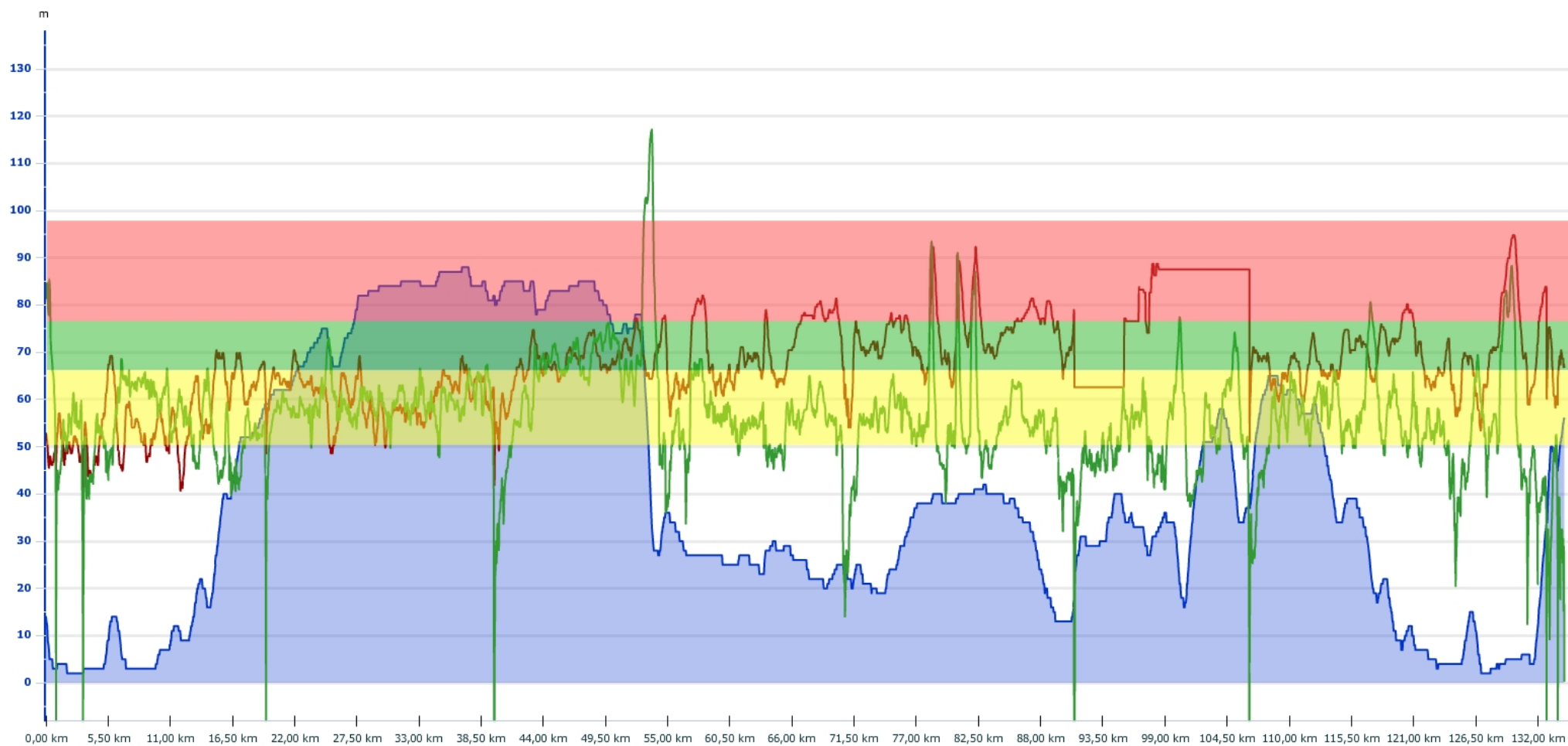


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Voroshilovsky most-Kagalnitskaya-Samarskoe-centr=135km** Date / Time: **06.08.2011 - 08:19 - 13:44**



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: **Voroshilovsky most-Kagalnitskaya-Samarskoe-centr=135km** Date / Time: **06.08.2011 - 08:19 - 13:44**



NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

flat



Training type:

Normal

Training partner:



Description:

severny veter 4-5m/s

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Voroshilovsky most-Kagalnitskaya-Samarskoe-centr=135km** Date / Time: **06.08.2011 - 08:19 - 13:44**

MARKERS

7. 

13. 

8. 

14. 

9. 

15. 

10. 

11. 

12. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Voroshilovsky most-Kagalnitskaya-Samarskoe-centr=135km** Date / Time: **06.08.2011 - 08:19 - 13:44**

INFO

Unit	kmh
Wheel size	2116 mm
Log time interval	5
Number of log entries	3655
Calories	2183 kcal
Bike	Bike 2
Stopp time	13:44 Clock
Start time	08:19 Clock
Date	06.08.2011

TOTAL VALUES

Trip distance	134,33 km
Trip time	04:33:18 h
Break time	00:35:27 h
Distance uphill	12,85 km
Trip time uphill	00:29:36 h
Meters uphill	400 m
Distance downhill	11,24 km
Trip time downhill	00:19:48 h
Meters downhill	359 m

MIN. / MAX VALUES

Speed	0,00/60,02 kmh
Heart rate	80/169 bpm
Temperature	18,0/34,0 °C
Altitude	2/88 °C
Incline	-6/7 %
Rate of ascent	-58/19 m/min

AVERAGE VALUES

Speed	29,51 kmh
Heart rate	124 bpm
Temperature	24,9 °C
Altitude	39 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Voroshilovsky most-Kagalnitskaya-Samarskoe-centr=135km** Date / Time: **06.08.2011 - 08:19 - 13:44**



HEART RATE ZONES

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

Time in Zone 1:	01:52:28 h
Time in Zone 2:	01:36:23 h
Time in Zone 3:	00:53:00 h

Outside	00:11:26 h
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