

Altitude		Ascent / Descent		Heart rate	
High	28 m	Max asc	42 m/min	Max	186
Low	0 m	Avg asc	6 m/min	Min	114
Avg	11 m	Tot asc	90 m	Avg	156
Ascent	00:15.10	Max dsc	42 m/min	Above (> 170)	00:17.05
Flat	00:49.10	Avg dsc	9 m/min	In (120 - 170)	00:54.24
Descent	00:09.00	Tot dsc	87 m	Below (< 120)	00:01.50

Chart: HR Chrono Log
Kimmo's 80m performance (inside view)

