



Overig outdoor

Woensdag, Mei 31, 2017, 21:36

Notities



0:09:35

Duur



0,40km

Afstand



84hsm

Gem. HF



35kcal

Calorieën



75hsm

Min. HF



99hsm

Max. HF



71%

Vetverbr.% van calorieën



2,5km/u

Gem. snelheid



4,5km/u

Max. snelheid

Licht

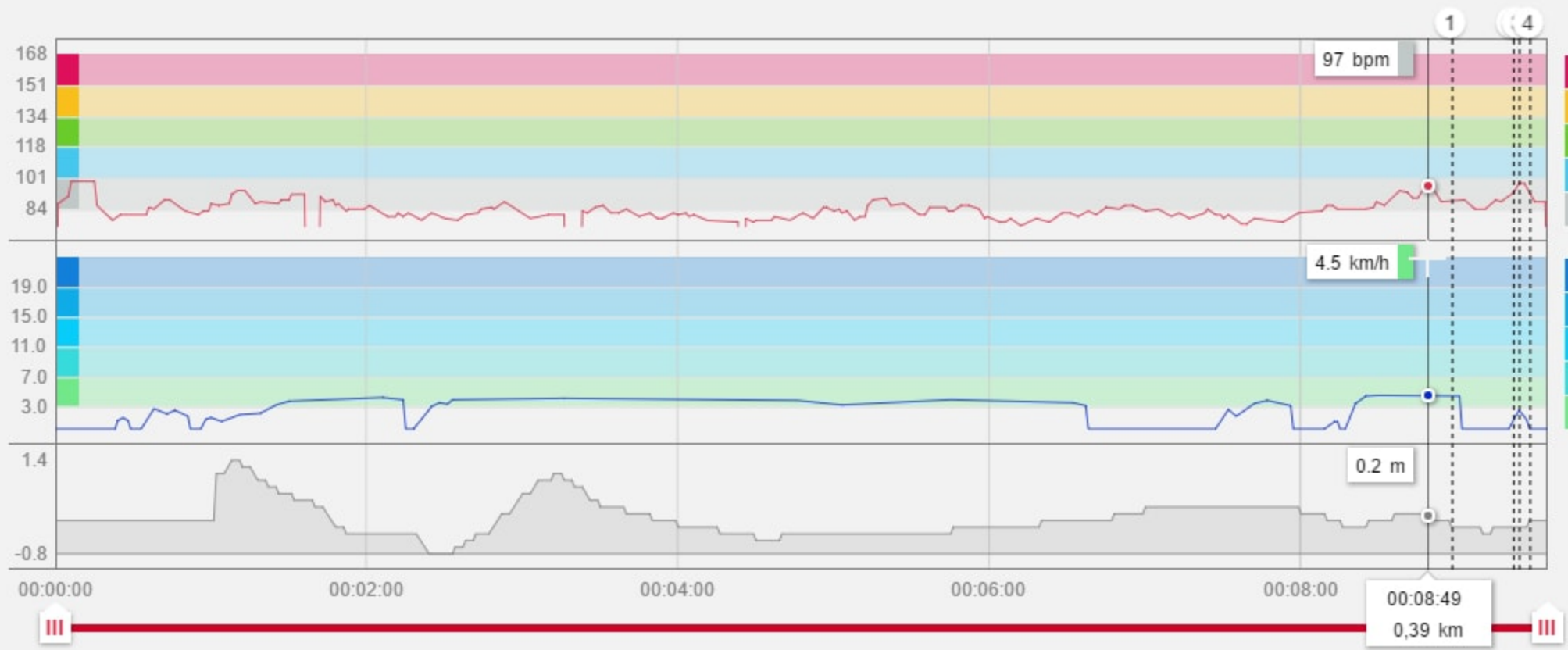
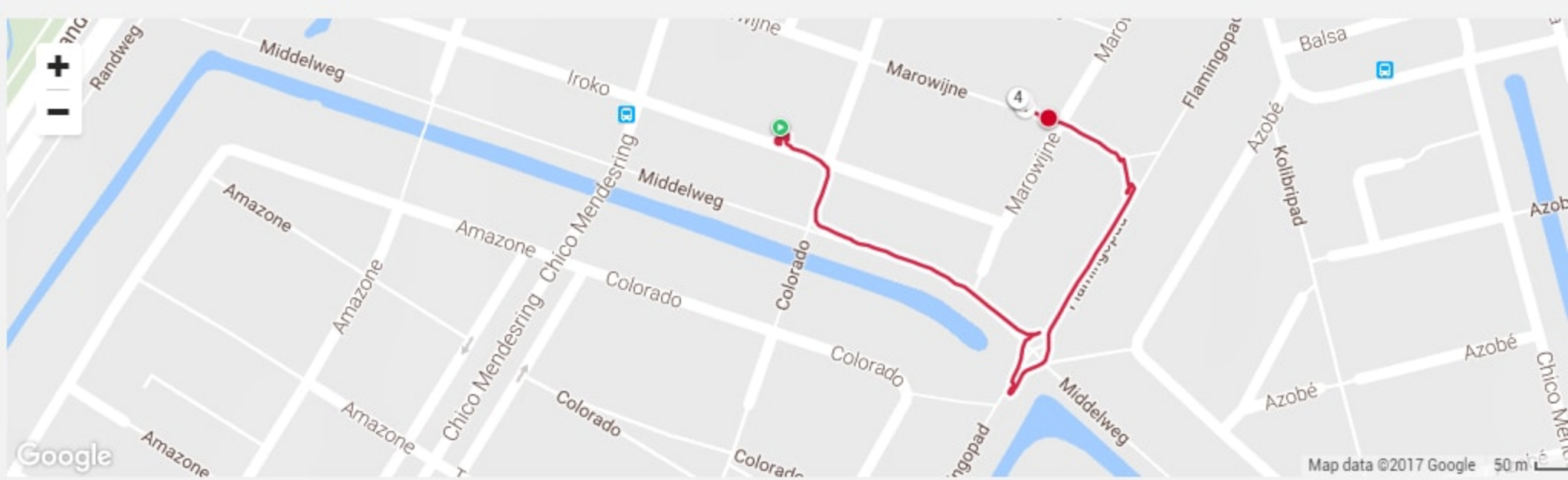
0 u

Train.-belasting

Hartslag | Snelheid



5		00:00:00
4		00:00:00
3		00:00:00
2		00:00:00
1		00:04:18

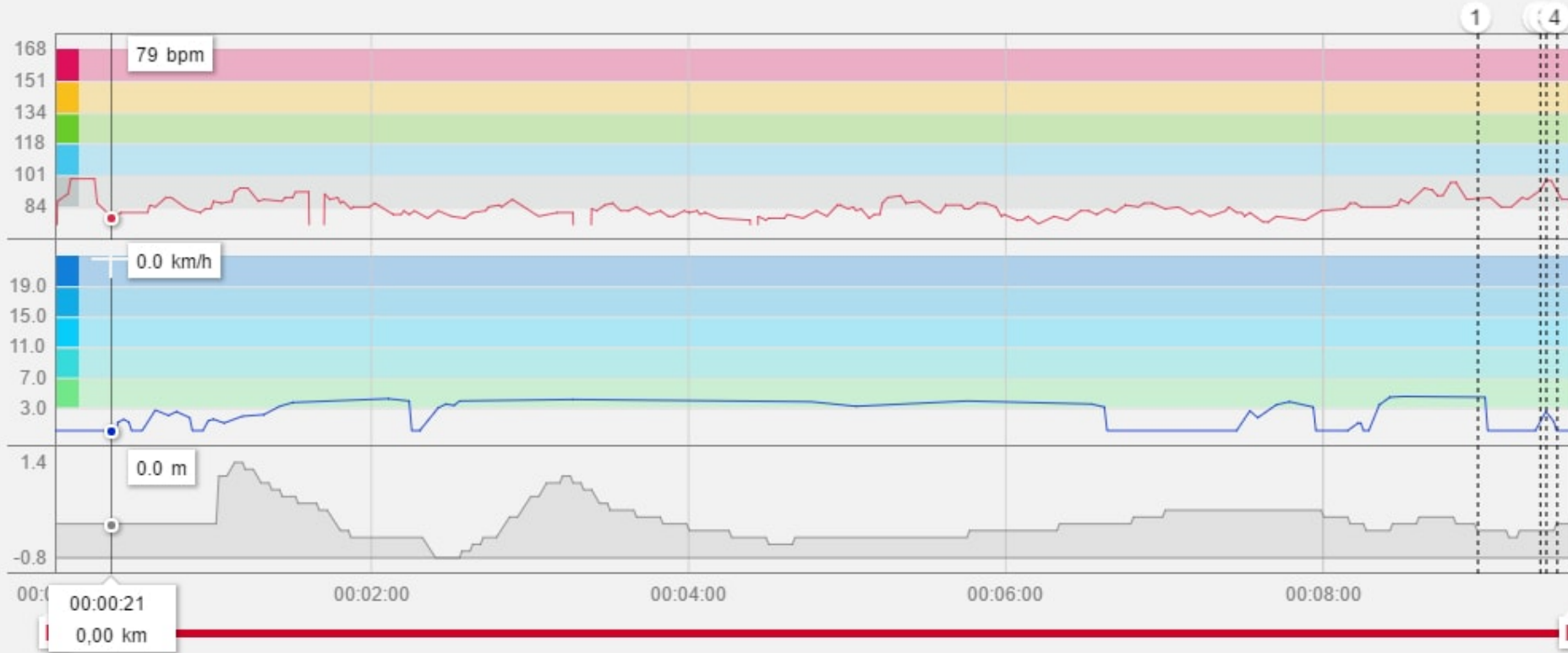
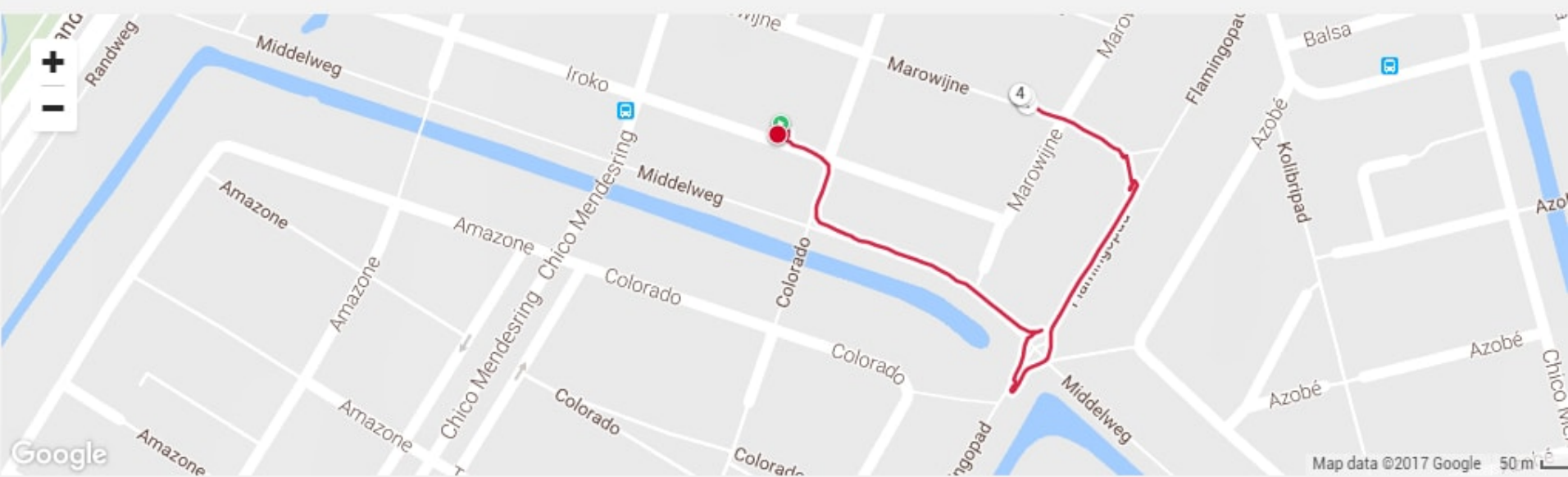


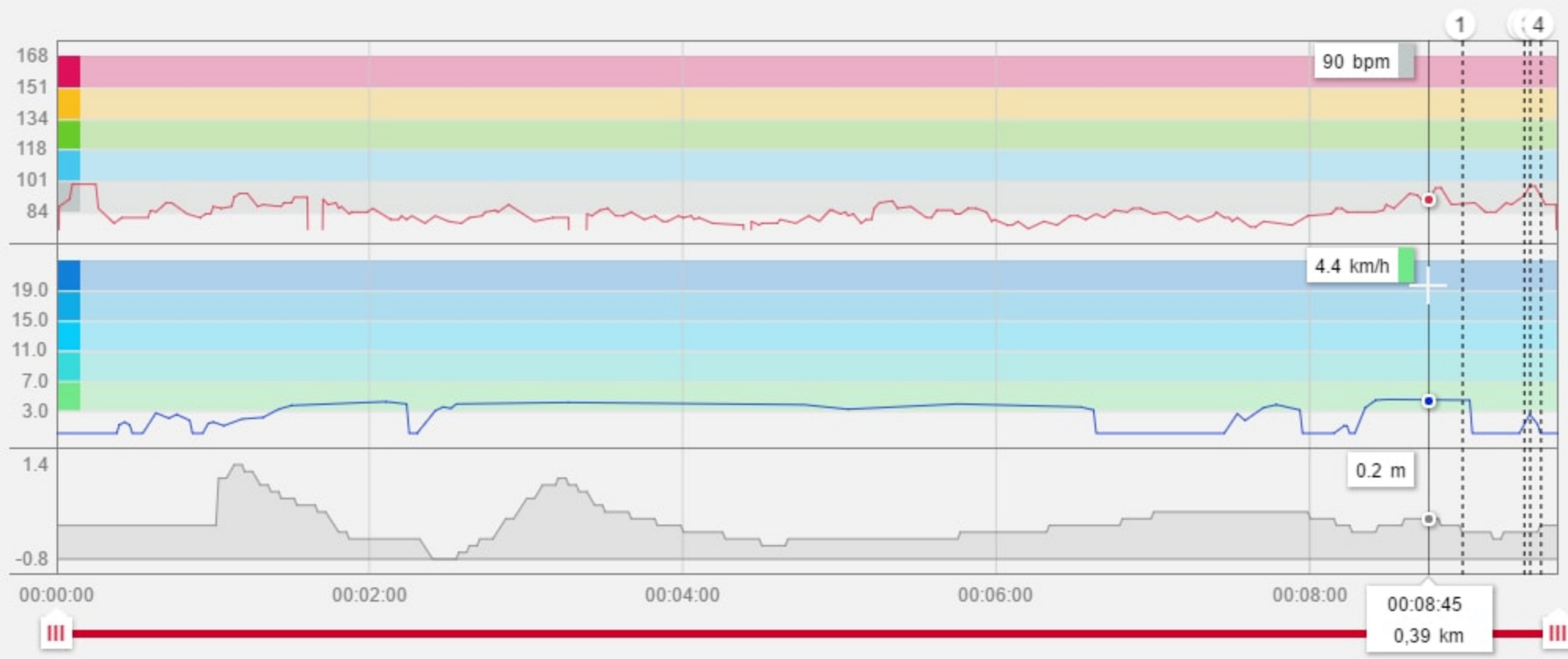
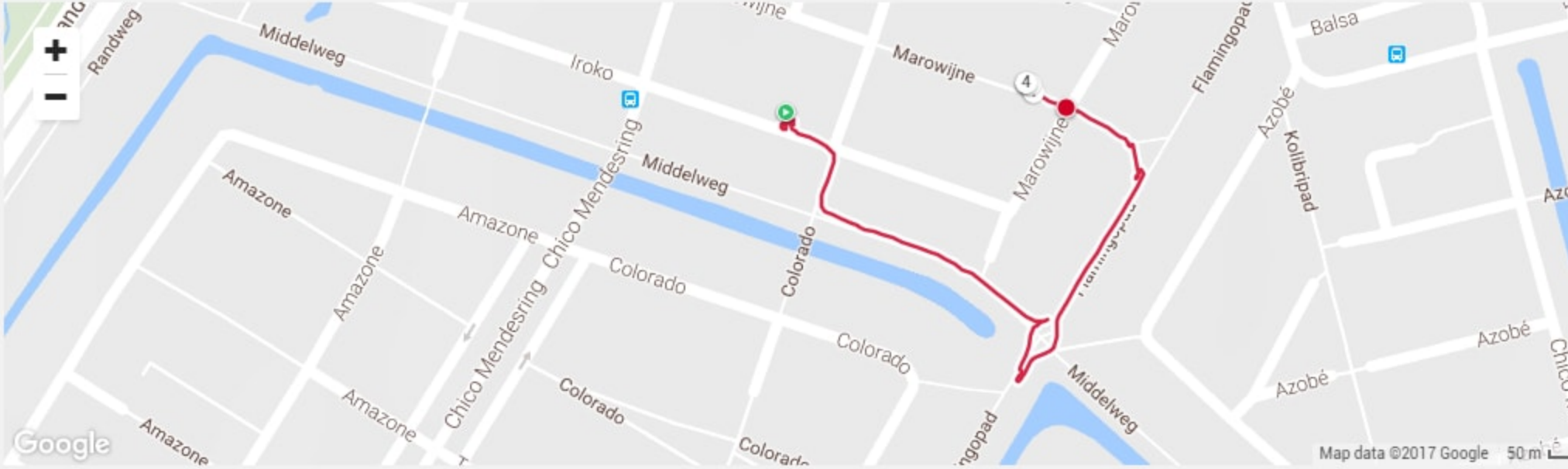
00:09:35
Duration

A B 0.40 km
Distance

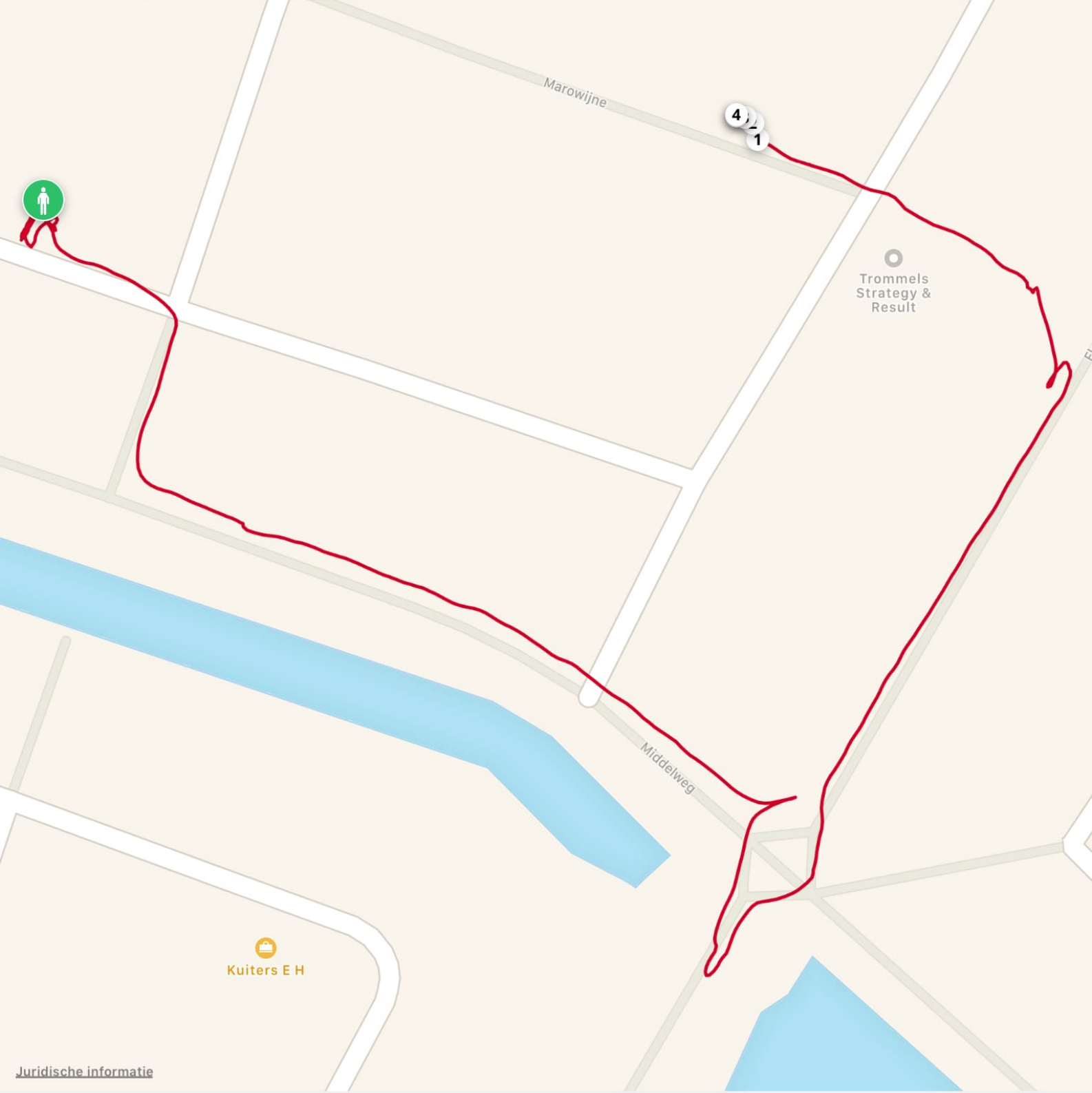
84 bpm
Average heart rate
Max 99 | Min 75

35 kcal
Calories





5				00:00:00
4				00:00:00
3				00:00:00
2				00:00:00
1				00:04:18



Juridische informatie

Handm. ronden





Hartslag

Snelheid

Hoogte

