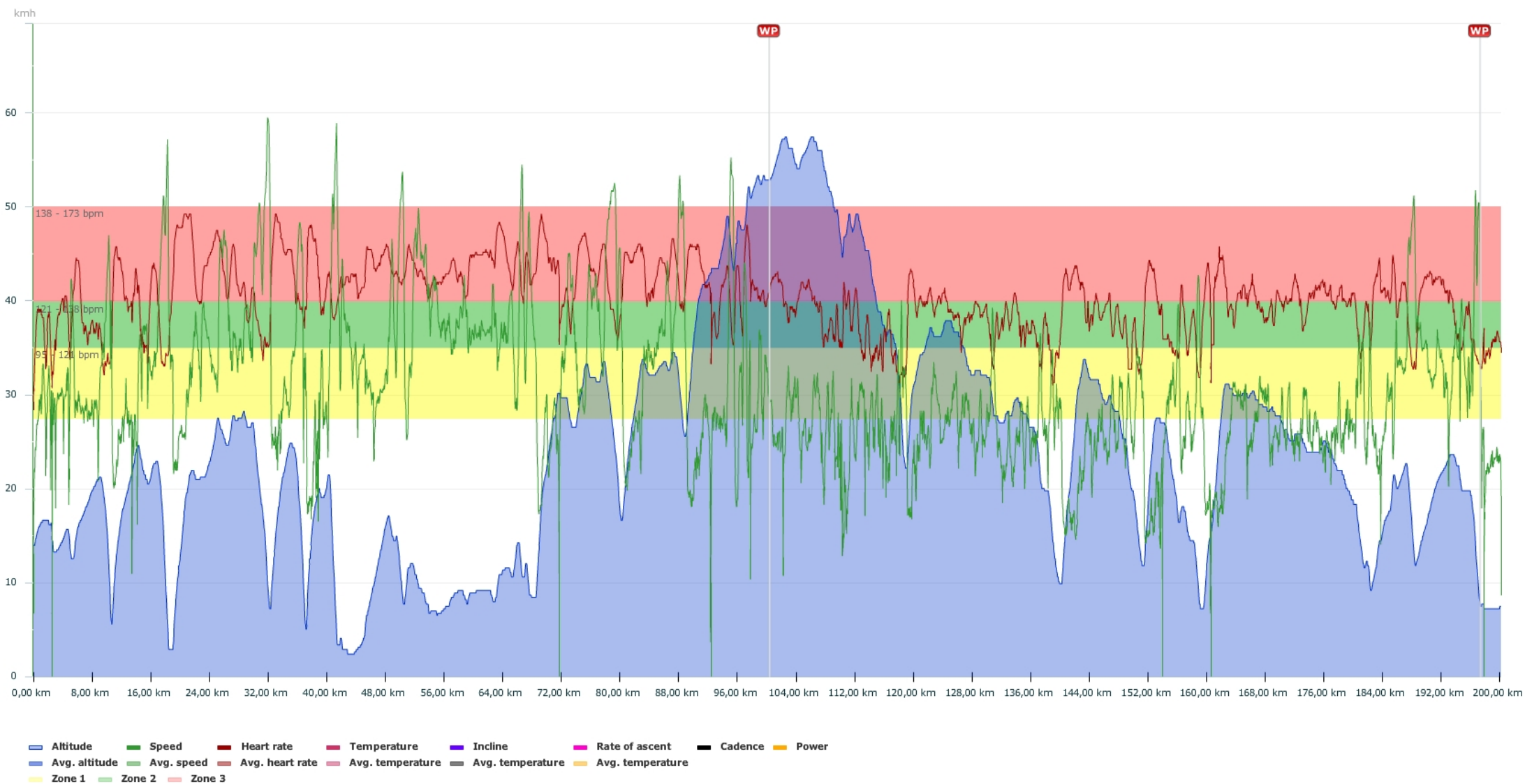


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraina-1=200km** Date / Time: **15.09.2012 - 08:04 - 15:29**



LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraina-1=200km** Date / Time: **15.09.2012 - 08:04 - 15:29**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

Heavy

Training partner:



9 mens

Description:

L`vy-B.Log-Novochek-Kamenolomni-Novoshahtinsk-granitsa(Ukraina)-Sambek-Rodionovka-Chaltnr`-Kamenka=200km ,
time=7:16h

MARKERS

1. 

2. 

3. 

4. 

5. 

6.  100km

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraina-1=200km** Date / Time: **15.09.2012 - 08:04 - 15:29**

MARKERS

7. 

8. 

9. 

10.  Finish

11. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraina-1=200km** Date / Time: **15.09.2012 - 08:04 - 15:29**

INFO

Date	15.09.2012
Start time	08:04 Clock
Stopp time	15:29 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	4957 kcal
Number of log entries	5587
Log time interval	5 s

TOTAL VALUES

Trip distance	200,16 km
Trip distance uphill	41,50 km
Distance downhill	40,00 km
Trip time	06:58:36 h
Trip time uphill	01:40:52 h
Trip time downhill	01:06:46 h
Meters uphill	1472 m
Meters downhill	1498 m
Break time	00:24:51 h

MIN/MAX VALUES

Heart rate	98/170 bpm
Temperature	17,0/38,0 °C
Speed	0,00/59,50 kmh
Altitude	40/268 m
Incline	-8/10 %
Rate of ascent	-68/30 m/min
Cadence	0/115 R/min
Power	0/565 Watt

AVERAGE VALUES

Heart rate	140 bpm
Temperature	26,7 °C
Speed	28,71 kmh
Altitude	134 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	12 m/min
Power	140 Watt
Cadence	74 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraina-1=200km** Date / Time: **15.09.2012 - 08:04 - 15:29**



HEART RATE ZONES

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

Time in Zone 1: 00:35:04 h

Time in Zone 2: 02:23:21 h

Time in Zone 3: 04:00:10 h

Outside 00:00:00 h

Zone 2:
34.2%

Zone 3:
57.4%

Outside: 0.0%

Zone 1:
8.4%

