



Bikelog is unique in the fact it is the only program written (I've ever seen any way) which opens with the dialogue 'With Love from Me to You'!

I have to admit even if were the worst program ever written with an opening like this I'd love it anyway!

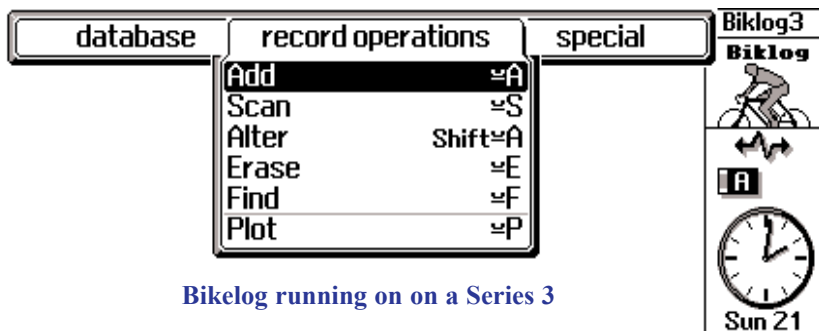
Luckily it's not. In fact Biklog is a superb program, and for the keen cyclists amongst us it is essential software.

So. What is it? In a nutshell Biklog tracks all your cycling tours, day cycles and cycling activity as part of your exercise routine.

Bikelog has been around for a long time having moved from Biklog3 to Biklog5, the most recent version is v3.2 which adds nice colour.

This Spotlight looks at using the later EPOC version however most of what is discussed here can be applied to the SIBO version.

In some ways the SIBO version is better than the EPOC version as the Series 3 is arguably a more robust unit than the Series 5 and therefor better suited to the Adventurer!



Bikelog running on on a Series 3

Biklog 5 running on a netBook showing one of it's three custom fields.

Biklog5 V3.2-UK

Bicycle Log program

exam3

Add

Table

Biklog5 preferences

Bicycles	Events	Units	Goals	Misc.	Custom-1	Custom-2	Custom-3
Definition additional (real) fields							
Name custom field one :		average Hr					
Unit custom field one :		bpm					
Name custom field two :		calories					
Unit custom field two :		kcal					
Name custom field three:		fat used					
Unit custom field three:		%					

Cancel

OK

This program keeps track of your bicycle rides

File opened: C:\biklog\exam30.odb

Total distance: 5098.7 Km Total number of hours: 197.2

0:52

Once you've installed the software (free-ware available from <http://home.hccnet.nl/j.lameris/myp-sion.htm>) the best place to start is setting your own preferences.

number of rides), and three custom fields.

These fields can be very useful monitoring such things as weather conditions on your ride or calories burnt.

Your Bike

Ctrl + K opens up the preferences box and from here you can specify up to four cycles, five cycling event types, KM or Miles, your cycling goals (distance &

So once these parameters are set its time to start recording your Cycling data!

Biklog5 V3.2-UK

Bicycle Log program

exam3

Add

Table

Biklog5 preferences

Bicycles	Events	Units	Goals	Misc.	Custom-1	Custom-2	Custom-3
Definition additional (real) fields							
Name custom field four :		time in zone					
Unit custom field four :		min					
Definition additional logical field							
Name logical field :		monitor used					
Unit logical field :		Yes/No					

Cancel

OK

This program keeps track of your bicycle rides

File opened: C:\biklog\exam30.odb

Total distance: 5098.7 Km Total number of hours: 197.2

0:51

More preferences!



I want to ride my Bicycle!

As the miles clock up you can start monitoring how your fitness levels are increasing and you are progressing toward your goal.

You can view this information as a table or a statistical view.

Entry	Date	Starttime	Bicycle	Dist.	V-avg.
1	9-Feb-2002	0:00	Alleveder	68.0	25.0
2	15-Feb-2002	0:00	ATB	18.3	21.0
3	28-Feb-2002	0:00	Ander	9.0	27.0
4	28-Feb-2002	0:00	Giant TCR3	12.0	27.0
5	2-Mar-2002	0:00	Giant TCR3	108.0	24.9
6	4-Mar-2002	7:30	Alleveder	42.5	27.0
7	5-Mar-2002	7:30	Alleveder	42.5	27.0
8	6-Mar-2002	7:30	Alleveder	42.5	27.0
9	11-Mar-2002	7:30	Alleveder	42.5	27.0
10	12-Mar-2002	7:30	Alleveder	42.5	27.0
11	13-Mar-2002	7:30	Alleveder	42.5	27.0
12	15-Mar-2002	7:30	Alleveder	42.5	27.0
13	17-Mar-2002	0:00	Giant TCR3	35.5	22.2
14	19-Mar-2002	7:30	Alleveder	42.5	27.0
15	23-Mar-2002	0:00	Giant TCR3	81.1	24.2
16	26-Mar-2002	7:30	Alleveder	42.5	27.0
17	27-Mar-2002	7:30	Alleveder	42.5	27.0
18	29-Mar-2002	7:30	Alleveder	42.5	27.0
19	30-Mar-2002	0:00	Ander	14.0	25.0
20	2-Apr-2002	7:30	Alleveder	42.5	27.0
21	3-Apr-2002	7:30	Alleveder	42.5	30.0
22	4-Apr-2002	18:30	Giant TCR3	51.8	28.0
23	5-Apr-2002	7:30	Alleveder	42.5	27.3
24	7-Apr-2002	9:00	Giant TCR3	158.1	26.1
25	9-Apr-2002	7:30	Alleveder	42.5	27.0
26	10-Apr-2002	7:30	Alleveder	42.5	27.0
27	11-Apr-2002	18:30	Giant TCR3	57.3	27.7
28	12-Apr-2002	7:30	Alleveder	42.5	27.0
29	22-Apr-2002	7:30	Alleveder	45.0	27.0
30	24-Apr-2002	7:30	Alleveder	44.0	27.0
31	25-Apr-2002	7:30	Alleveder	46.0	27.0
32	26-Apr-2002	7:30	Alleveder	42.5	27.0
33	28-Apr-2002	0:00	ATB	18.6	18.0

Table View

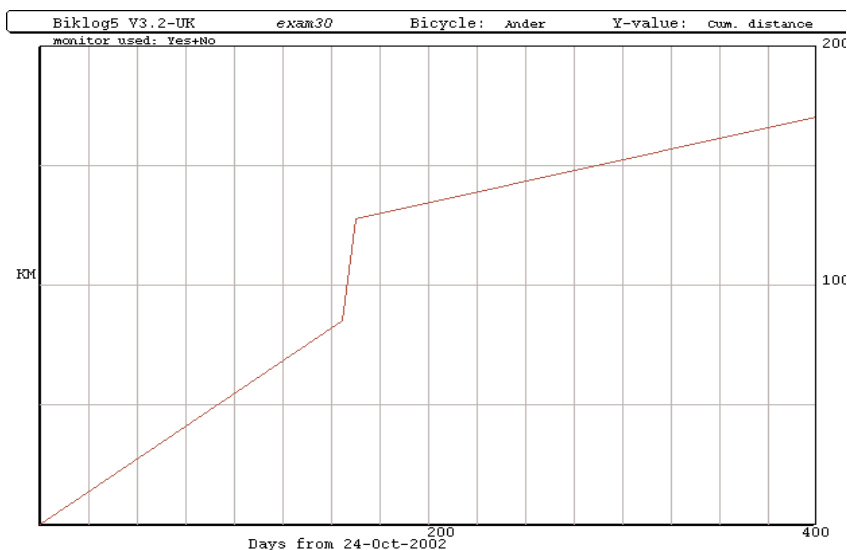
Statistics --- part i: per bike type						
bike name	# of rides	total dist. (Km)	mean dist. (Km)	total dur. (hrs)	mean dur. (hrs)	mean vel. (Kmh)
Alleveder	59	2575.0	43.6	95.3	1.6	27.1
Giant TCR3	23	1836.3	79.8	66.4	2.9	28.0
ATB	19	554.4	29.2	32.2	1.7	17.8
Ander	7	201.0	28.7	6.0	0.9	31.7
All bikes	108	5166.7	47.8	199.9	1.9	0.0

period: 9-Feb-2002 through 27-Nov-2003

Statistics --- part i: per bike type, in %					
bike name	# of rides	% of total	% of tot. dis	% of tot. hrs	
Alleveder	59	54.6	49.8	47.7	
Giant TCR3	23	21.3	35.5	33.2	
ATB	19	17.6	10.7	16.1	
Ander	7	6.5	3.9	3.0	
All bikes	108	100.0	100.0	100.0	

period: 9-Feb-2002 through 27-Nov-2003

Statistical View



Graph View

Diary

The final feature offered by Biklog is that of a Diary.

This uses Psion's freeware plain text editor that is supplied with the download.

This editor allows the creation of a diary that seamlessly integrates with Biklog.

If you tend to take your Psion away with you on Cycling Tours at the end of a day you can relax (possibly with a nice pint) and record your days adventures.

This text diary is linked to your Biklog file and Biklog copies across relevant information.

The Diary can be then exported as a text document possibly as the basis for some travel journal?

Unique

Biklog is a unique piece of software for recording and organising your cycling information.

I suppose it is possible to record all this information as separate data files and agenda entries but in the end why bother

when Jaap Laméris has done all the hard work for you.

As Keith Giles would say;

“Keep on Cycling”.

