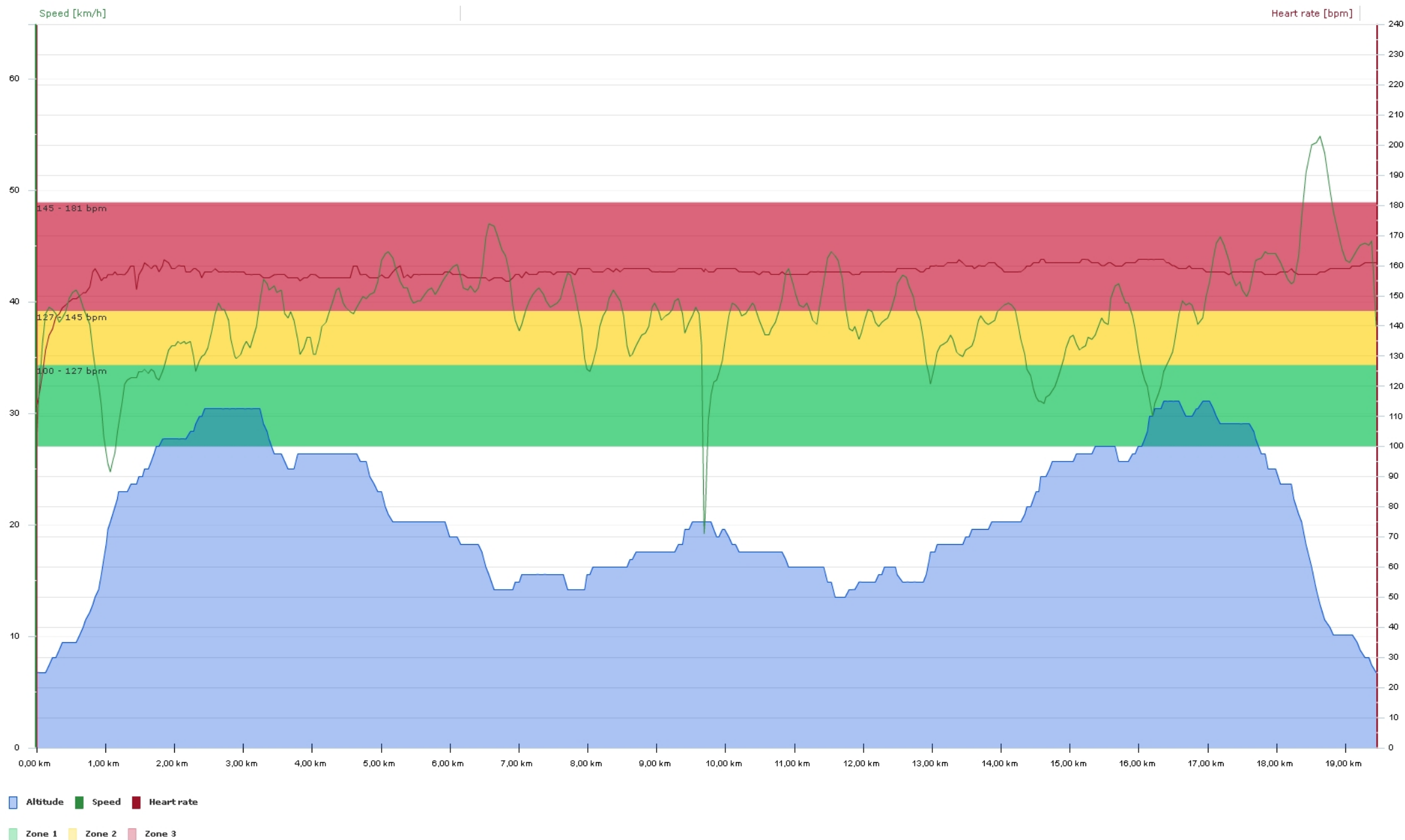


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Каменск)=20км Date / Time: 14.05.2013 - 11:23 Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Разделка(Каменск)=20км Date / Time: **14.05.2013 - 11:23 Clock**

INFO

Start time	11:23 Clock
Date	14.05.2013
Unit	kmh
Bike	Bike 1
Number of log entries	406
Wheel size	2110 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance	19,44 km
Trip time	0:30:22 h
Calories	440 kcal
Trip distance uphill	3,06 km
Trip distance downhill	3,13 km
Trip time uphill	0:05:19 h
Trip time downhill	0:04:16 h
Meters uphill	81 m
Meters downhill	81 m

AVERAGE

Heart rate	157 bpm
Temperature	30,7 °C
Speed	38,43 km/h
Altitude	110 m
Cadence	86 R/min
Power	281 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-9 m/min

MIN/MAX VALUES

Heart rate	113 / 162 bpm
Temperature	27,0 / 35,0 °C
Speed	19,18 / 54,86 km/h
Altitude	90 / 126 m
Power	0 / 454 Watt
Cadence	0 / 112 R/min
Incline	-4 / 3 %
Rate of ascent	-36 / 14 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Каменск)=20км Date / Time: **14.05.2013 - 11:23 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:30:22 Since start: 00:30:22	19,44 Since start: 19,44	Avg. 38,43 Min. 19,18 Max. 54,86	Avg. 157 Min. 113 Max. 162	439	Avg. 110 Max. 126	81	81	Avg. -1 1 Max. -4 3
Total	00:30:22	19,44			439		81	81	
Avg. Lap	00:30:22	19,44	38,43	157	439	110	81	81	-1 1
Min.	00:30:22	19,44	19,18	113	439		81	81	
Max.	00:30:22	19,44	54,86	162	439	126	81	81	-4 3

Device / Bike: **ADRIANO** / Bike 1 Name: Разделка(Каменск)=20км Date / Time: 14.05.2013 - 11:23 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



Alone

Trip distance profile:

slightly hilly



Training type:

Интенсивно

Description:

Каменск, Вишневецкое шоссе, х.Филиппенков, разделка=19,44км, время=30:24мин

External link:

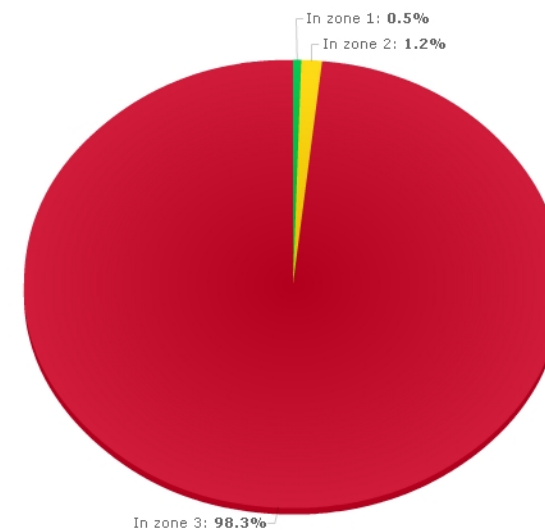
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=438&p=6646#p6646>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Каменск)=20км Date / Time: 14.05.2013 - 11:23 Clock

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:09 h
In zone 2 (127 - 145 bpm)	0:00:22 h
In zone 3 (145 - 181 bpm)	0:29:51 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:09 h
In zone 2 (127 - 145 bpm)	0:00:22 h
In zone 3 (145 - 163 bpm)	0:29:51 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

