



Overig outdoor

Woensdag, Mei 31, 2017, 20:27

Notities



0:09:41

Duur



0,74km

Afstand



86hsm

Gem. HF



42kcal

Calorieën



70hsm

Min. HF



107hsm

Max. HF



65%

Vetverbr.% van calorieën



4,6km/u

Gem. snelheid



6,4km/u

Max. snelheid



10m

Stijging



0m

Daling

Licht

0 u

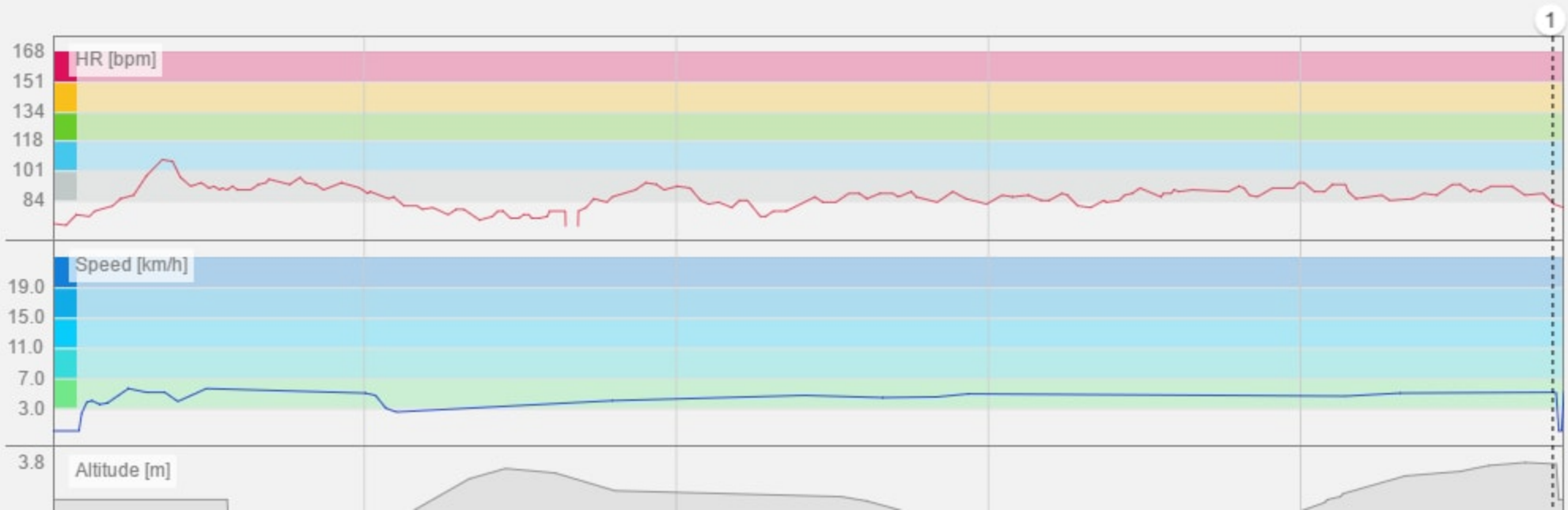
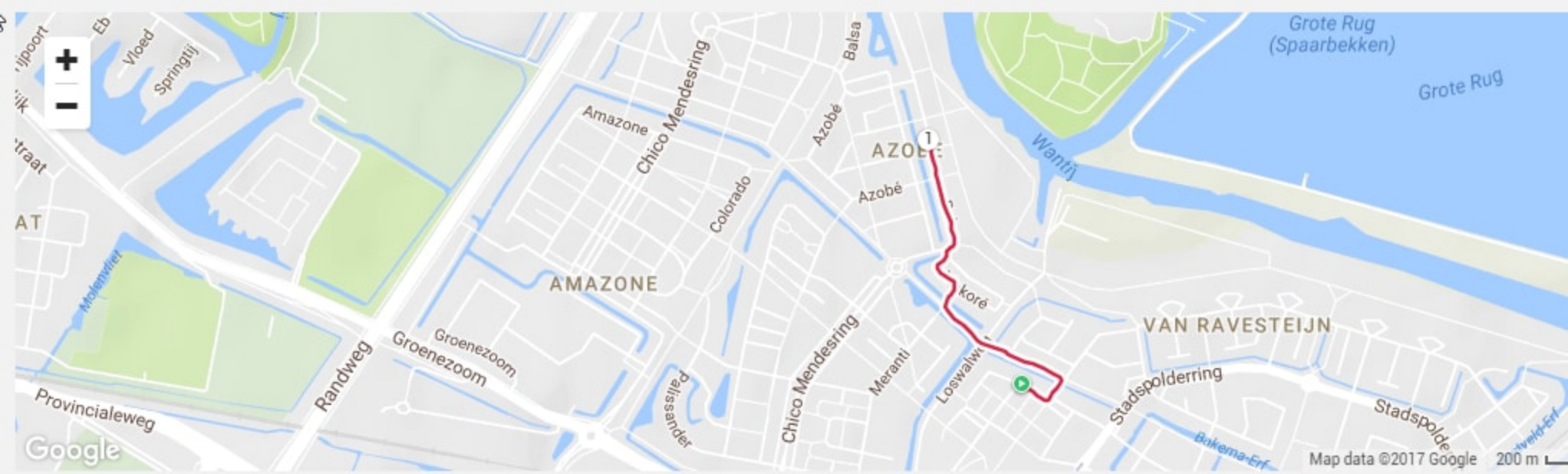
Train.-belasting

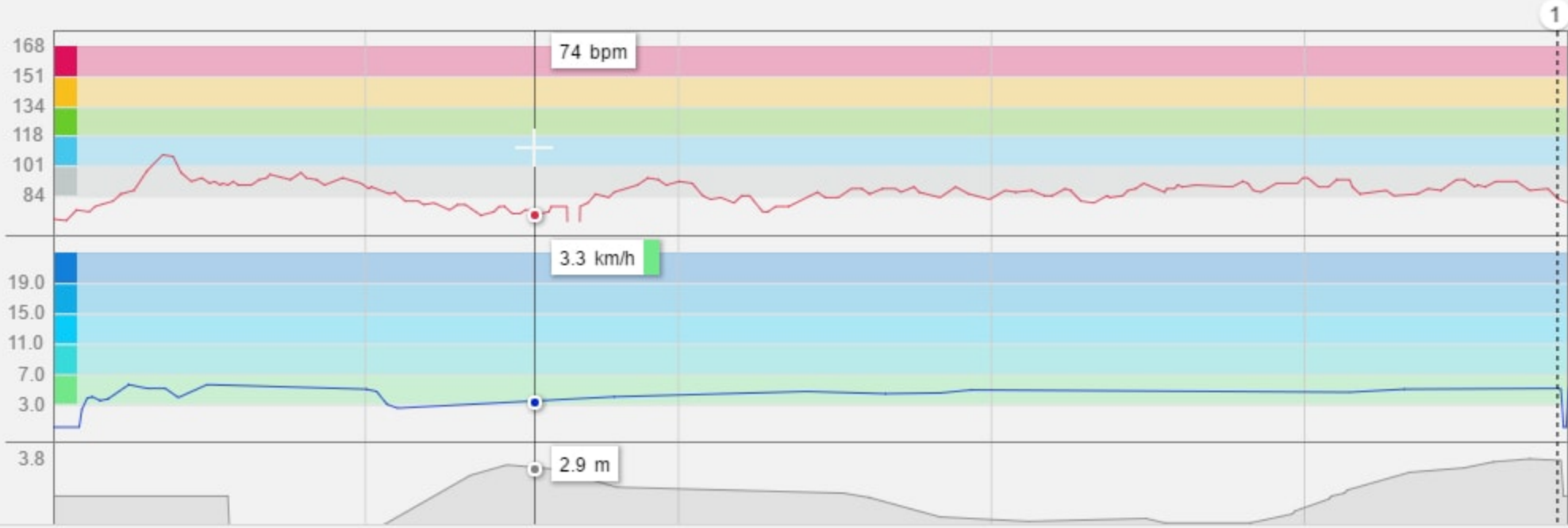
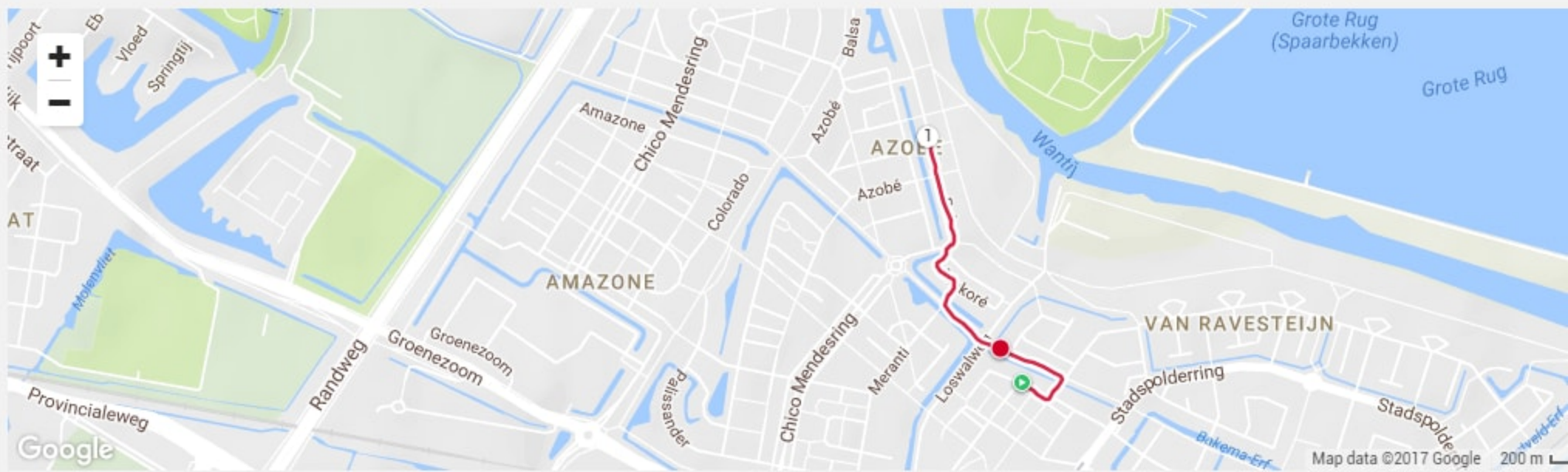
Hartslag

Snelheid



5		00:00:00
4		00:00:00
3		00:00:00
2		00:00:10
1		00:06:44





71hsm

Hartslag

0,0km/u

Snelheid

0,0m

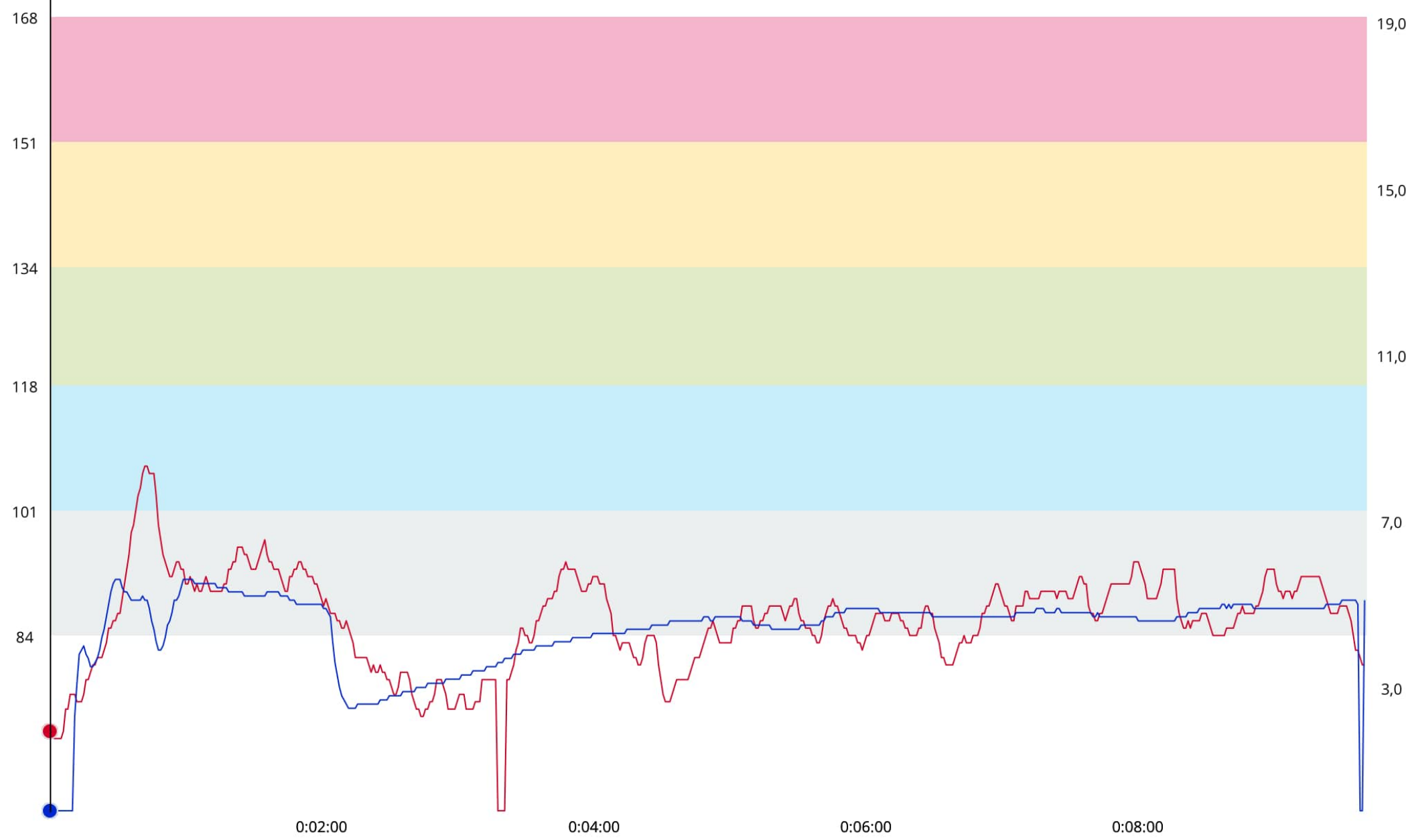
Hoogte



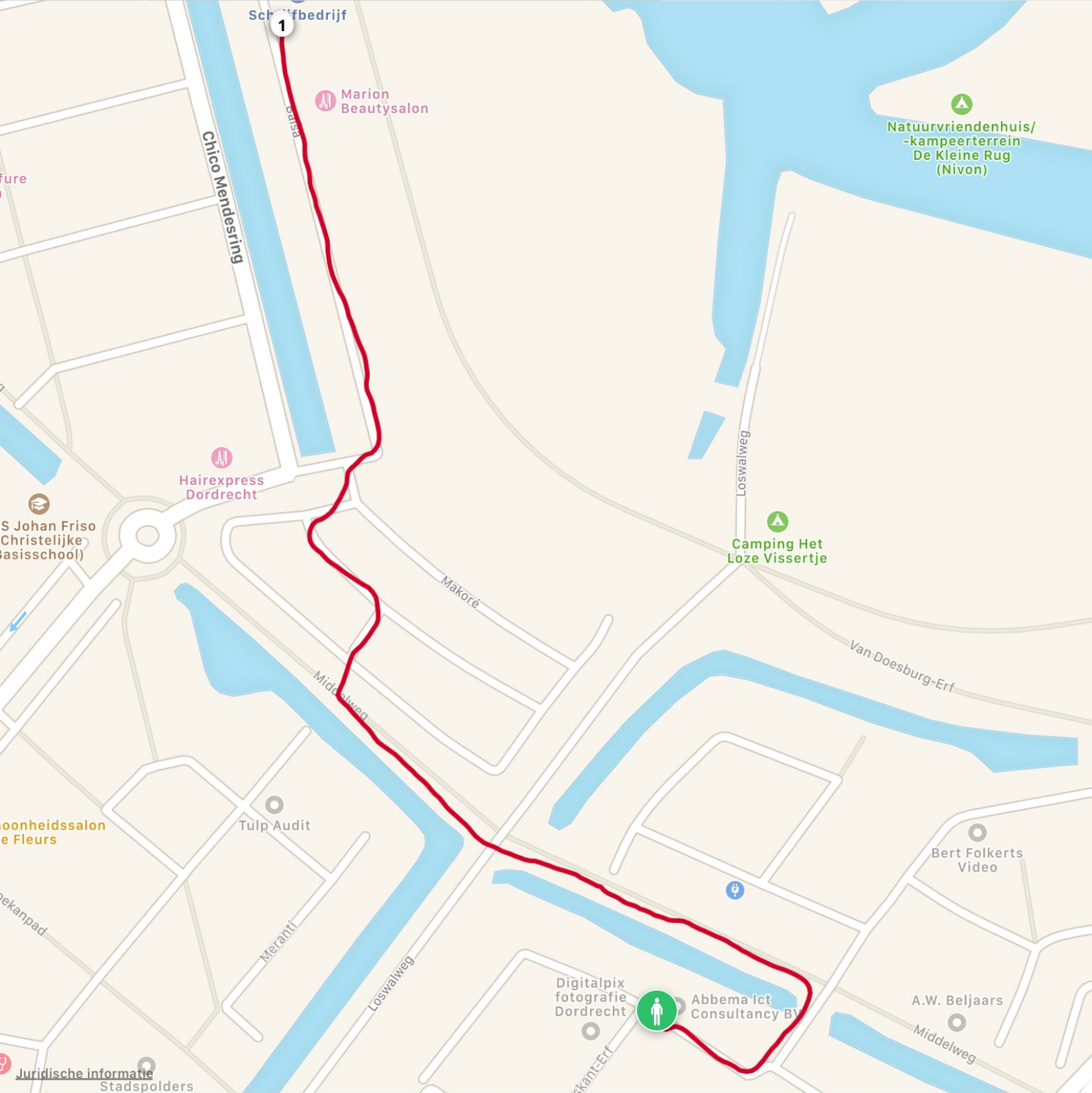
hsm

km/u

20,9



4		00:00:00
3		00:00:00
2		00:00:10
1		00:06:44



Handm. ronden

1	00:09:36	0,74	86	4,6
2	00:00:05	0,00	81	5,0

