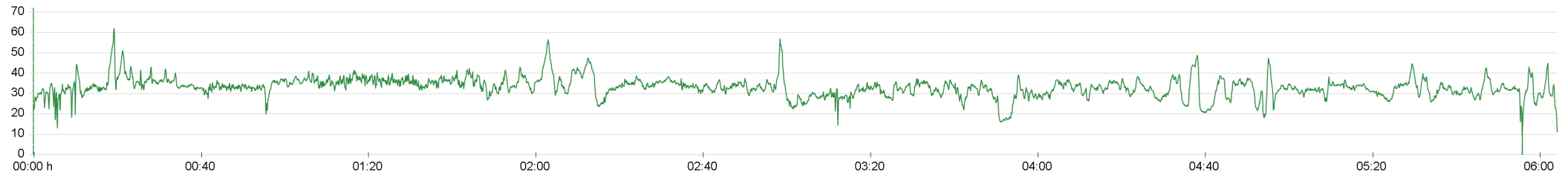


ACTIVITY - GRAPHS

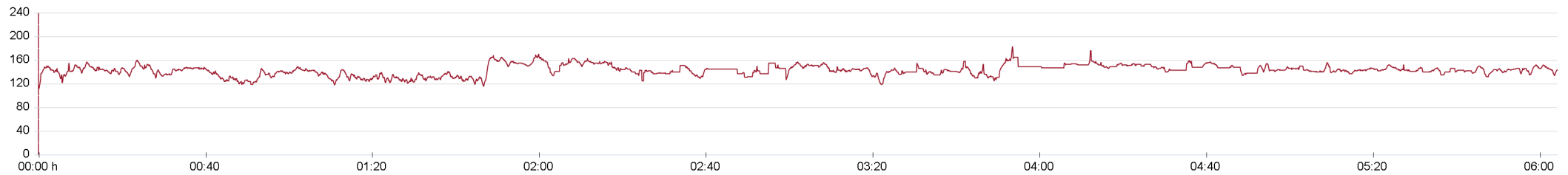
 Зерноград=200км

Анриано / Bike 1 / 30.04.2016 - 08:06

Speed [km/h]



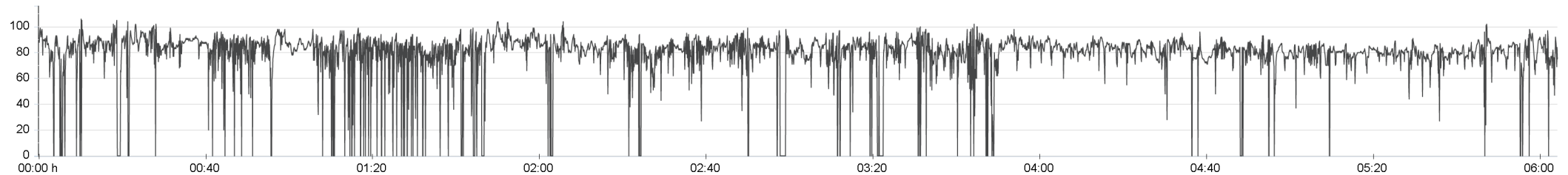
Heart rate [bpm]



Altitude [m]



Cadence [rpm]



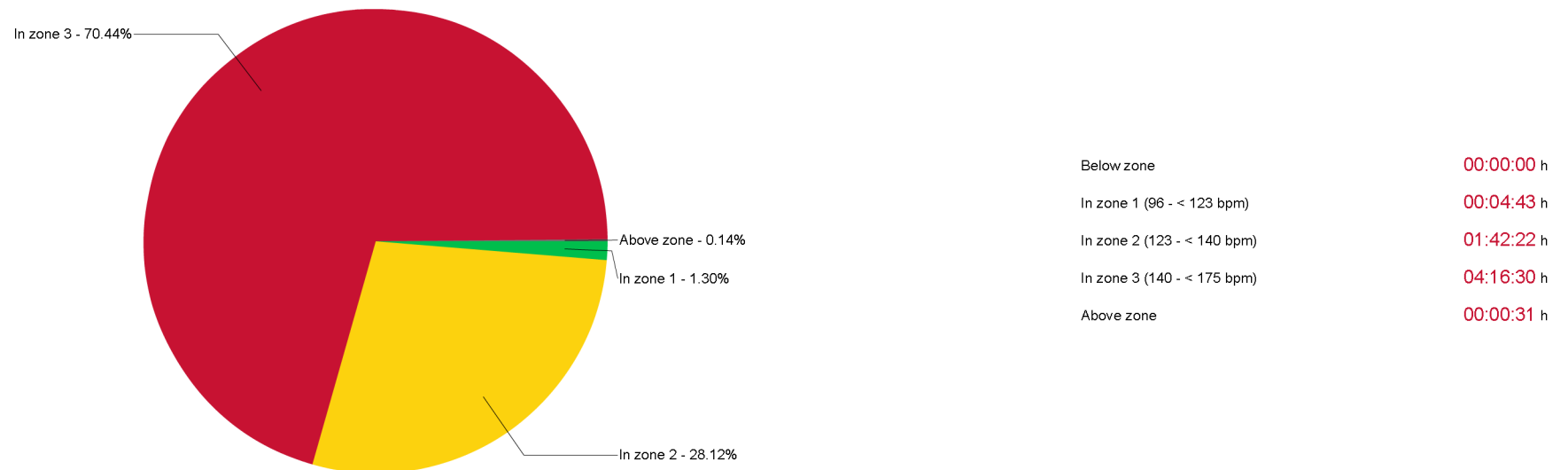
ACTIVITY - VALUES

 Зерноград=200км

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 Training time 06:04:07.5 h  00:45:18.0  00:35:06.0	 Distance 200,24 km  21,45  22,25	 Speed Ø 33,00 km/h min. 0,00  Ø 28,42  Ø 38,04 max. 61,75	 Altitude ↑ 649 m ↓ 681 min. 1  Ø 53  max. 106	 Heart rate Ø 142 bpm min. 112  max. 183
 Calories 4533 kcal	 Incline ↑ Ø 1 % ↓ Ø -1 min. -7 max. 5	 Rise rate ↑ Ø 6 m/min ↓ Ø -9 min. -72 max. 16	 Cadence Ø 82 rpm min. 0 max. 106	 Power Ø 183 Watt min. 0 max. 502
 Temperature Ø 24,9 °C min. 17,0 max. 33,0				

Heart rate zones

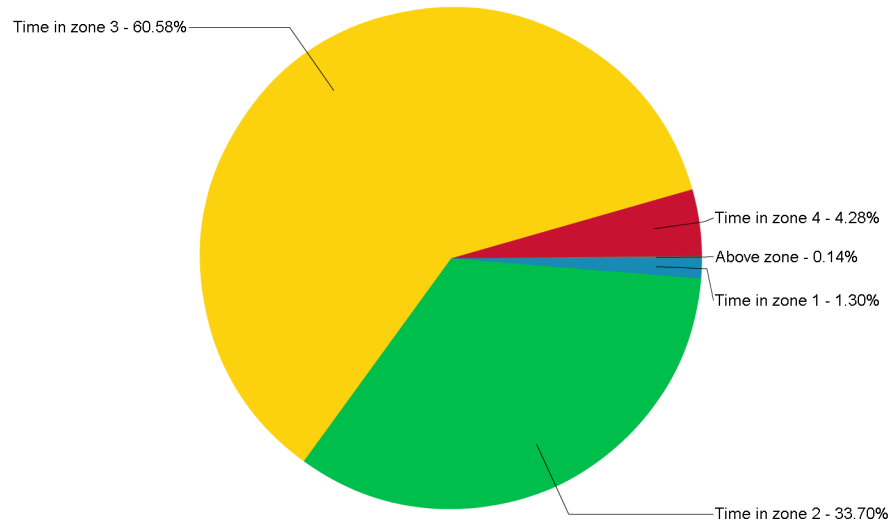


ACTIVITY - VALUES

 Зерноград=200км

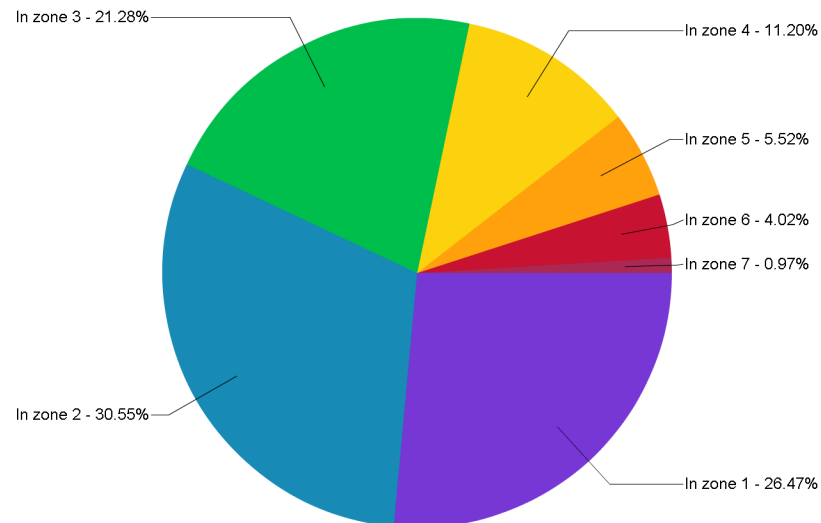
Андреано / Bike 1 / 30.04.2016 - 08:06

Intensity zones



Below zone	00:00:00 h
Time in zone 1 (> 105 - 122 bpm)	00:04:43 h
Time in zone 2 (> 122 - 140 bpm)	02:02:42 h
Time in zone 3 (> 140 - 157 bpm)	03:40:34 h
Time in zone 4 (> 157 - 175 bpm)	00:15:36 h
Above zone	00:00:31 h

Power zones



In zone 1 (0 - 140 Watt)	01:36:22 h
In zone 2 (> 140 - 190 Watt)	01:51:13 h
In zone 3 (> 190 - 227 Watt)	01:17:28 h
In zone 4 (> 227 - 265 Watt)	00:40:48 h
In zone 5 (> 265 - 302 Watt)	00:20:06 h
In zone 6 (> 302 - 377 Watt)	00:14:37 h
In zone 7 (> 377 - 2000 Watt)	00:03:31 h

ACTIVITY - VALUES

 Зерноград=200км

Андриано / Bike 1 / 30.04.2016 - 08:06

Notes



Weather



3 Bft



Trip Profile



flat



Feelings



Evaluation



Linked track

Марафон Зерноград-200 2015



External link

<http://forum.rostovroadclub.ru/viewtopic.php?p=19905#p19905>



Training partner



39 участ...



Training type

марафончег на резалт

ACTIVITY - LAPS

Зерноград=200км

Анриано / Bike 1 / 30.04.2016 - 08:06



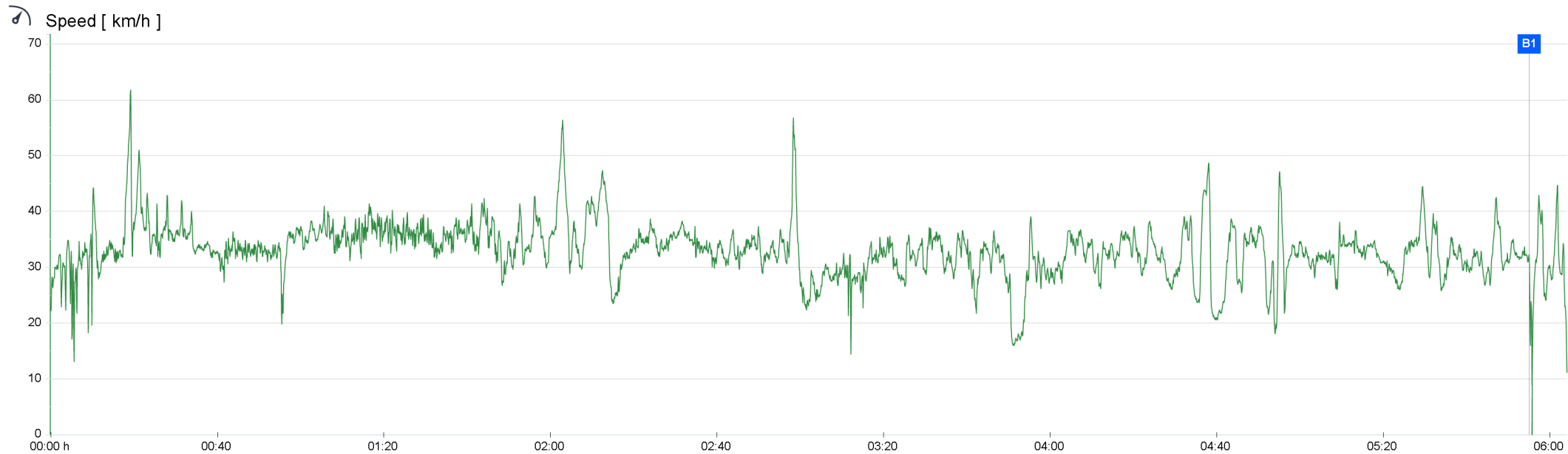
Laps

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	6:04:07.5	200,24	Avg. 33,00	Avg. 142	4534	Avg. 53	649	681	Avg. 1	Avg. -1	Avg. 78	Avg. 176
	Distance since start 6:04:07.5	Distance since start 200,24	Max. 61,75	Min. 112 Max. 183		Max. 106			Max. 5	Max. -7	Max. 106	Max. 502
Total	06:04:07.5	200,24			4533		649	681				
Avg. lap	06:04:07.5	200,24		142	4533	53	649	681	1	-1	78	176
Min.	06:04:07.5	200,24	33,00	112	4533	53	649	681	1	-1	78	176
Max.	06:04:07.5	200,24	61,75	183	4533	106	5	681	5	-7	106	502

ACTIVITY - BREAKES

 Зерноград=200км

Андриано / Bike 1 / 30.04.2016 - 08:06



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:24.0	5:55:43.5 Time since start: 5:55:43.5	195,97 Distance since start: 195,97
Total	00:00:24.0	05:55:43.5	195,97
Avg. break	00:00:24.0	05:55:43.5	195,97
Max.	00:00:24.0	05:55:43.5	195,97