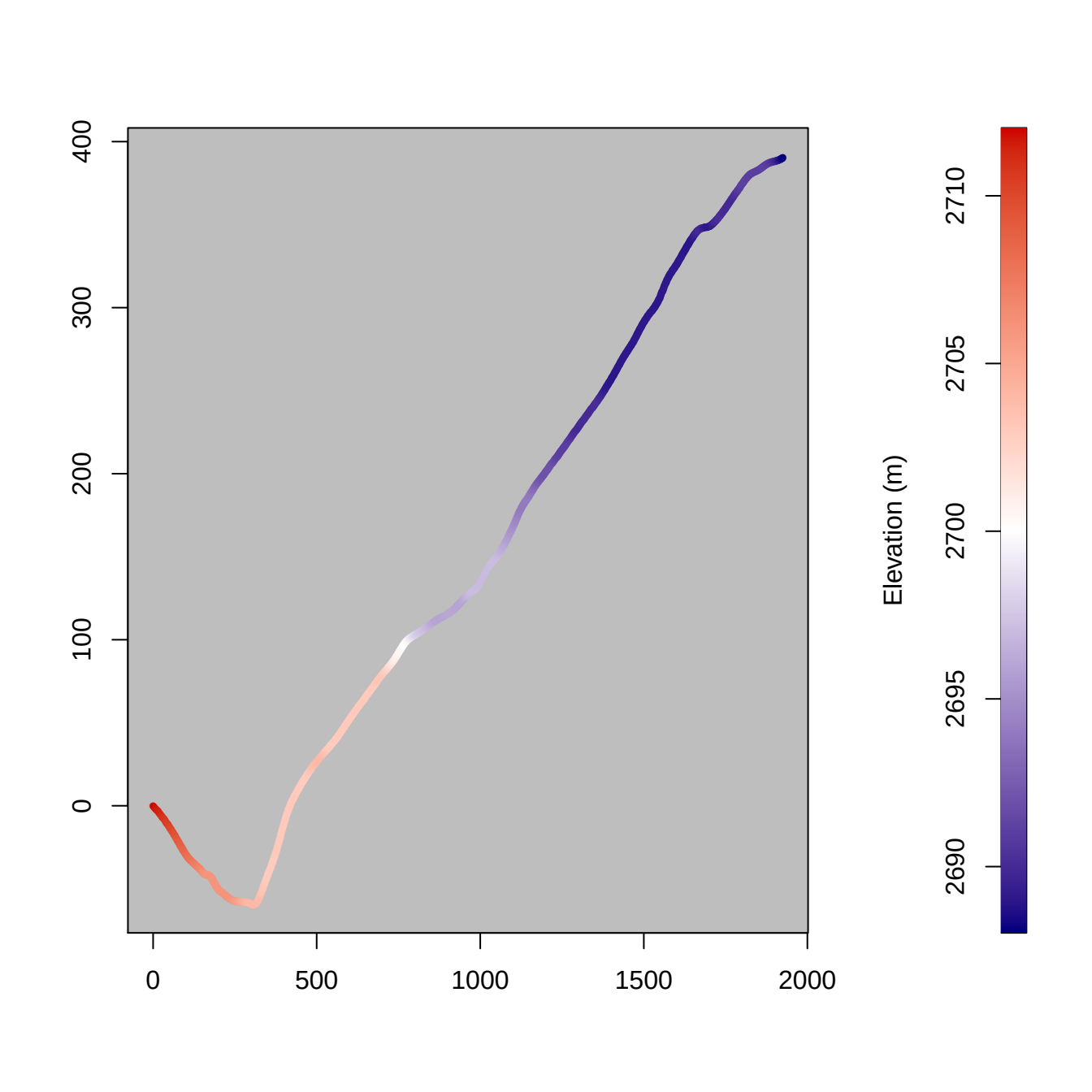
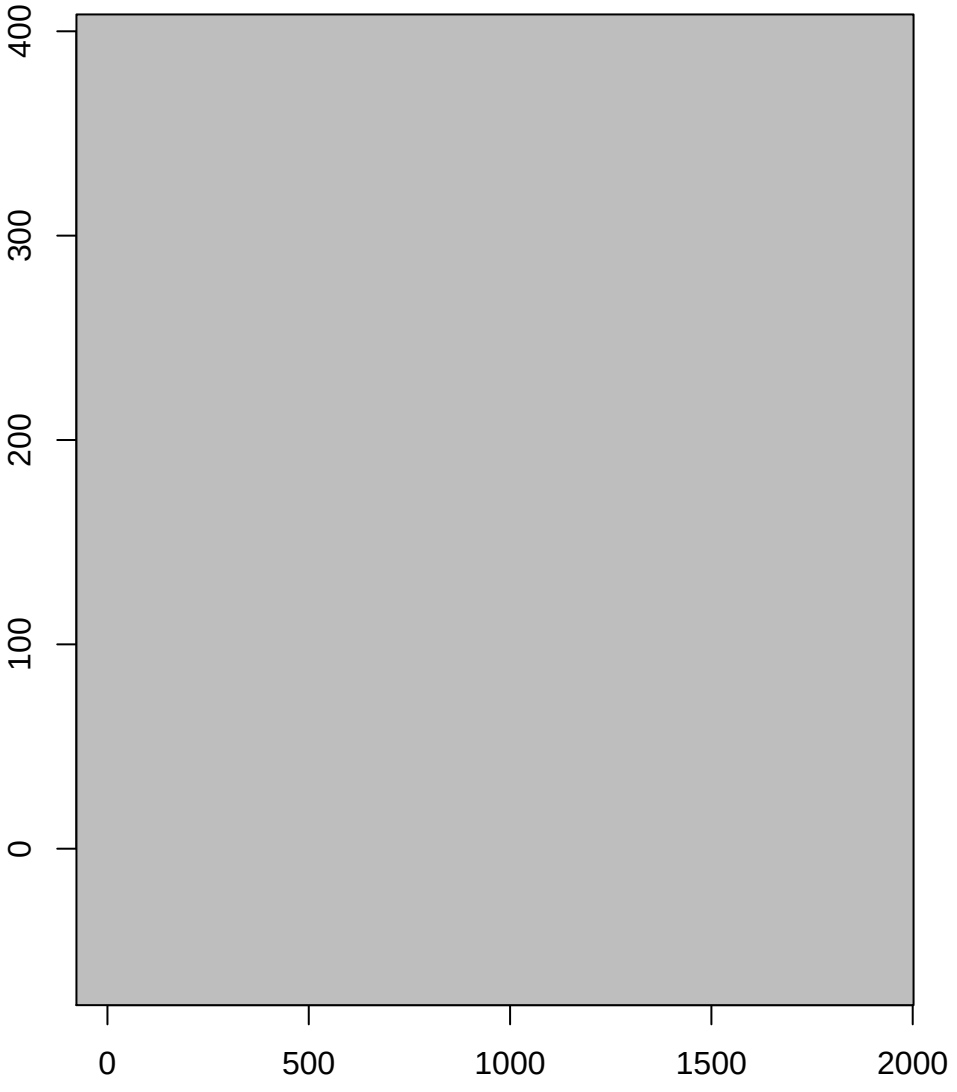
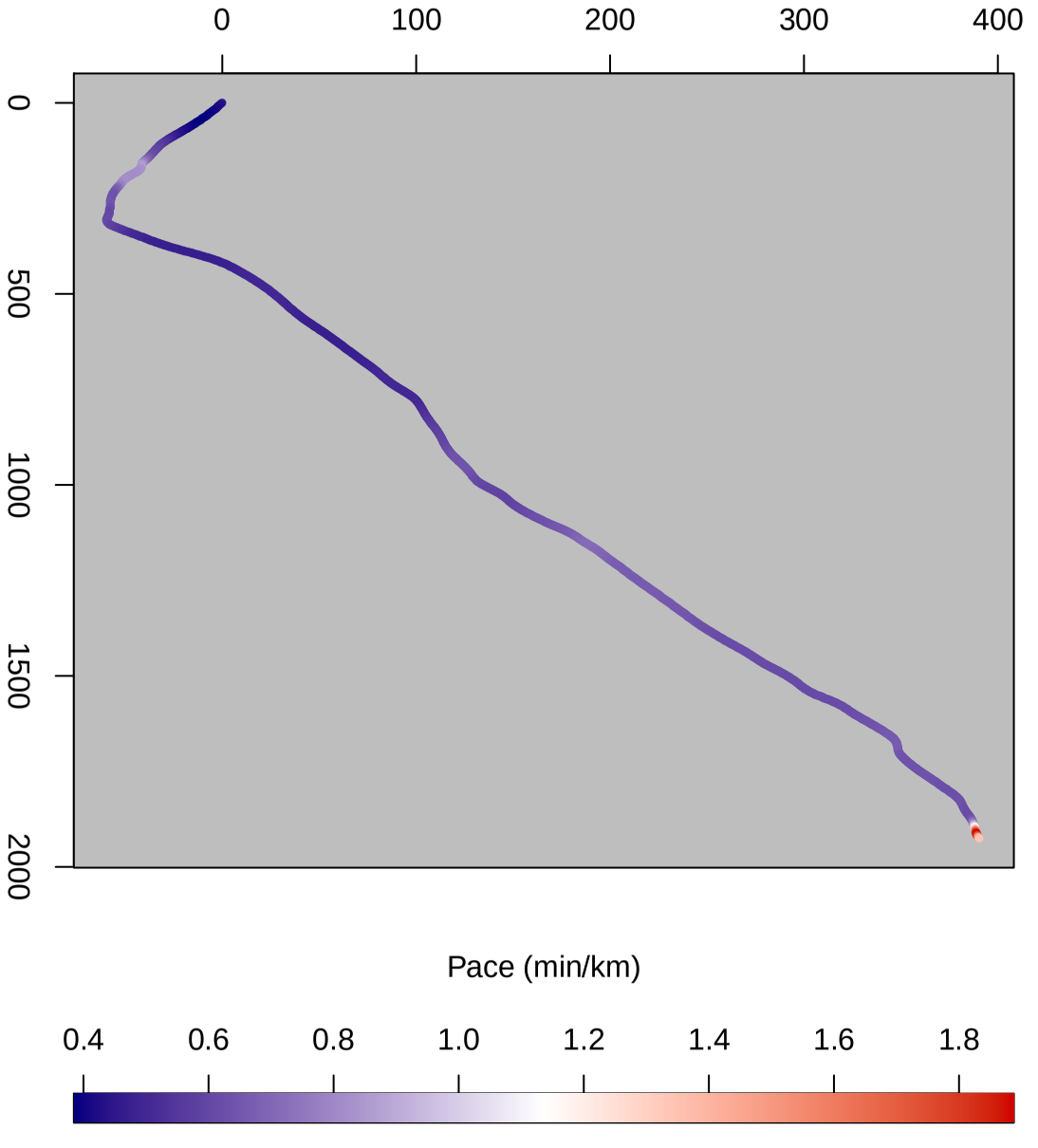
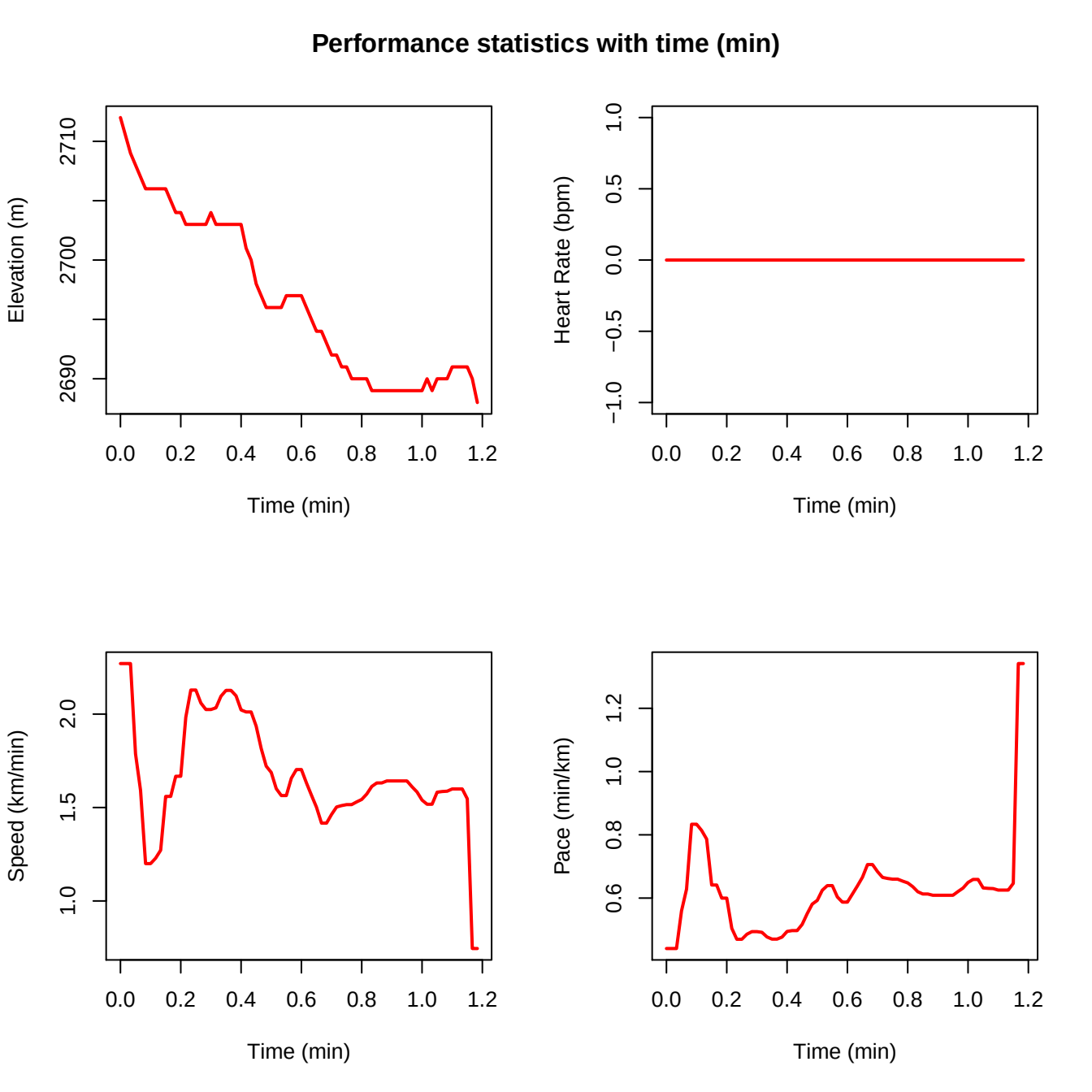
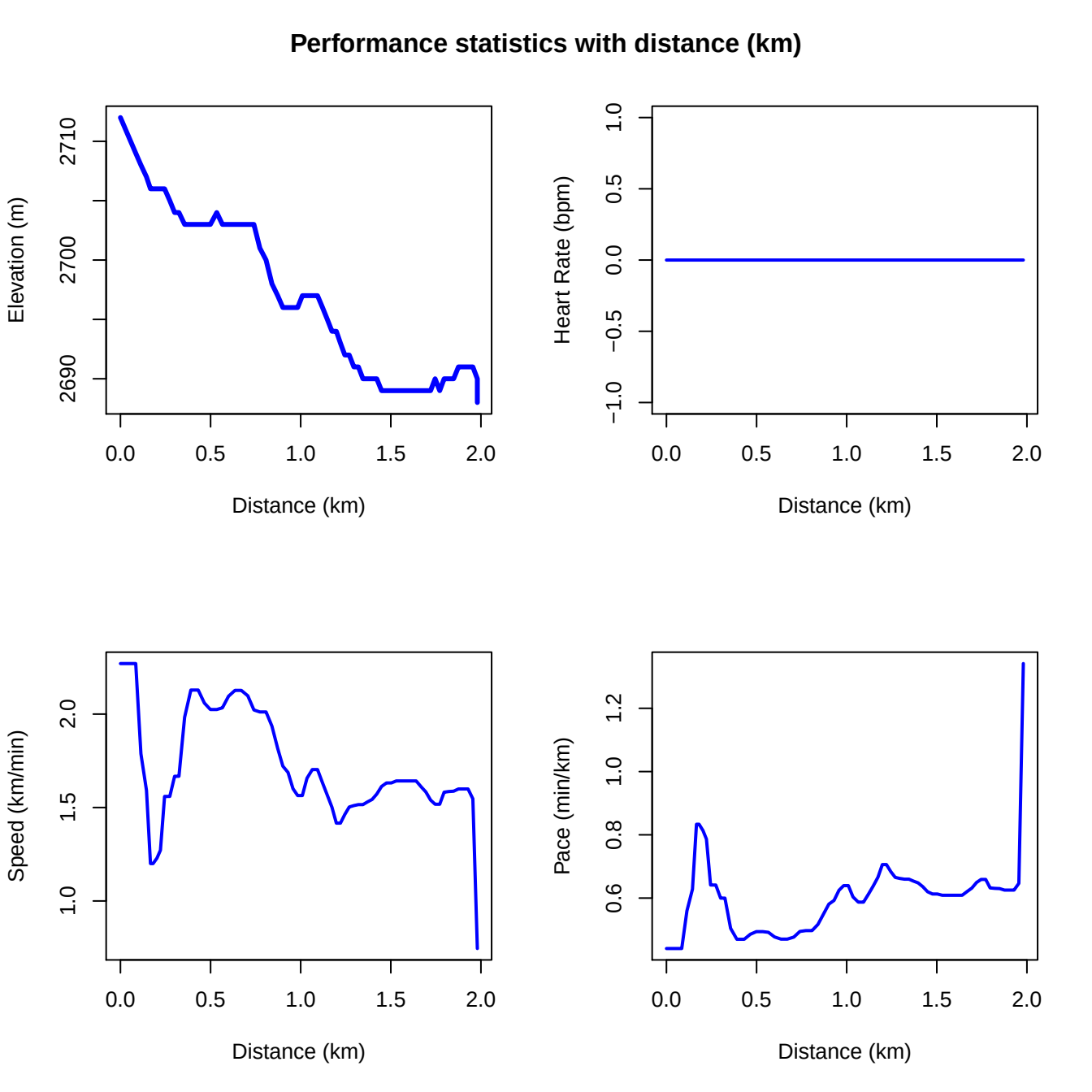
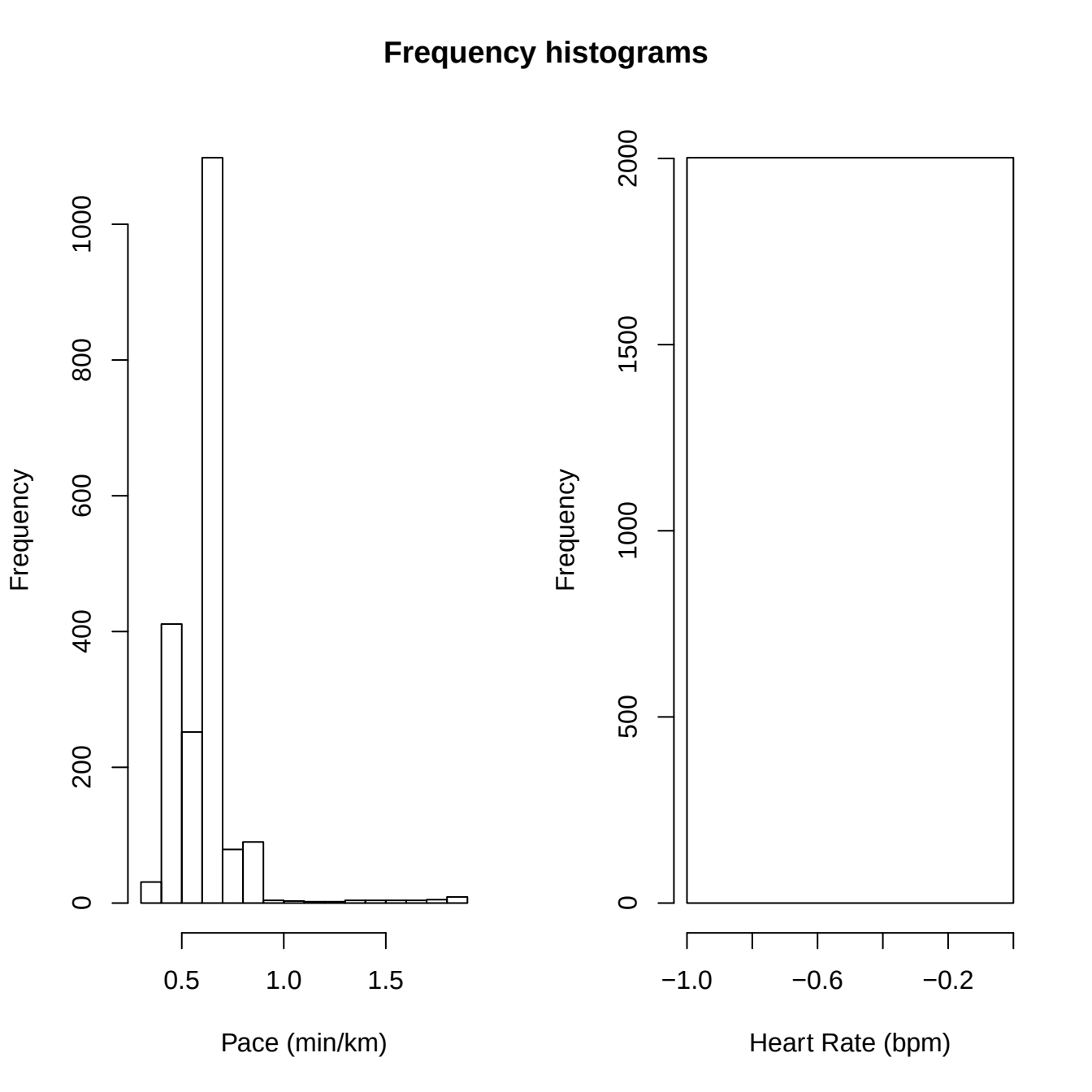

400
300
200
100
0
0
500
1000
1500
2000
Elevation (m)
2710
2705
2700
2695
2690

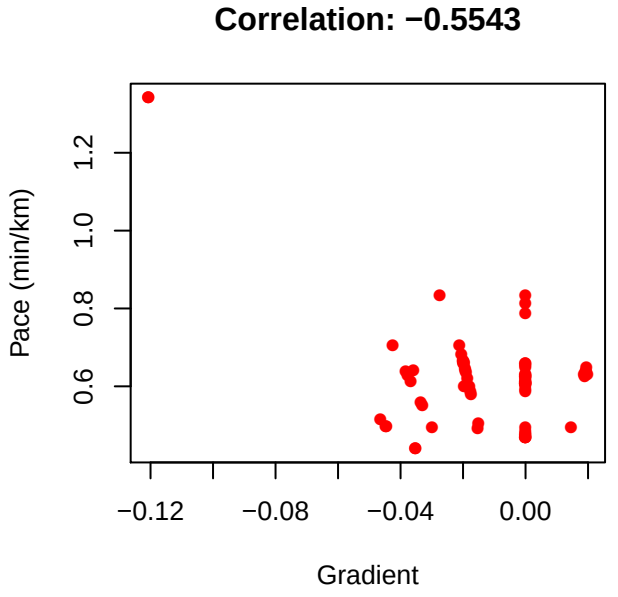

400
300
200
100
0
0
500
1000
1500
2000

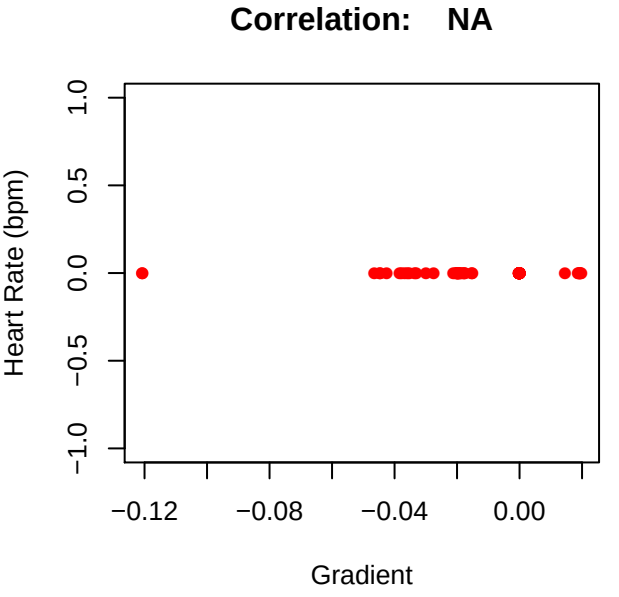

0
100
200
300
400
0
500
1000
1500
2000
Pace (min/km)
0.4
0.6
0.8
1.0
1.2
1.4
1.6
1.8

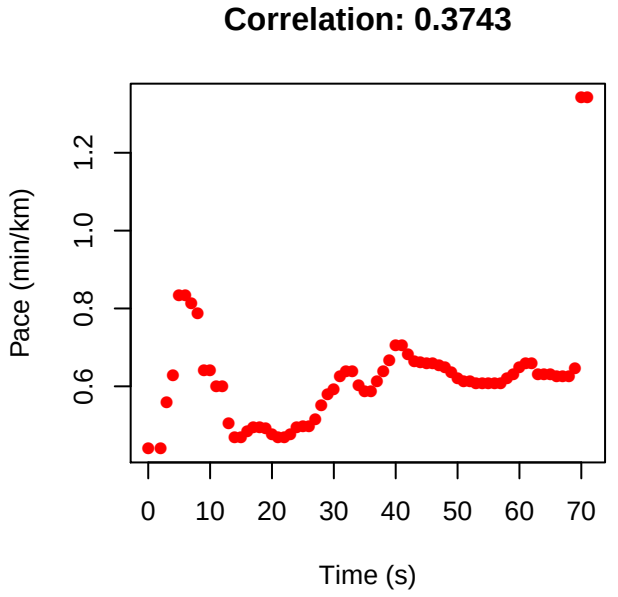

Performance statistics with time (min)
Elevation (m)
2690
2700
2710
Time (min)
0.0
0.2
0.4
0.6
0.8
1.0
1.2
Heart Rate (bpm)
−1.0
−0.5
0.0
0.5
1.0
Time (min)
Speed (km/min)
1.0
1.5
2.0
Time (min)
Pace (min/km)
0.6
0.8
1.0
1.2
Time (min)

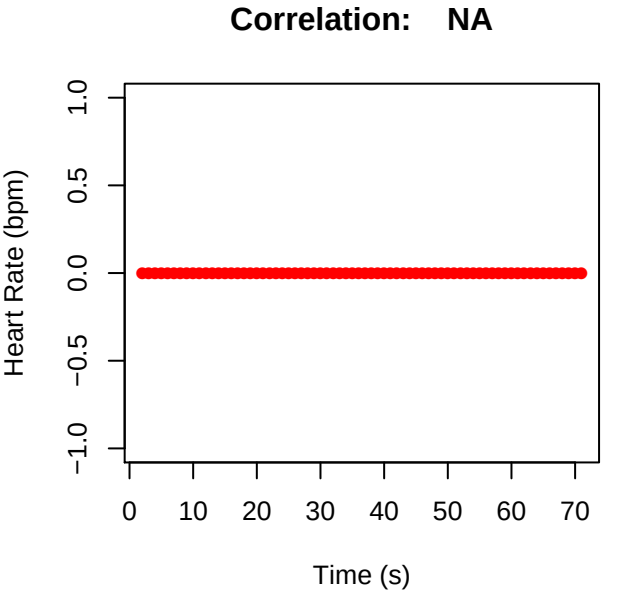

Performance statistics with distance (km)
Elevation (m)
2710
2700
2690
0.0
0.5
1.0
1.5
2.0
Distance (km)
Heart Rate (bpm)
1.0
0.5
0.0
−0.5
−1.0
0.0
0.5
1.0
1.5
2.0
Distance (km)
Speed (km/min)
2.0
1.5
1.0
0.0
0.5
1.0
1.5
2.0
Distance (km)
Pace (min/km)
1.2
1.0
0.8
0.6
0.0
0.5
1.0
1.5
2.0
Distance (km)


Frequency histograms
Frequency
0
200
400
600
800
1000
0.5
1.0
1.5
Pace (min/km)
Frequency
0
500
1000
1500
2000
−1.0
−0.6
−0.2
Heart Rate (bpm)


Correlation: −0.5543
Pace (min/km)
0.6
0.8
1.0
1.2
−0.12
−0.08
−0.04
0.00
Gradient


Correlation: NA
Heart Rate (bpm)
−1.0
−0.5
0.0
0.5
1.0
−0.12
−0.08
−0.04
0.00
Gradient


Correlation: 0.3743
Pace (min/km)
0.6
0.8
1.0
1.2
0
10
20
30
40
50
60
70
Time (s)


Correlation: NA
Heart Rate (bpm)
−1.0
−0.5
0.0
0.5
1.0
0
10
20
30
40
50
60
70
Time (s)