

Altitude		Ascent / Descent	
High	40 m	Max asc	36 m/min
Low	5 m	Avg asc	8 m/min
Avg	19 m	Tot asc	92 m
Ascent	00:12.00	Max dsc	35 m/min
Flat	00:35.10	Avg dsc	8 m/min
Descent	00:10.20	Tot dsc	90 m

Heart rate	
Max	183
Min	110
Avg	155
Above (> 170)	00:10.40
In (120 - 170)	00:45.00
Below (< 120)	00:01.50

Chart: HR Chrono Log
Kimmo's performance (inside view)

