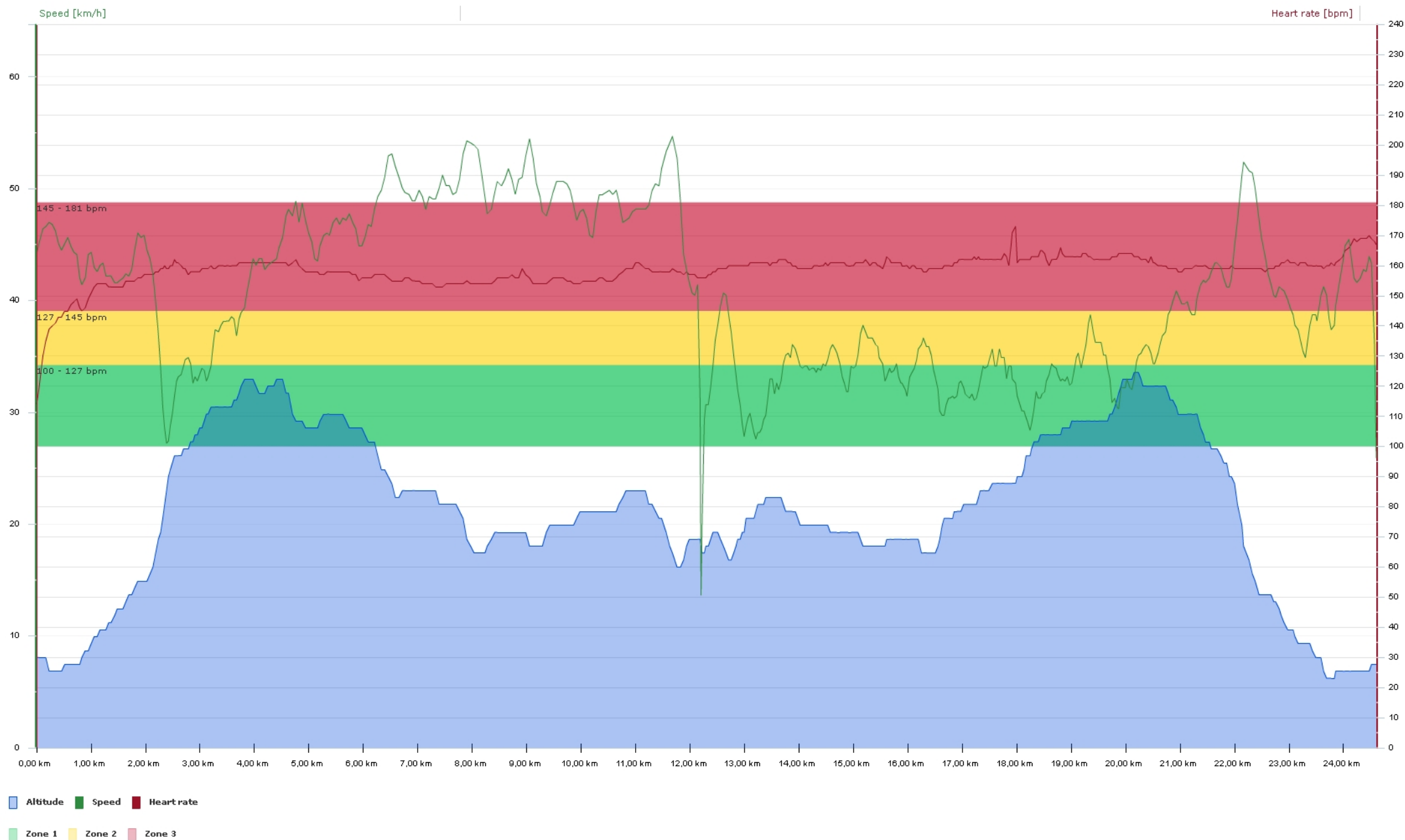


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Пара(Каменск)=25км** Date / Time: **15.05.2013 - 11:31 Clock**



# LOG



Device / Bike: **ADRIANO** / Bike 1 Name: **Пара(Каменск)=25км** Date / Time: **15.05.2013 - 11:31 Clock**

## INFO

Start time	11:31 Clock
Date	15.05.2013
Unit	kmh
Bike	Bike 1
Number of log entries	499
Wheel size	2110 mm
Log time interval	5 s
Number of laps	2
Number of pauses	0

## TOTAL VALUES

Trip distance	24,60 km
Trip time	0:37:21 h
Calories	547 kcal
Trip distance uphill	4,22 km
Trip distance downhill	4,22 km
Trip time uphill	0:06:54 h
Trip time downhill	0:05:42 h
Meters uphill	103 m
Meters downhill	104 m

## AVERAGE

Heart rate	158 bpm
Temperature	32,0 °C
Speed	39,57 km/h
Altitude	80 m
Cadence	89 R/min
Power	324 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	-8 m/min

## MIN/MAX VALUES

Heart rate	114 / 173 bpm
Temperature	28,0 / 34,0 °C
Speed	13,62 / 54,67 km/h
Altitude	56 / 100 m
Power	0 / 767 Watt
Cadence	0 / 110 R/min
Incline	-3 / 4 %
Rate of ascent	-26 / 19 m/min

# LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Пара(Каменск)=25км** Date / Time: **15.05.2013 - 11:31 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:37:12 Since start: 00:37:12	24,51 Since start: 24,51	Avg. 39,61 Min. 13,62 Max. 54,67	Avg. 158 Min. 114 Max. 173	545	Avg. 80 Max. 100	103	104	Avg. -1 1 Max. -3 4
2	00:00:09 Since start: 00:37:21	0,08 Since start: 24,60	Avg. 30,88 Min. 25,90 Max. 35,87	Avg. 167 Min. 167 Max. 168	2	Avg. 58 Max. 58	0	0	Avg. -1 0 Max. -1 0
<b>Total</b>	00:37:21	24,60			547		103	104	
<b>Avg. Lap</b>	00:18:40	12,30	35,25	162	274	69	51	52	-1 0
<b>Min.</b>	00:00:09	0,08	13,62	114	2		0	0	
<b>Max.</b>	00:37:12	24,51	54,67	173	545	100	103	104	-3 4

Device / Bike: **ADRIANO** / Bike 1 Name: Пара(Каменск)=25км Date / Time: 15.05.2013 - 11:31 Clock

## NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



strong wind



Training partner:



Пара с Сергиенко Николаем(17лет)

Trip distance profile:

slightly hilly



Training type:

Тяжко

Description:

Каменск, Вишневецкое шоссе, х.Филиппенков, парная гонка с Сергиенко Николаем(17лет)  
=24,6км, время=37:25мин, средняя=39,6км/ч, сильный встречный ветер после разворота  
7-10м/с.

External link:

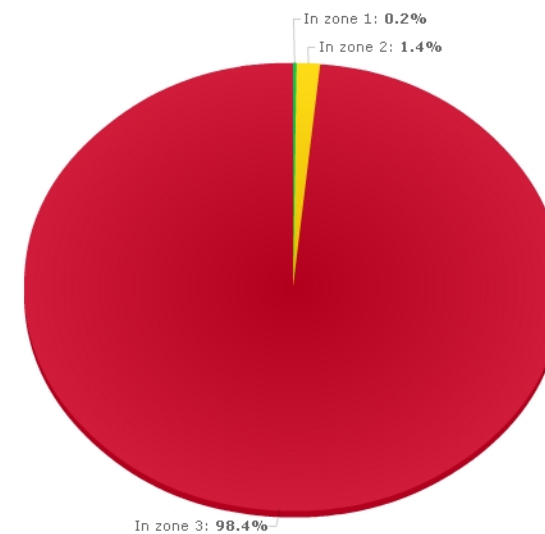
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=438&p=6647#p6647>

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Пара(Каменск)=25км** Date / Time: **15.05.2013 - 11:31 Clock**

### Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:00:31 h
In zone 3 (145 - 181 bpm)	0:36:45 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:00:31 h
In zone 3 (145 - 163 bpm)	0:32:28 h
In zone 4 (163 - 181 bpm)	0:04:16 h
Over zones	0:00:00 h

