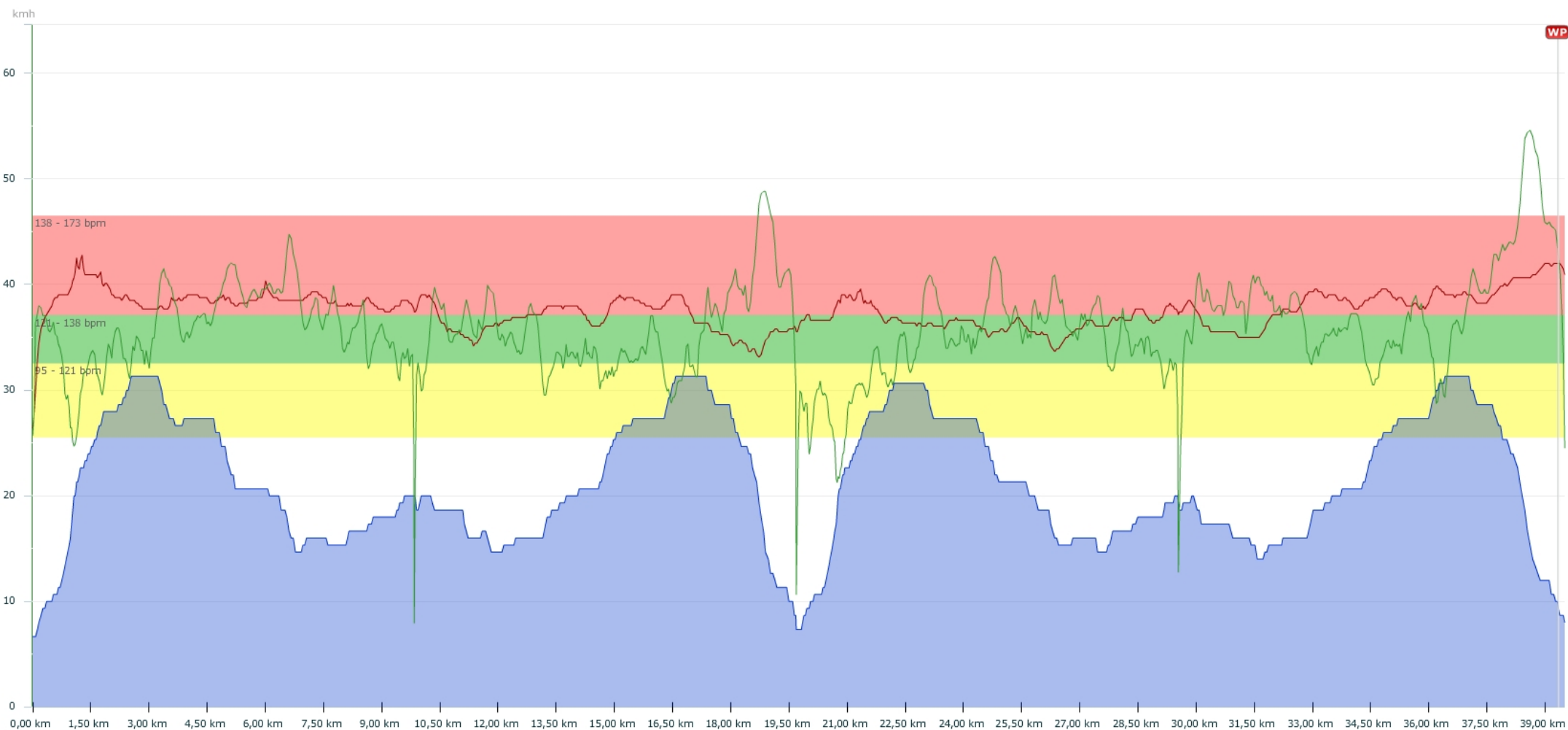


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team=40km(Kamensk)** Date / Time: **24.05.2012 - 10:16 - 11:23**



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

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team=40km(Kamensk)** Date / Time: **24.05.2012 - 10:16 - 11:23**



NOTES

Rating:



Weather:



Trip distance profile:

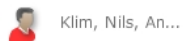
slightly hilly



Training type:

Normal

Training partner:



Klim, Nils, An...

Description:

Staraya Stanitsa(h.Filipenkov)

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team=40km(Kamensk)** Date / Time: **24.05.2012 - 10:16 - 11:23**

INFO

Date	24.05.2012
Start time	10:16 Clock
Stopp time	11:23 Clock
Bike	Bike 1
Wheel size	2122 mm
Unit	kmh
Calories	826 kcal
Number of log entries	897
Log time interval	5 s

TOTAL VALUES

Trip distance	39,50 km
Trip distance uphill	5,48 km
Distance downhill	5,22 km
Trip time	01:07:12 h
Trip time uphill	00:10:34 h
Trip time downhill	00:07:39 h
Meters uphill	147 m
Meters downhill	145 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	98/159 bpm
Temperature	25,0/28,0 °C
Speed	7,91/54,59 kmh
Altitude	106/143 m
Incline	-2/4 %
Rate of ascent	-18/14 m/min
Cadence	0/107 R/min
Power	0/467 Watt

AVERAGE VALUES

Heart rate	139 bpm
Temperature	26,0 °C
Speed	35,29 kmh
Altitude	127 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	8 m/min
Power	226 Watt
Cadence	81 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team=40km(Kamensk)** Date / Time: **24.05.2012 - 10:16 - 11:23**



HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm

Time in Zone 1:	00:00:09 h
Time in Zone 2:	00:25:30 h
Time in Zone 3:	00:41:33 h

Outside	00:00:00 h
---------	------------

