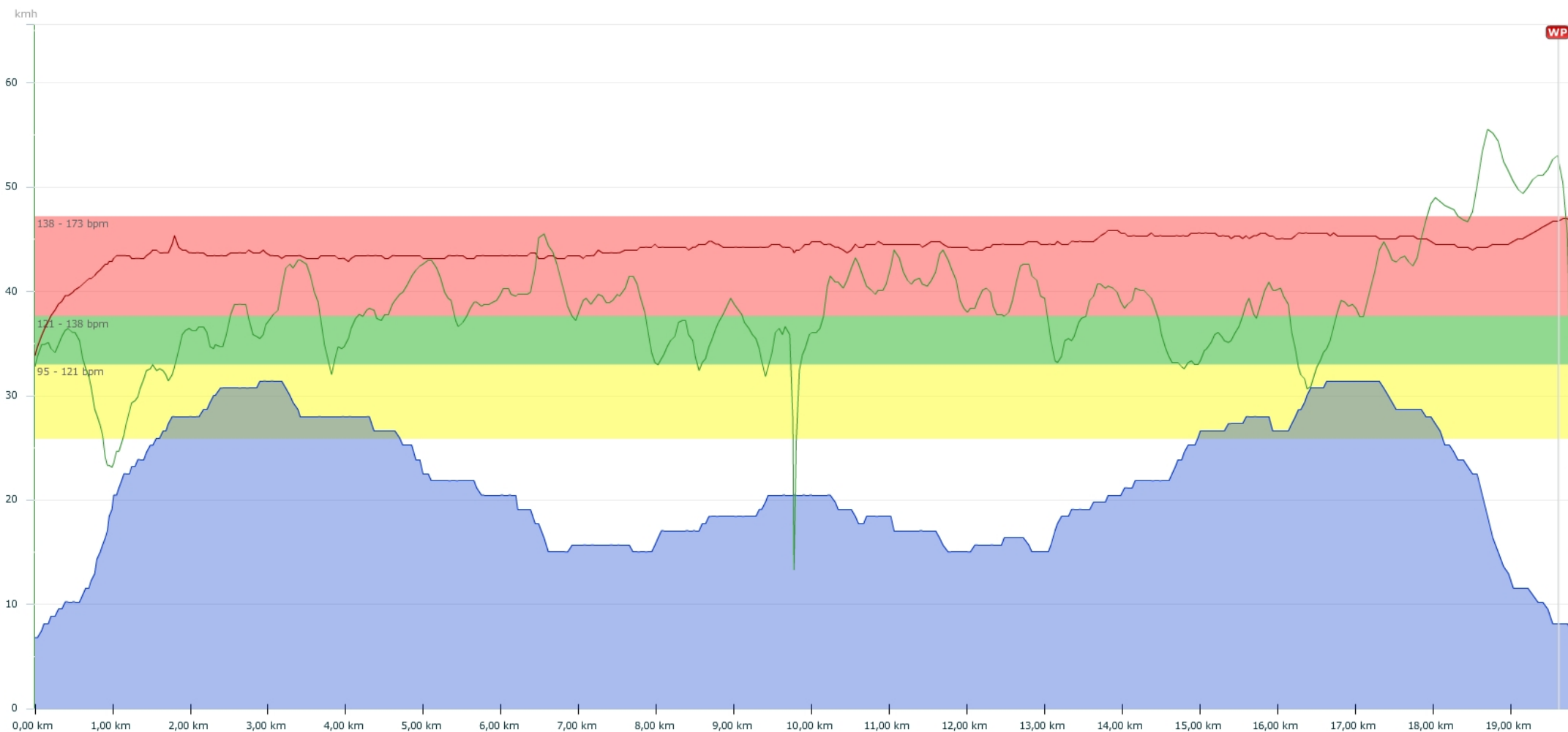


# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka=20km(Kamensk)** Date / Time: **23.05.2012 - 12:10 - 12:41**



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

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Razdelka=20km(Kamensk)**    Date / Time: **23.05.2012 - 12:10 - 12:41**



### NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

slightly hilly



Training type:

Heavy

Training partner:



12 mens

Description:

Staraya stanitsa(h.Filipenkov)

### MARKERS

1.  Finish

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka=20km(Kamensk)** Date / Time: **23.05.2012 - 12:10 - 12:41**

### INFO

|                       |             |
|-----------------------|-------------|
| Date                  | 23.05.2012  |
| Start time            | 12:10 Clock |
| Stopp time            | 12:41 Clock |
| Bike                  | Bike 1      |
| Wheel size            | 2122 mm     |
| Unit                  | kmh         |
| Calories              | 489 kcal    |
| Number of log entries | 418         |
| Log time interval     | 5 s         |

### TOTAL VALUES

|                      |            |
|----------------------|------------|
| Trip distance        | 19,80 km   |
| Trip distance uphill | 2,84 km    |
| Distance downhill    | 2,92 km    |
| Trip time            | 00:31:16 h |
| Trip time uphill     | 00:05:15 h |
| Trip time downhill   | 00:04:03 h |
| Meters uphill        | 74 m       |
| Meters downhill      | 74 m       |
| Break time           | 00:00:00 h |

### MIN/MAX VALUES

|                |                 |
|----------------|-----------------|
| Heart rate     | 124/172 bpm     |
| Temperature    | 28,0/36,0 °C    |
| Speed          | 13,31/55,56 kmh |
| Altitude       | 90/126 m        |
| Incline        | -3/3 %          |
| Rate of ascent | -27/12 m/min    |
| Cadence        | 0/103 R/min     |
| Power          | 0/555 Watt      |

### AVERAGE VALUES

|                           |           |
|---------------------------|-----------|
| Heart rate                | 161 bpm   |
| Temperature               | 31,0 °C   |
| Speed                     | 38,00 kmh |
| Altitude                  | 111 m     |
| Inclination uphill        | 1 %       |
| Inclination downhill      | 1 %       |
| Inclination rate uphill   | 6 m/min   |
| Inclination rate downhill | 9 m/min   |
| Power                     | 279 Watt  |
| Cadence                   | 87 R/min  |

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Razdelka=20km(Kamensk)**    Date / Time: **23.05.2012 - 12:10 - 12:41**



### HEART RATE ZONES

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

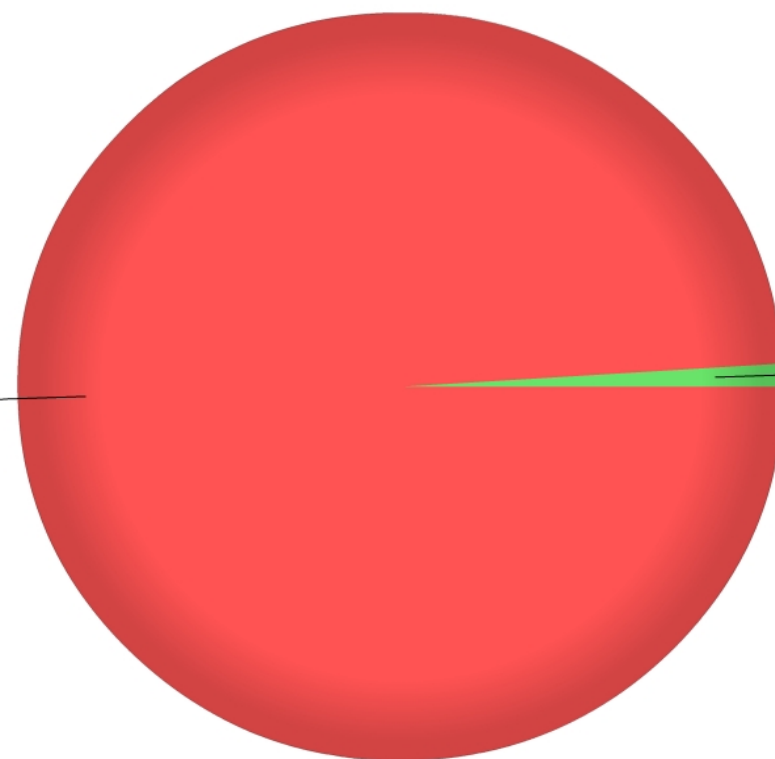
Time in Zone 1: 00:00:00 h

Time in Zone 2: 00:00:18 h

Time in Zone 3: 00:30:58 h

Outside 00:00:00 h

Zone 3:  
99.0%



Zone 2:  
1.0%

Time in zone 1: 0.0% | Outside: 0.0%