

Altitude		Ascent / Descent	
High	1936 m	Max asc	1 m/s
Low	1075 m	Avg asc	0 m/s
Avg	1520 m	Tot asc	858 m
Ascent		Max dsc	0 m/s
Flat		Avg dsc	0 m/s
Descent		Tot dsc	0 m

Heart rate	
Max	151
Min	90
Avg	140
Above (> 155)	00:00.00
In (85 - 155)	01:34.00
Below (< 85)	00:00.00

Chart: HR Chrono Log

