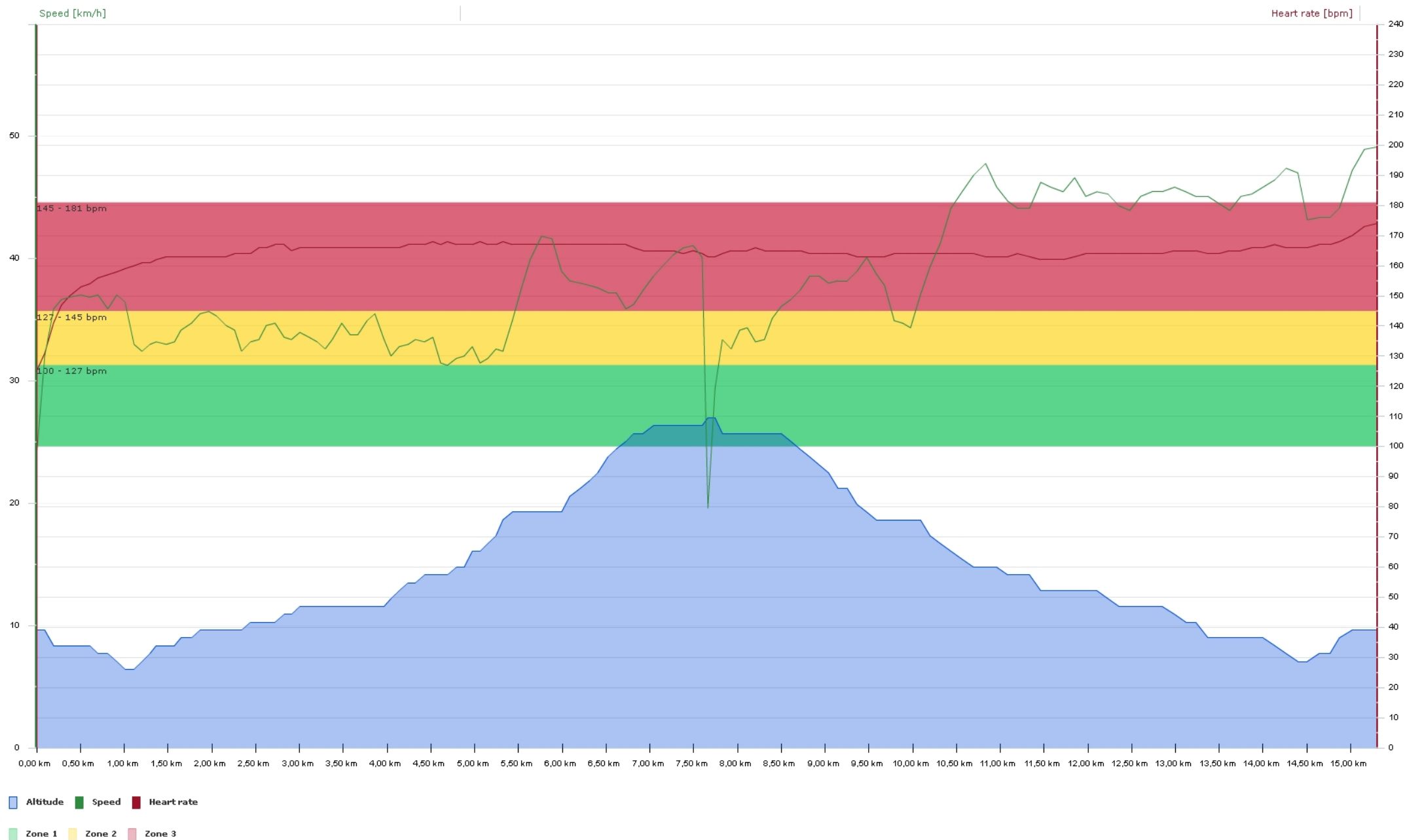


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15км** Date / Time: **01.05.2013 - 10:38 Clock**



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15км** Date / Time: **01.05.2013 - 10:38 Clock**

INFO

| | |
|-----------------------|-------------|
| Start time | 10:38 Clock |
| Date | 01.05.2013 |
| Unit | kmh |
| Bike | Bike 1 |
| Number of log entries | 144 |
| Wheel size | 2110 mm |
| Log time interval | 10 s |
| Number of laps | 1 |
| Number of pauses | 0 |

TOTAL VALUES

| | |
|------------------------|-----------|
| Trip distance | 15,29 km |
| Trip time | 0:24:07 h |
| Calories | 372 kcal |
| Trip distance uphill | 3,07 km |
| Trip distance downhill | 3,37 km |
| Trip time uphill | 0:05:13 h |
| Trip time downhill | 0:04:53 h |
| Meters uphill | 36 m |
| Meters downhill | 36 m |

AVERAGE

| | |
|---------------------------|------------|
| Heart rate | 163 bpm |
| Temperature | 28,2 °C |
| Speed | 37,97 km/h |
| Altitude | 66 m |
| Cadence | 86 R/min |
| Power | 289 Watt |
| Inclination uphill | 1 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 6 m/min |
| Inclination rate downhill | -6 m/min |

MIN/MAX VALUES

| | |
|----------------|--------------------|
| Heart rate | 125 / 174 bpm |
| Temperature | 26,0 / 29,0 °C |
| Speed | 19,57 / 49,11 km/h |
| Altitude | 53 / 85 m |
| Power | 0 / 558 Watt |
| Cadence | 71 / 100 R/min |
| Incline | -1 / 1 % |
| Rate of ascent | -6 / 6 m/min |

LOG



Device / Bike: ADRIANO / Bike 1 Name: Малодубравный=15км Date / Time: 01.05.2013 - 10:38 Clock

| | Duration (h) | Trip distance ... | Speed (km/h) | Heart Rate [...] | Calories (kcal) | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|----------|--------------------------------------|--------------------------------|--|----------------------------------|-----------------|--------------------|------------|--------------|------------------------------|
| 1 | 00:24:07 Since start: 00:24:07 | 15,29 Since start: 15,29 | Avg. 37,97 Min. 19,57 Max. 49,11 | Avg. 163 Min. 125 Max. 174 | 371 | Avg. 66 Max. 85 | 36 | 36 | Avg. -1 1 Max. -1 1 |
| Total | 00:24:07 | 15,29 | | | 371 | | 36 | 36 | |
| Avg. Lap | 00:24:07 | 15,29 | 37,97 | 163 | 371 | 66 | 36 | 36 | -1 1 |
| Min. | 00:24:07 | 15,29 | 19,57 | 125 | 371 | | 36 | 36 | |
| Max. | 00:24:07 | 15,29 | 49,11 | 174 | 371 | 85 | 36 | 36 | -1 1 |

Device / Bike: **ADRIANO** / Bike 1 Name: Малодубравный=15км Date / Time: 01.05.2013 - 10:38 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



23 mens

Trip distance profile:

flat



Training type:

Интенсивно

Description:

Малодубравный-ж/д переезд(разворот)-Малодубравный=15,29км, время 24:07мин, юго-восточный Зм/с

External link:

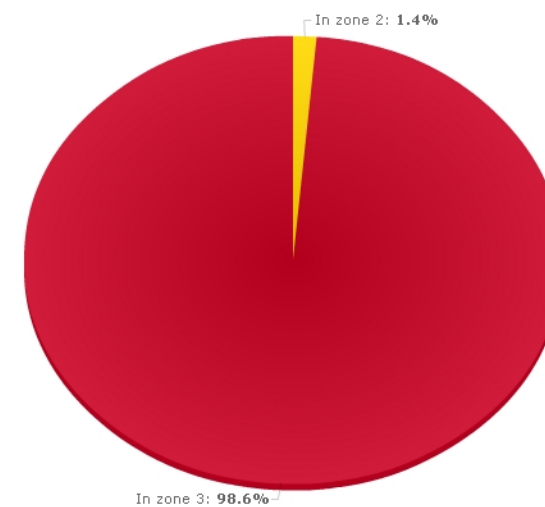
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=449>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15км** Date / Time: **01.05.2013 - 10:38 Clock**

Pulse Zones

| | |
|---------------------------|-----------|
| Under zones | 0:00:00 h |
| In zone 1 (100 - 127 bpm) | 0:00:00 h |
| In zone 2 (127 - 145 bpm) | 0:00:20 h |
| In zone 3 (145 - 181 bpm) | 0:23:47 h |
| Over zones | 0:00:00 h |



Intensity Zones

| | |
|---------------------------|-----------|
| Under zones | 0:00:00 h |
| In zone 1 (109 - 127 bpm) | 0:00:00 h |
| In zone 2 (127 - 145 bpm) | 0:00:20 h |
| In zone 3 (145 - 163 bpm) | 0:02:31 h |
| In zone 4 (163 - 181 bpm) | 0:21:15 h |
| Over zones | 0:00:00 h |

