

Altitude		Ascent / Descent	
High	1845 m	Max asc	1 m/s
Low	814 m	Avg asc	0 m/s
Avg	1354 m	Tot asc	1029 m
Ascent		Max dsc	0 m/s
Flat		Avg dsc	0 m/s
Descent		Tot dsc	0 m

Heart rate	
Max	171
Min	89
Avg	151
Above (> 175)	00:00.00
In (80 - 175)	02:13.50
Below (< 80)	00:00.00

Chart: HR Chrono Log
Hechenfeld

