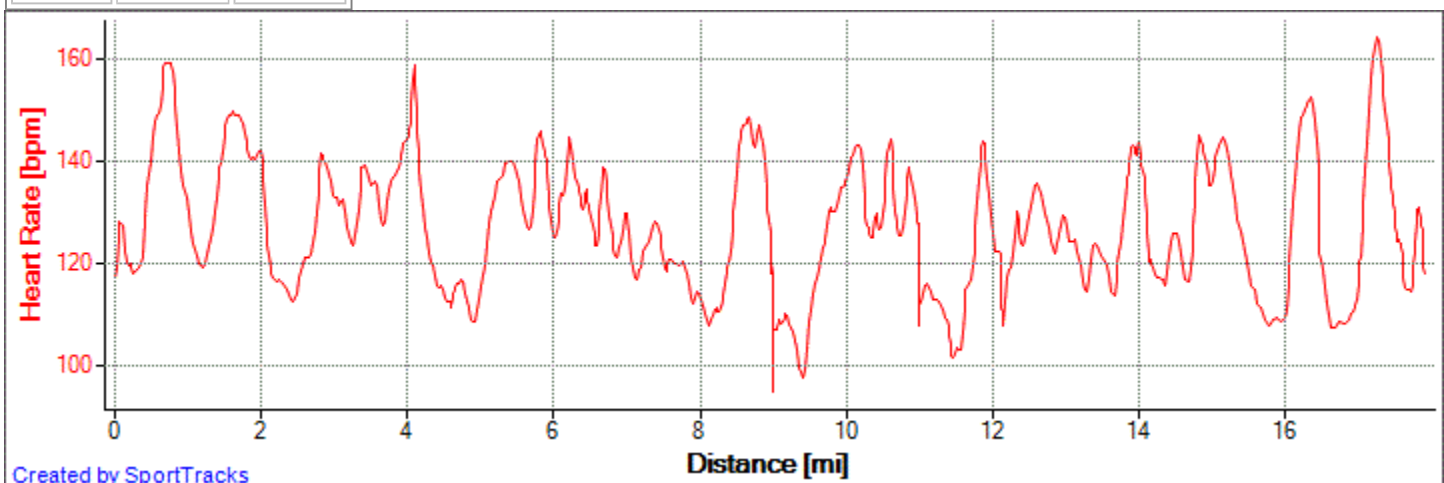
No	Photo	Name	Type	Time Used	Distance Used	Life remaining
1		Garmin - Forerunner 305	Watch	81:02:00	510.6 mi	4,489.4 mi
2		Peugeot - Triathlon	Bicycle	28:08:00	282.6 mi	1,717.4 mi

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	2:47:50 PM	0.00 mi	01:42:14	17.91 mi	+49 ft	+784 ft / -735 ft	10.5 mph	127 bpm (79%)	725 bpmi	
Totals:				01:42:14.0	17.91 mi	+49 ft	+784 ft / -735 ft	10.5 mph	127 bpm (79%)	725 bpmi	

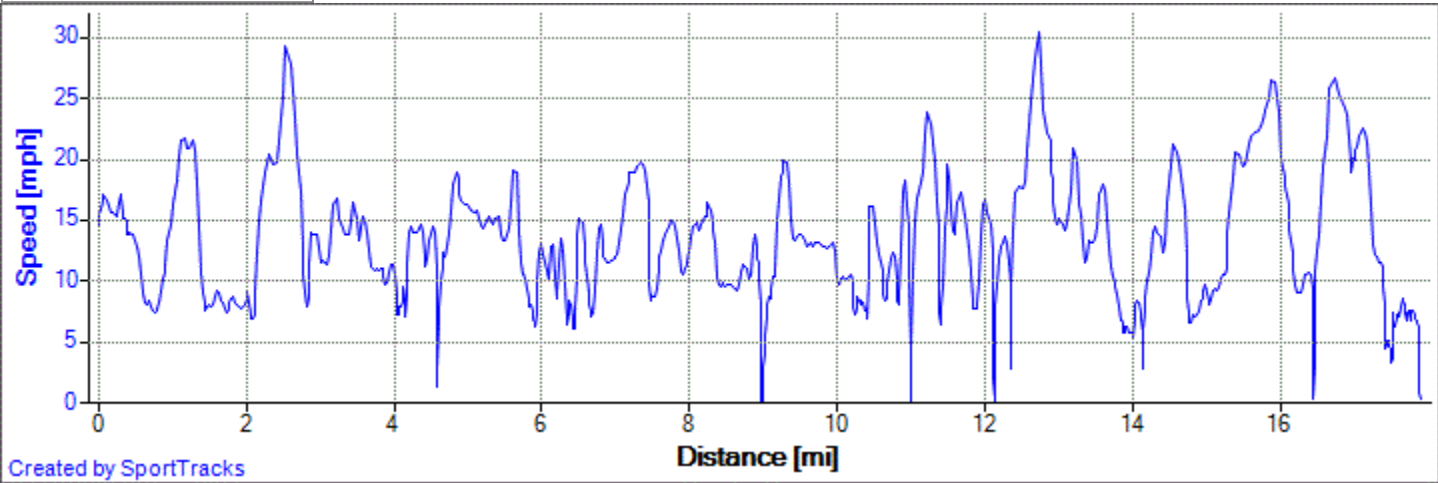
Heart Rate (not including stopped times)

Min.	Max.	Avg.
95.0 bpm	164.1 bpm	127.0 bpm



Speed (not including stopped times)

Min.	Max.	Avg.
0.0 mph	30.4 mph	10.5 mph



Elevation (not including stopped times)

Min.	Max.	Avg.
1227.3 ft	1407.1 ft	1327.7 ft

