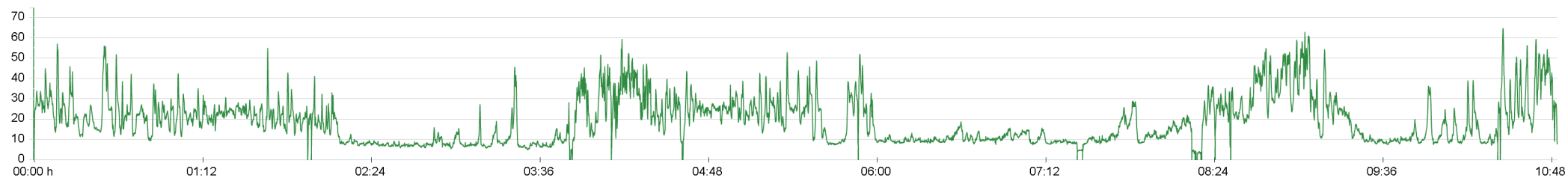


ACTIVITY - GRAPHS

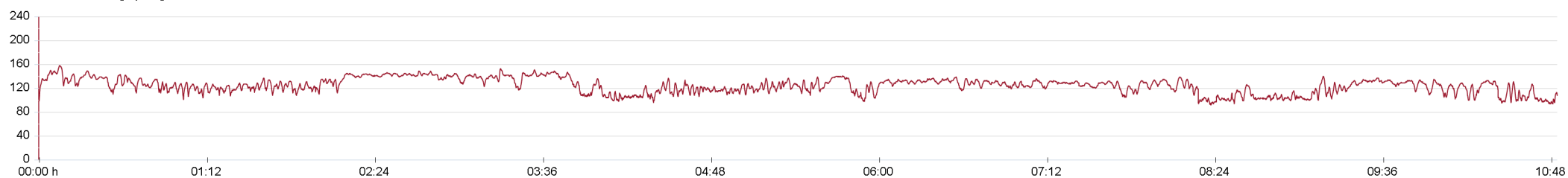
 Хаджох=200км

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Speed [km/h]



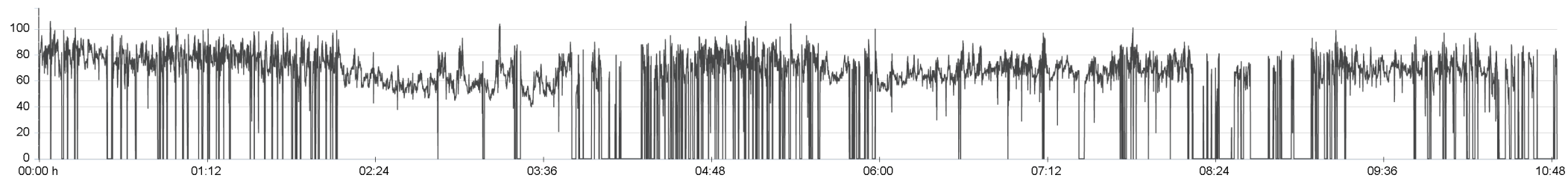
Heart rate [bpm]



Altitude [m]



Cadence [rpm]



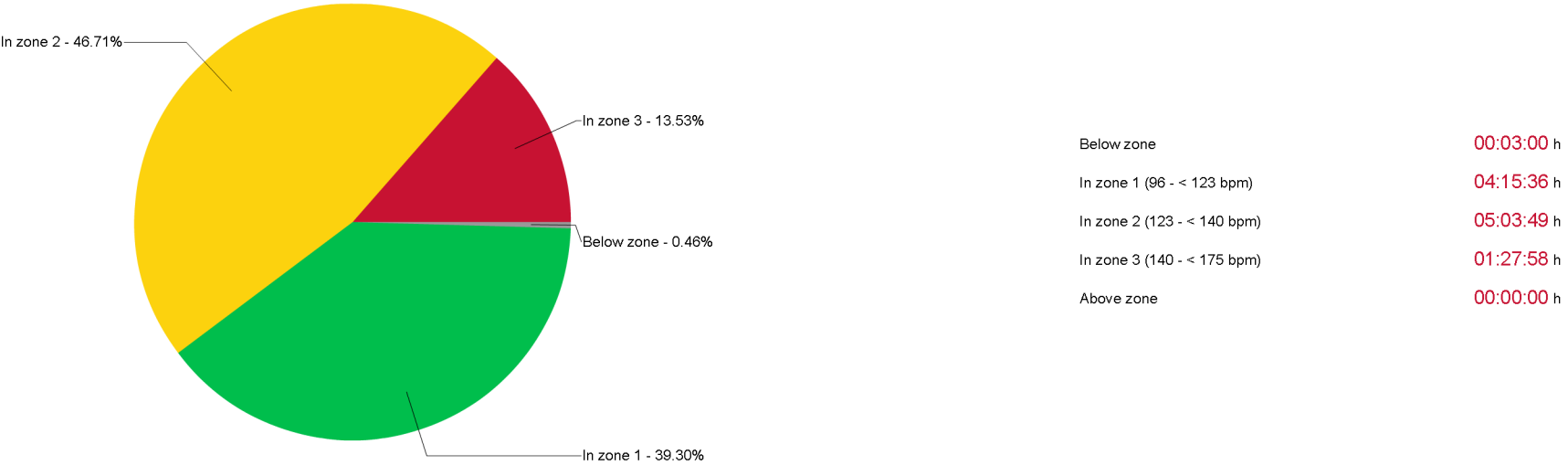
ACTIVITY - VALUES

Хаджох=200км

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Training time 10:50:24.6 h 04:20:46.6 01:51:27.0	Distance 203,89 km 52,23 66,62	Speed Ø 18,81 km/h min. 0,00 12,02 35,87 max. 64,57	Altitude 3 742 m 3 745 min. 418 839 max. 1 641	Heart rate Ø 124 bpm min. 92 max. 158
Calories 6 258 kcal	Incline Ø 4 % -3 min. -12 max. 12	Rise rate Ø 7 m/min -23 min. -86 max. 29	Cadence Ø 69 rpm min. 0 max. 106	Power Ø 119 Watt min. 0 max. 445
Temperature Ø 29,0 °C min. 18,0 max. 44,0				

Heart rate zones

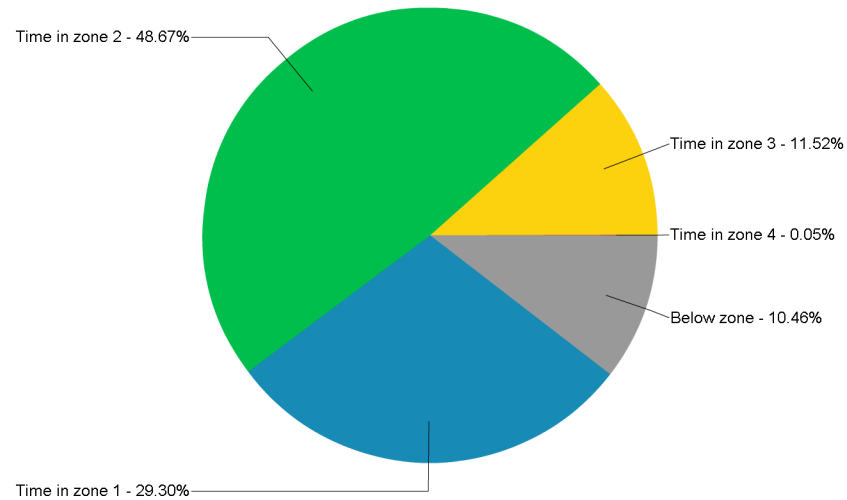


ACTIVITY - VALUES

 Хаджох=200км

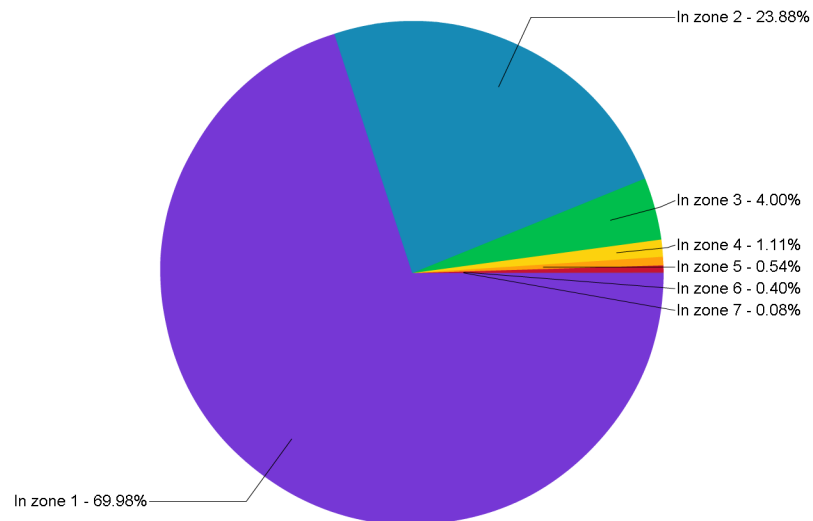
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Intensity zones



Below zone	01:08:01 h
Time in zone 1 (> 105 - 122 bpm)	03:10:34 h
Time in zone 2 (> 122 - 140 bpm)	05:16:34 h
Time in zone 3 (> 140 - 157 bpm)	01:14:55 h
Time in zone 4 (> 157 - 175 bpm)	00:00:18 h
Above zone	00:00:00 h

Power zones



In zone 1 (0 - 140 Watt)	07:35:11 h
In zone 2 (> 140 - 190 Watt)	02:35:19 h
In zone 3 (> 190 - 227 Watt)	00:26:01 h
In zone 4 (> 227 - 265 Watt)	00:07:12 h
In zone 5 (> 265 - 302 Watt)	00:03:31 h
In zone 6 (> 302 - 377 Watt)	00:02:37 h
In zone 7 (> 377 - 2000 Watt)	00:00:31 h

ACTIVITY - VALUES

 Хаджох=200км

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Notes

 Weather   3 Bft	 Trip Profile  mountainous	 Feelings 	 Evaluation 
 Linked track	 External link http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=950		
 Training partner  11 нено...			
 Training type горный марафон на выживание			

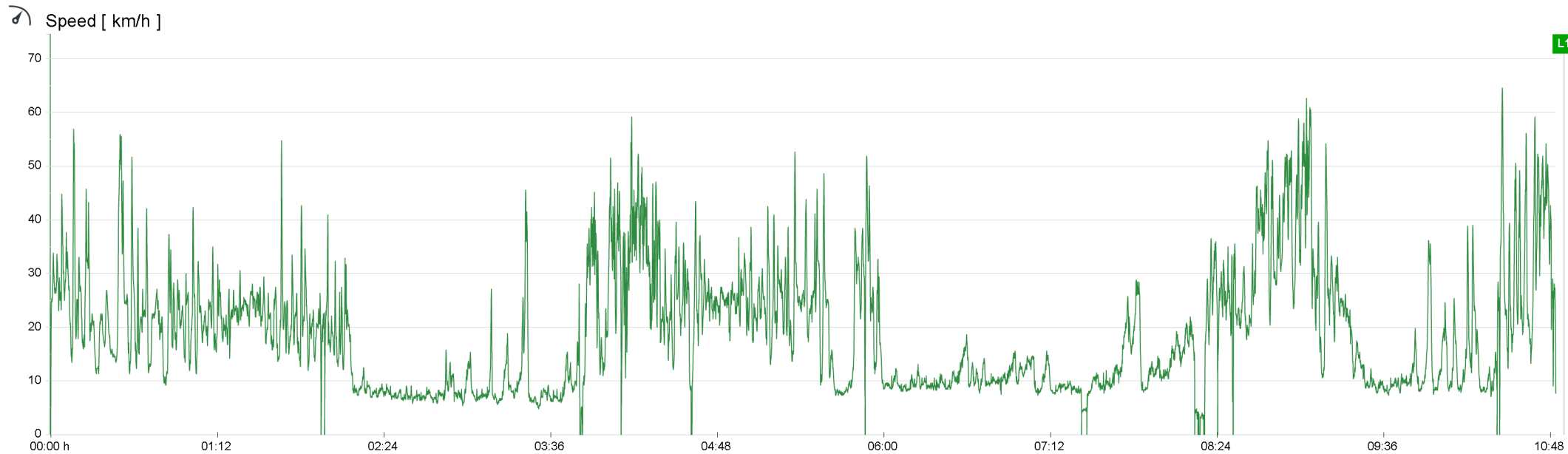


Яворс
предв

ACTIVITY - LAPS

Хаджох=200км

Андриано / Bike 1 / 25.06.2016 - 07:10



Laps

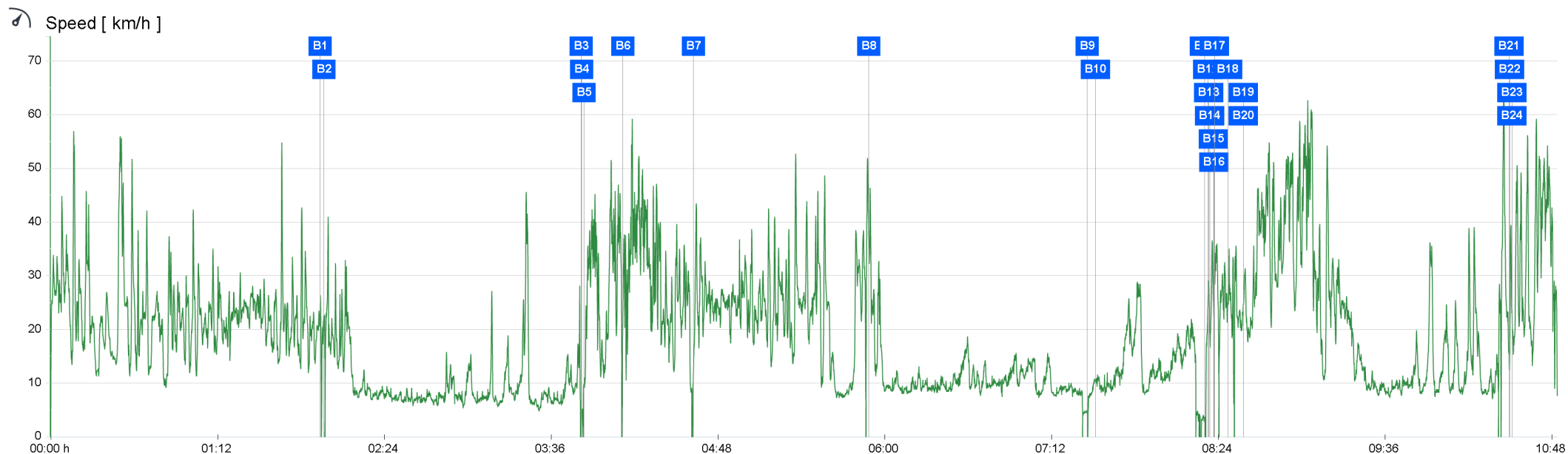
Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)	Cadence (rpm)	Power (Watt)
1	10:50:24.6	203,89	Avg. 18,81	Avg. 124	6259	Avg. 841	3742	3745	Avg. 4	Avg. -3	Avg. 55	Avg. 93
	Distance since start	Distance since start	Min. 92	Min. 92		Max. 1641			Max. 12	Max. -12	Max. 106	Max. 445
	10:50:24.6	203,89	Max. 64,57	Max. 158		Max. 1641			Max. 12	Max. -12	Max. 106	Max. 445
Total	10:50:24.6	203,89			6258		3742	3745				
Avg. lap	10:50:24.6	203,89		124	6258	841	3742	3745	4	-3	55	93
Min.	10:50:24.6	203,89	18,81	92	6258	841	3742	3745	4	-3	55	93
Max.	10:50:24.6	203,89	64,57	158	6258	1641	12	3745	12	-12	106	445

ACTIVITY - BREAKES



Хаджох=200км

Анриано / Bike 1 / 25.06.2016 - 07:10



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:00.0	1:56:46.5 Time since start: 1:56:46.5	44,39 Distance since start: 44,39
2	0:01:09.0	0:01:34.5 Time since start: 1:58:21.0	0,46 Distance since start: 44,85
3	0:00:05.0	1:50:15.0 Time since start: 3:48:36.0	18,34 Distance since start: 63,20
4	0:02:16.0	0:00:22.5 Time since start: 3:48:58.5	0,00 Distance since start: 63,20
5	0:11:51.0	0:00:54.0 Time since start: 3:49:52.5	0,06 Distance since start: 63,26
6	0:00:23.0	0:16:39.0 Time since start: 4:06:31.5	7,76 Distance since start: 71,03

ACTIVITY - BREAKES



Хаджох=200км

Андриано / Bike 1 / 25.06.2016 - 07:10

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
7	0:00:25.0	0:30:13.5 Time since start: 4:36:45.1	14,94 Distance since start: 85,98
8	0:05:54.0	1:15:09.0 Time since start: 5:51:54.1	29,20 Distance since start: 115,18
9	0:00:05.0	1:33:31.5 Time since start: 7:25:25.6	17,84 Distance since start: 133,03
10	0:00:04.0	0:02:19.5 Time since start: 7:27:45.2	0,17 Distance since start: 133,21
11	0:01:33.0	0:46:39.0 Time since start: 8:14:24.2	10,63 Distance since start: 143,84
12	0:00:03.0	0:01:21.0 Time since start: 8:15:45.2	0,09 Distance since start: 143,93
13	0:00:02.0	0:00:27.0 Time since start: 8:16:12.2	0,02 Distance since start: 143,96
14	0:09:31.0	0:00:22.5 Time since start: 8:16:34.8	0,00 Distance since start: 143,96
15	0:00:04.0	0:01:43.5 Time since start: 8:18:18.3	0,10 Distance since start: 144,07
16	0:00:04.0	0:00:04.5 Time since start: 8:18:22.8	0,00 Distance since start: 144,07
17	0:01:19.0	0:00:13.5 Time since start: 8:18:36.4	0,03 Distance since start: 144,10
18	0:01:47.0	0:05:42.0 Time since start: 8:24:18.4	2,40 Distance since start: 146,51
19	0:00:05.0	0:06:40.5 Time since start: 8:30:58.9	2,71 Distance since start: 149,22

ACTIVITY - BREAKES



Хаджох=200км

Анриано / Bike 1 / 25.06.2016 - 07:10

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
20	0:03:55.0	0:00:04.5 Time since start: 8:31:03.4	0,00 Distance since start: 149,22
21	0:00:05.0	1:53:55.5 Time since start: 10:24:59.0	40,93 Distance since start: 190,16
22	0:02:46.0	0:00:04.5 Time since start: 10:25:03.5	0,00 Distance since start: 190,16
23	0:00:05.0	0:01:03.0 Time since start: 10:26:06.5	0,39 Distance since start: 190,55
24	0:01:47.0	0:00:04.5 Time since start: 10:26:11.1	0,00 Distance since start: 190,55
Total	00:45:18.0	10:26:11.1	190,55
Avg. break	00:01:53.2	00:26:05.4	7,93
Max.	00:11:51.0	01:56:46.5	44,39