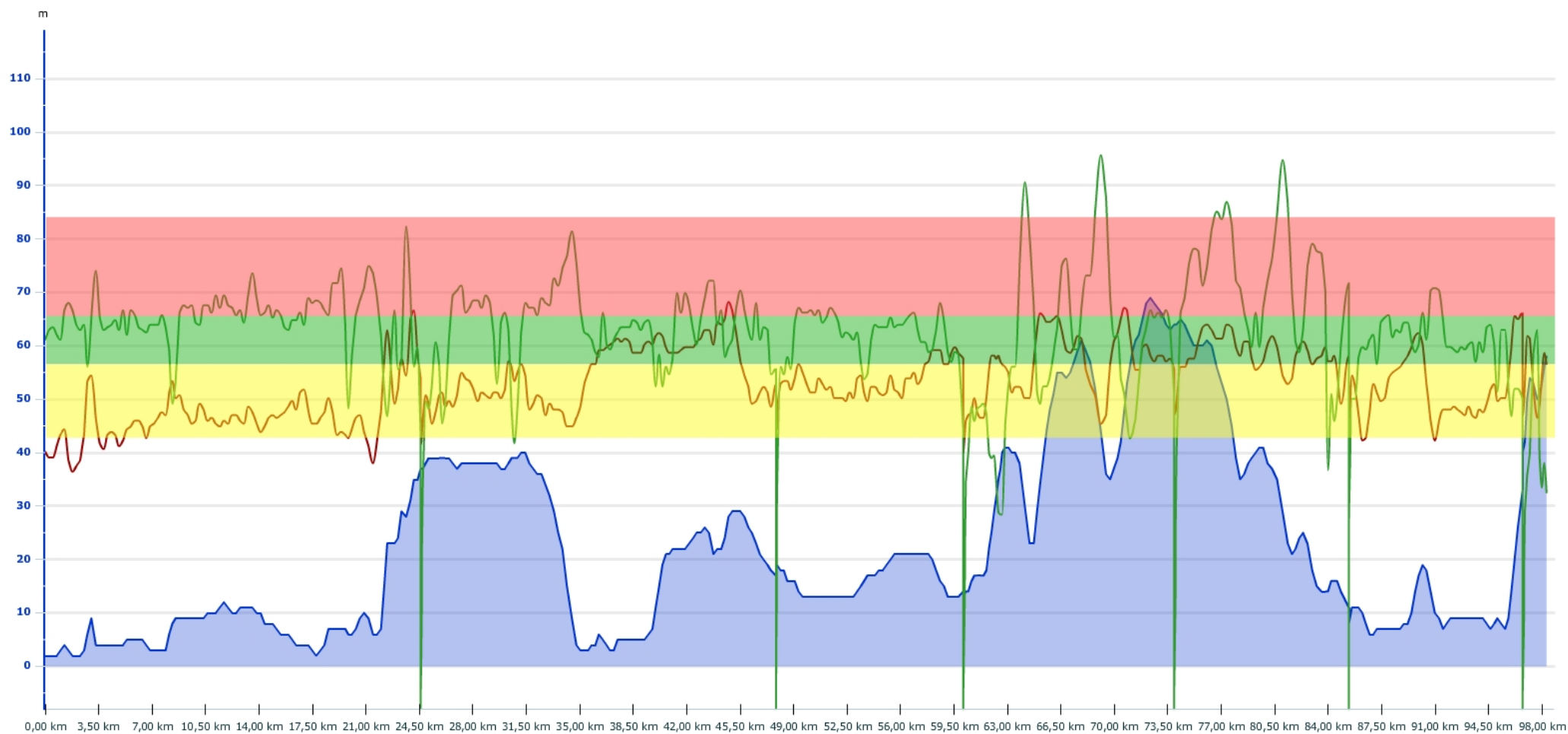


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bataysk-Azov-Samarskoe-centr=100km** Date / Time: **07.08.2011 - 08:42 - 13:15**



— Altitude — Speed — Heart rate — Temperature — Incline — Rate of ascent
— Avg. altitude — Avg. speed — Avg. heart rate — Avg. temperature
■ Zone 3 ■ Zone 2 ■ Zone 1

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bataysk-Azov-Samarskoe-centr=100km** Date / Time: **07.08.2011 - 08:42 - 13:15**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Normal

Training partner:



Description:

severo-vostochny veter 4m/s

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bataysk-Azov-Samarskoe-centr=100km** Date / Time: **07.08.2011 - 08:42 - 13:15**

MARKERS

7. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bataysk-Azov-Samarskoe-centr=100km** Date / Time: **07.08.2011 - 08:42 - 13:15**

INFO

Unit	kmh
Wheel size	2116 mm
Log time interval	30
Number of log entries	406
Calories	1606 kcal
Bike	Bike 2
Stopp time	13:15 Clock
Start time	08:42 Clock
Date	07.08.2011

TOTAL VALUES

Trip distance	98,30 km
Trip time	03:24:13 h
Break time	01:00:41 h
Distance uphill	29,47 km
Trip time uphill	01:07:05 h
Meters uphill	295 m
Distance downhill	30,11 km
Trip time downhill	00:57:38 h
Meters downhill	245 m

MIN. / MAX VALUES

Speed	0,00/43,28 kmh
Heart rate	84/144 bpm
Temperature	22,0/34,0 °C
Altitude	2/69 °C
Incline	-3/5 %
Rate of ascent	-15/15 m/min

AVERAGE VALUES

Speed	29,15 kmh
Heart rate	115 bpm
Temperature	28,4 °C
Altitude	22 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bataysk-Azov-Samarskoe-centr=100km** Date / Time: **07.08.2011 - 08:42 - 13:15**



HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm

Time in Zone 1:	02:01:39 h
Time in Zone 2:	01:08:13 h
Time in Zone 3:	00:05:28 h

Outside	00:08:51 h
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