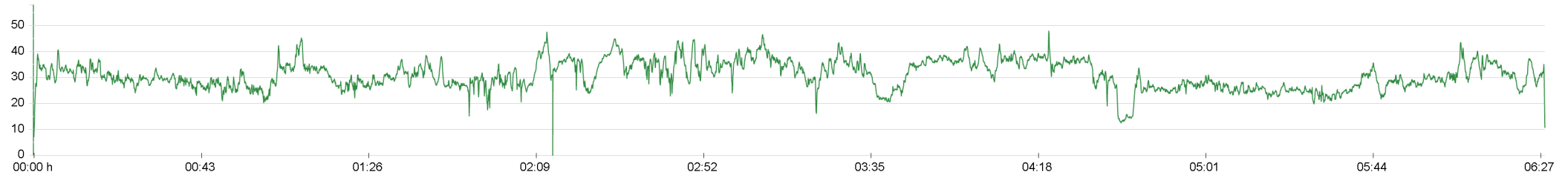


ACTIVITY - GRAPHS

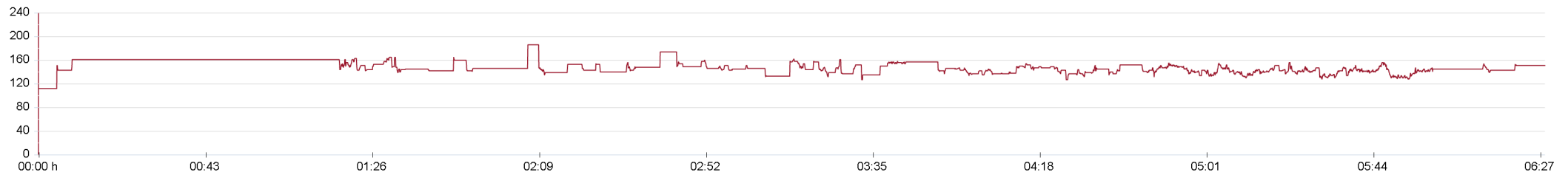
 Южный=200км

Анриано / Bike 1 / 16.04.2016 - 08:07

 Speed [km/h]



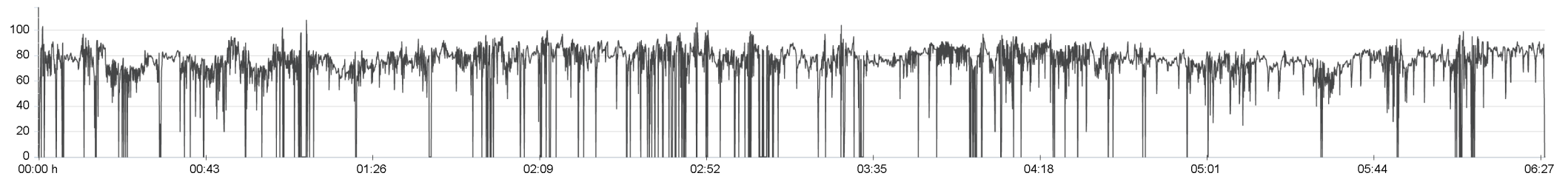
 Heart rate [bpm]



 Altitude [m]



 Cadence [rpm]



ACTIVITY - VALUES

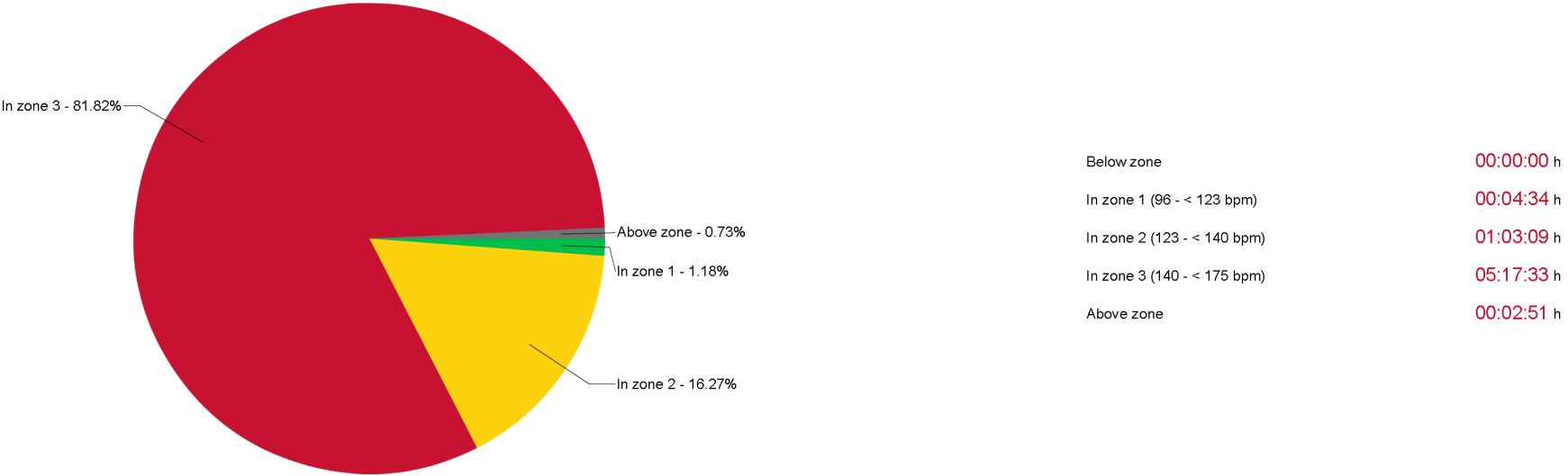


Южный=200км

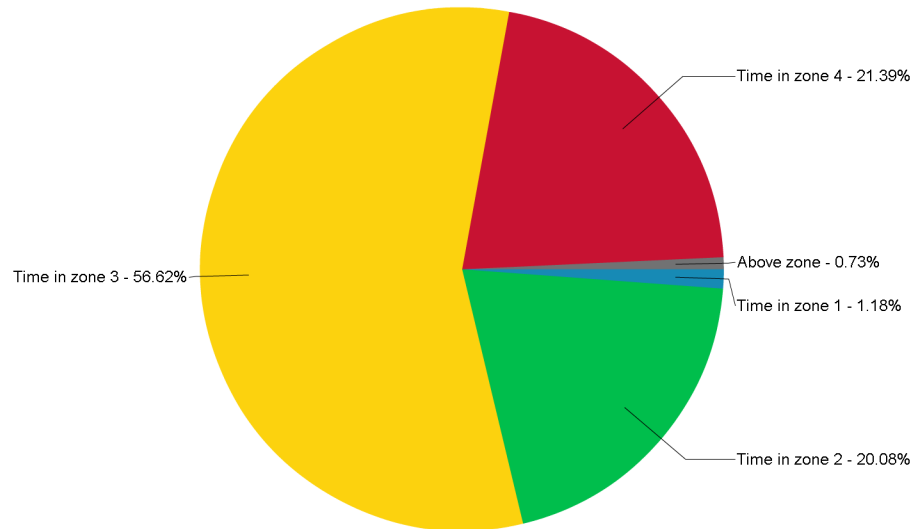
Андриано / Bike 1 / 16.04.2016 - 08:07

Training time 06:28:07.5 h 00:41:42.0 00:34:52.5	Distance 199,75 km 19,14 20,62	Speed Ø 30,88 km/h min. 0,00 27,55 35,48 max. 47,90	Altitude ↑ 590 m ↓ 622 min. 1 47 max. 86	Heart rate Ø 147 bpm min. 112 max. 186
Calories 5441 kcal	Incline ↑ Ø 1 % ↓ -1 min. -4 max. 6	Rise rate ↑ Ø 5 m/min ↓ -7 min. -26 max. 16	Cadence Ø 76 rpm min. 0 max. 108	Power Ø 156 Watt min. 0 max. 480
Temperature Ø 15,1 °C min. 12,0 max. 19,0				

Heart rate zones

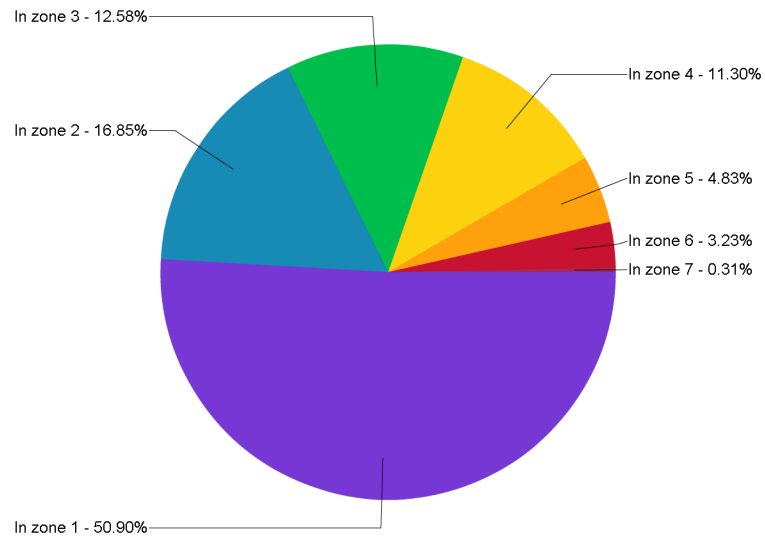


Intensity zones



Below zone	00:00:00 h
Time in zone 1 (> 105 - 122 bpm)	00:04:34 h
Time in zone 2 (> 122 - 140 bpm)	01:17:55 h
Time in zone 3 (> 140 - 157 bpm)	03:39:45 h
Time in zone 4 (> 157 - 175 bpm)	01:23:01 h
Above zone	00:02:51 h

Power zones



In zone 1 (0 - 140 Watt)	03:17:33 h
In zone 2 (> 140 - 190 Watt)	01:05:24 h
In zone 3 (> 190 - 227 Watt)	00:48:49 h
In zone 4 (> 227 - 265 Watt)	00:43:52 h
In zone 5 (> 265 - 302 Watt)	00:18:45 h
In zone 6 (> 302 - 377 Watt)	00:12:31 h
In zone 7 (> 377 - 2000 Watt)	00:01:12 h

ACTIVITY - VALUES

 Южный=200км

Андриано / Bike 1 / 16.04.2016 - 08:07

Notes



Weather



4 Bft



Trip Profile



flat



Feelings



Linked track

Южный(против часовой)



External link

<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=20&p=19870#p19870>



Training partner



39 участ...



Training type

марафон интенсивно без раскатки

ACTIVITY - LAPS



Южный=200км

Андриано / Bike 1 / 16.04.2016 - 08:07



Laps

Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)	Cadence (rpm)	Power (Watt)
1	6:28:07.5	199,75	Avg. 30,88	Avg. 147	5441	Avg. 47	590	622	Avg. 1	Avg. -1	Avg. 72	Avg. 148
	Distance since start	Distance since start	Min. 7,12	Min. 112		Max. 86			Max. 6	Max. -4	Max. 108	Max. 480
	6:28:07.5	199,75	Max. 47,90	Max. 186								
Total	06:28:07.5	199,75			5441		590	622				
Avg. lap	06:28:07.5	199,75	30,88	147	5441	47	590	622	1	-1	72	148
Min.	06:28:07.5	199,75	7,12	112	5441		590	622				
Max.	06:28:07.5	199,75	47,90	186	5441	86	6	622	6	-4	108	480

ACTIVITY - BREAKES

 Южный=200км

Андриано / Bike 1 / 16.04.2016 - 08:07



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:18.0	2:13:16.5 Time since start: 2:13:16.5	66,38 Distance since start: 66,38
Total	00:00:18.0	02:13:16.5	66,38
Avg. break	00:00:18.0	02:13:16.5	66,38
Max.	00:00:18.0	02:13:16.5	66,38