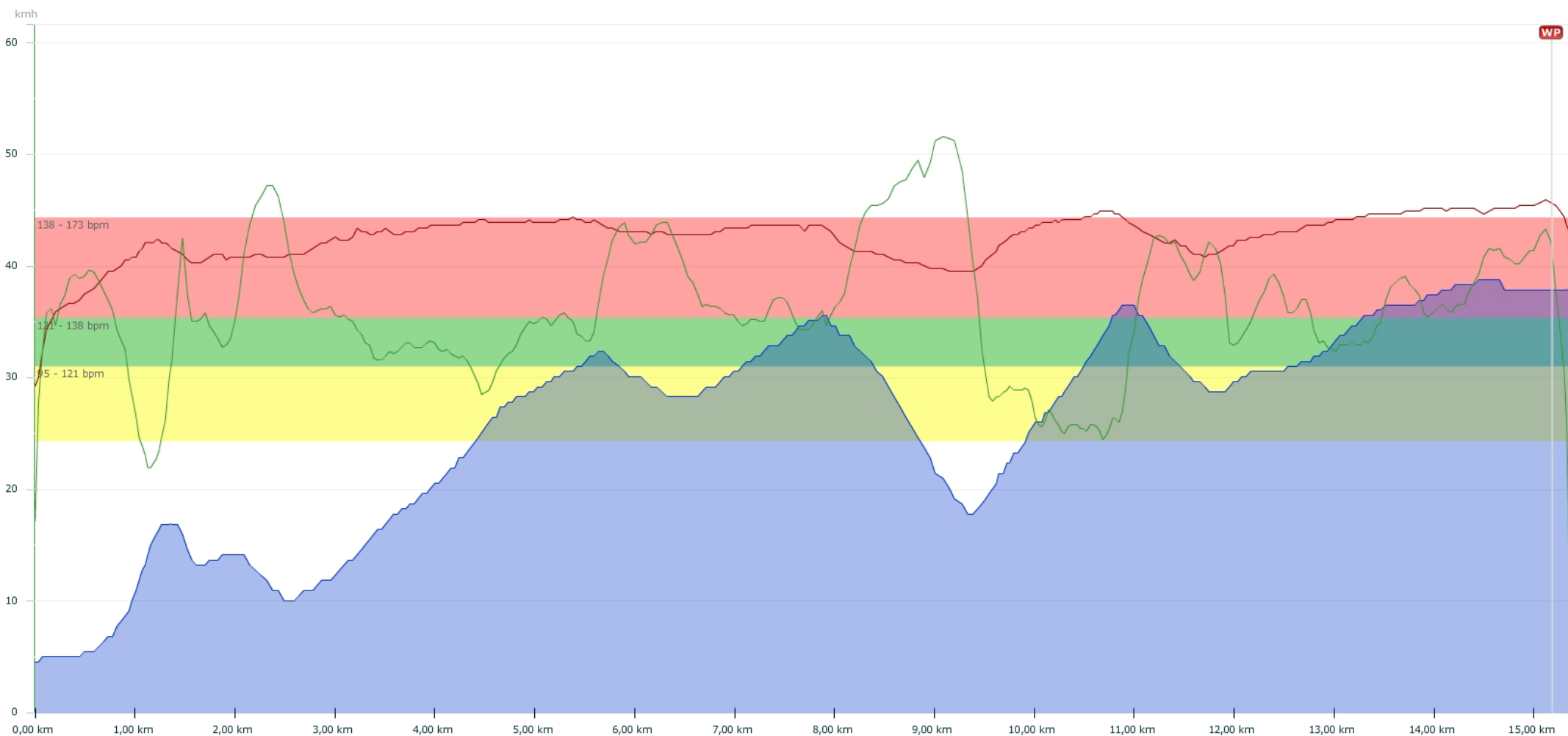


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka na Berezovoy=15km** Date / Time: **11.08.2012 - 09:47 - 10:14**



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

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka na Berezovoy=15km** Date / Time: **11.08.2012 - 09:47 - 10:14**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

Heavy

Training partner:



13 mens

Description:

Novonatalyno-Berezovaya=15km , t=25:43m , V=35,4km/h

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka na Berezovoy=15km** Date / Time: **11.08.2012 - 09:47 - 10:14**

INFO

Date	11.08.2012
Start time	09:47 Clock
Stopp time	10:14 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	417 kcal
Number of log entries	356
Log time interval	5 s

TOTAL VALUES

Trip distance	15,45 km
Trip distance uphill	5,58 km
Distance downhill	2,93 km
Trip time	00:26:37 h
Trip time uphill	00:10:39 h
Trip time downhill	00:04:07 h
Meters uphill	157 m
Meters downhill	86 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	114/179 bpm
Temperature	28,0/31,0 °C
Speed	7,89/51,60 kmh
Altitude	36/111 m
Incline	-3/4 %
Rate of ascent	-18/16 m/min
Cadence	0/105 R/min
Power	0/441 Watt

AVERAGE VALUES

Heart rate	166 bpm
Temperature	29,1 °C
Speed	34,82 kmh
Altitude	83 m
Inclination uphill	1 %
Inclination downhill	2 %
Inclination rate uphill	7 m/min
Inclination rate downhill	11 m/min
Power	260 Watt
Cadence	90 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka na Berezovoy=15km** Date / Time: **11.08.2012 - 09:47 - 10:14**



HEART RATE ZONES

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

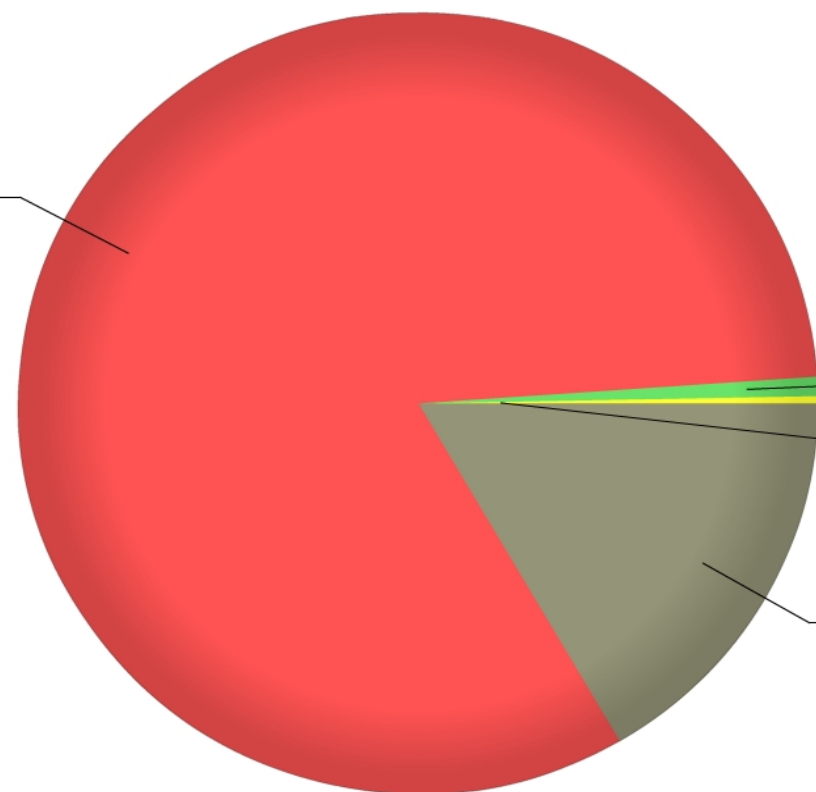
Time in Zone 1: 00:00:04 h

Time in Zone 2: 00:00:13 h

Time in Zone 3: 00:21:54 h

Outside 00:04:25 h

Zone 3:
82.3%



Zone 2:
0.8%

Zone 1:
0.3%

Outside:
16.6%