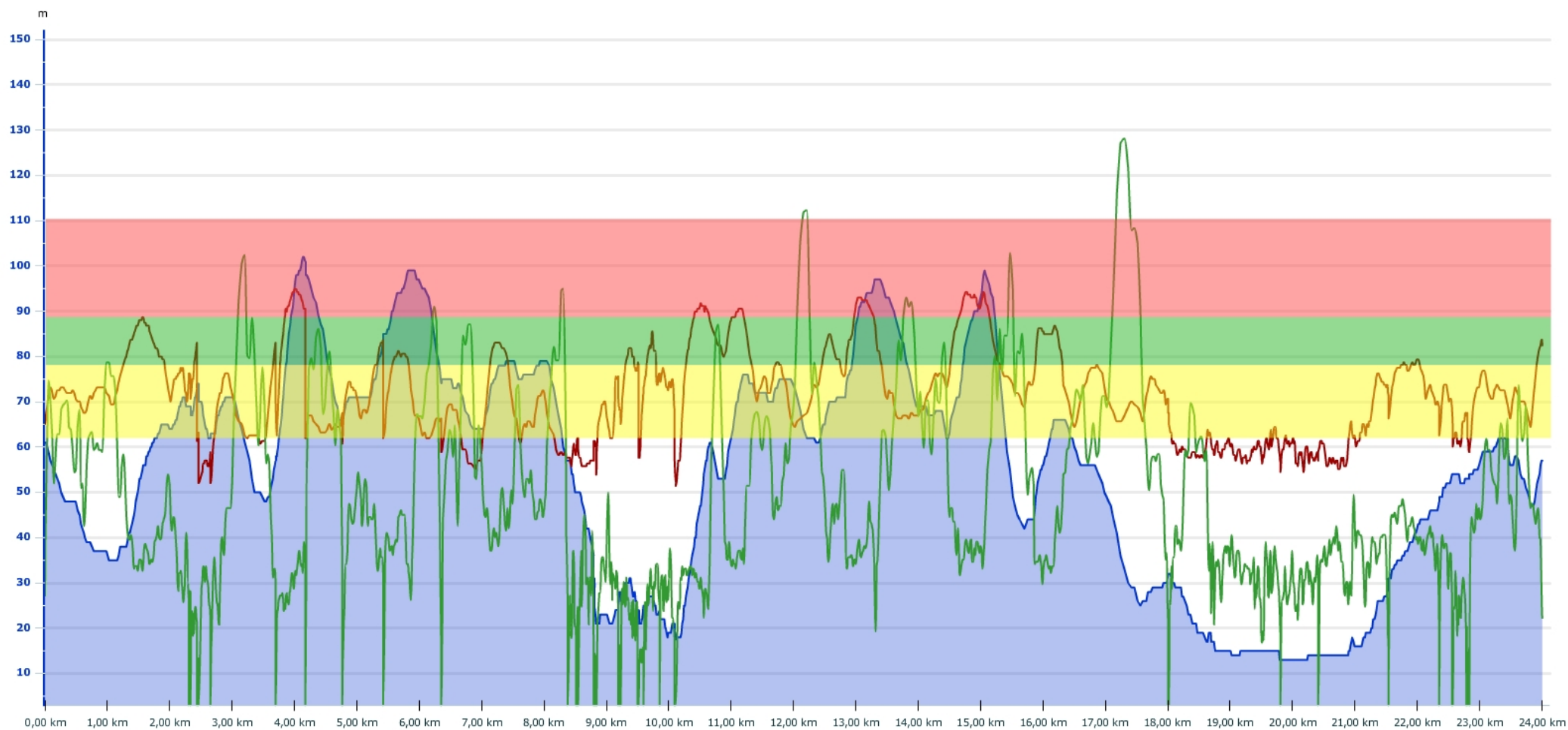


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-NovySvet** Date / Time: **06.11.2011 - 10:55 - 15:09**



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: **Sudak-NovySvet** Date / Time: **06.11.2011 - 10:55 - 15:09**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

mountainous



Training type:

Normal

Training partner:



Zeka,Kochevnik

Description:

Osmotr Genuezskoi kreposty i tropy Golitsyna

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-NovySvet** Date / Time: **06.11.2011 - 10:55 - 15:09**

MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	27. 
10. 	16. 	22. 	28. 
11. 	17. 	23. 	29. 
12. 	18. 	24. 	30. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-NovySvet** Date / Time: **06.11.2011 - 10:55 - 15:09**

MARKERS

31. 

37. 

32. 

38. 

33. 

39. 

34. 

35. 

36. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-NovySvet** Date / Time: **06.11.2011 - 10:55 - 15:09**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	1291
Calories	596 kcal
Bike	Bike 2
Stopp time	15:09 Clock
Start time	10:55 Clock
Date	06.11.2011

TOTAL VALUES

Trip distance	24,00 km
Trip time	01:35:11 h
Break time	02:31:29 h
Distance uphill	5,41 km
Trip time uphill	00:25:31 h
Meters uphill	421 m
Distance downhill	6,44 km
Trip time downhill	00:17:21 h
Meters downhill	407 m

MIN. / MAX VALUES

Speed	0,00/48,71 kmh
Heart rate	78/148 bpm
Temperature	8,0/20,0 °C
Altitude	13/102 °C
Incline	-16/18 %
Rate of ascent	-80/29 m/min

AVERAGE VALUES

Speed	15,08 kmh
Heart rate	110 bpm
Temperature	13,8 °C
Altitude	50 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-NovySvet** Date / Time: **06.11.2011 - 10:55 - 15:09**



HEART RATE ZONES

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

Time in Zone 1: 00:47:36 h

Time in Zone 2: 00:18:24 h

Time in Zone 3: 00:08:04 h

Outside 00:21:06 h

