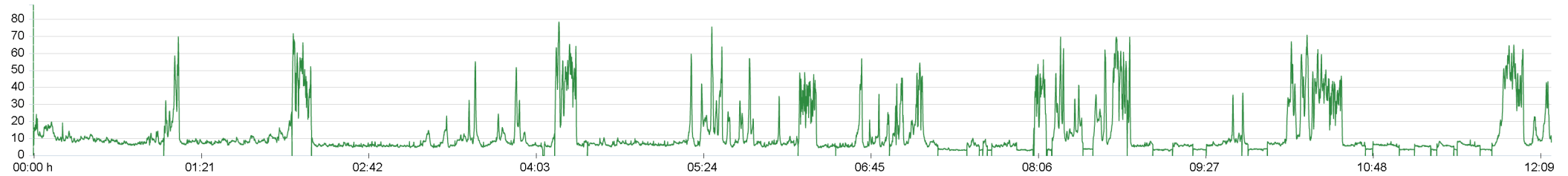
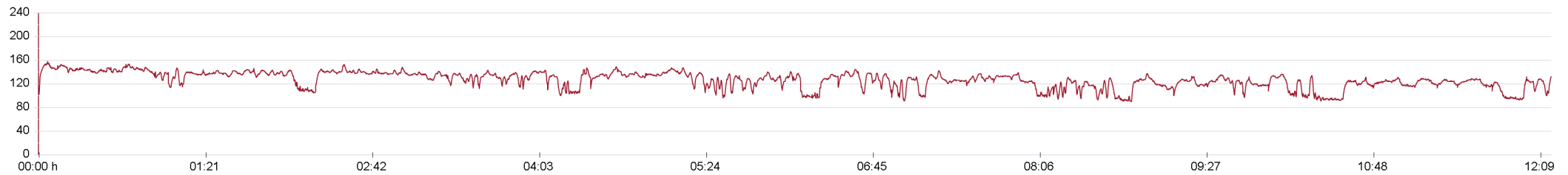




 Speed [km/h]



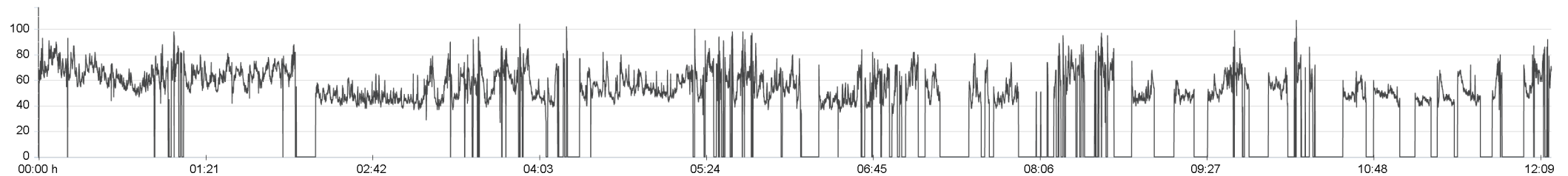
 Heart rate [bpm]



 Altitude [m]



 Cadence [rpm]

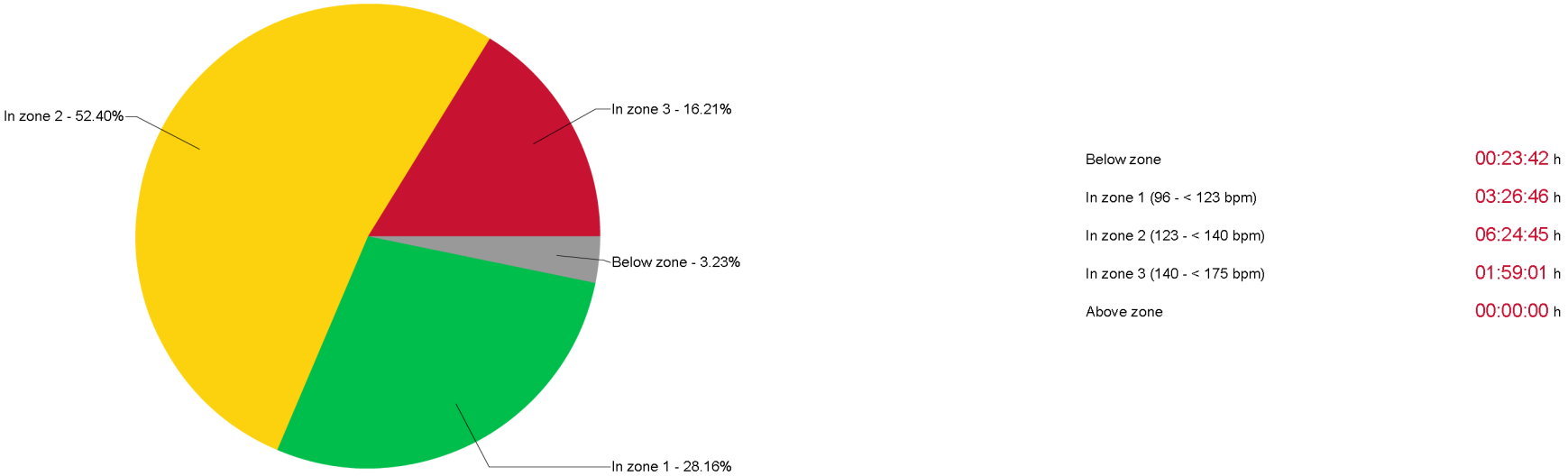


ACTIVITY - VALUES

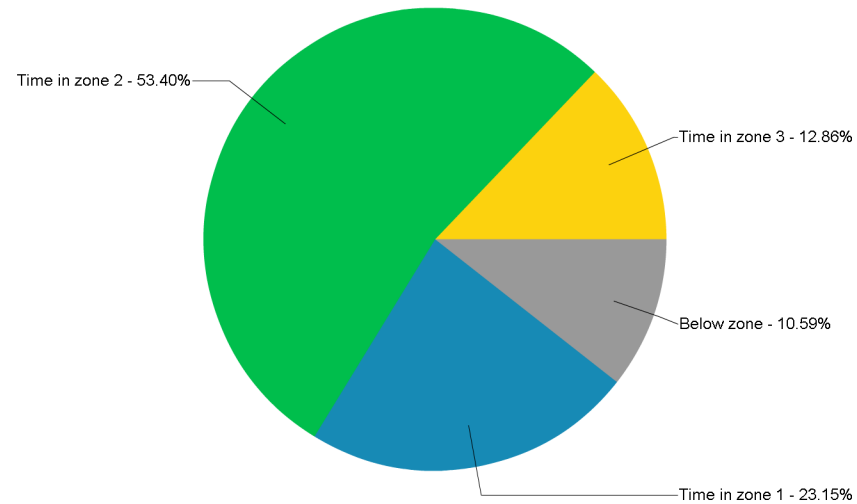


Training time 12:14:15.6 h 06:40:12.2 01:33:13.5	Distance 153,39 km 51,57 64,21	Speed Ø 12,53 km/h min. 0,00 ↑ Ø 7,73 ↓ Ø 41,33 max. 78,41	Altitude ↑ 5 762 m ↓ 5 089 min. 864 Ø 1 940 max. 2 547	Heart rate Ø 126 bpm min. 90 max. 158
Calories 7 130 kcal	Incline ↑ Ø 7 % ↓ Ø -7 min. -22 max. 19	Rise rate ↑ Ø 8 m/min ↓ Ø -52 min. -231 max. 26	Cadence Ø 56 rpm min. 0 max. 107	Power Ø 133 Watt min. 0 max. 445
Temperature Ø 20,3 °C min. 11,0 max. 41,0				

Heart rate zones

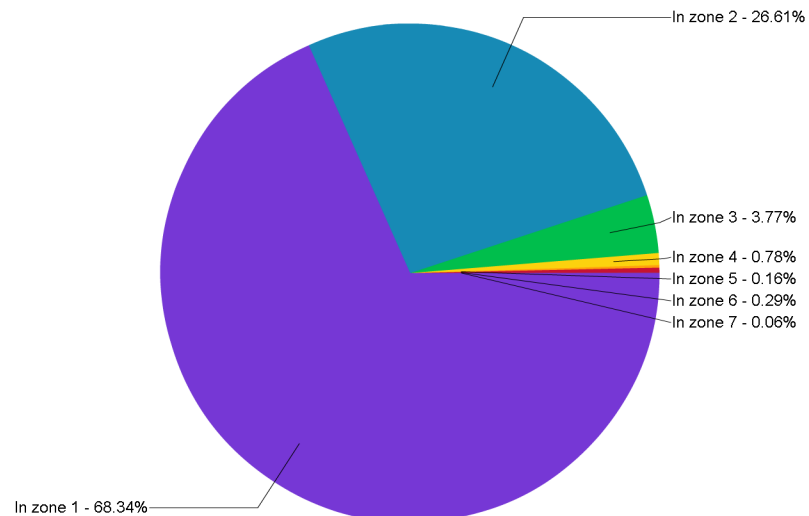


Intensity zones



Below zone	01:17:46 h
Time in zone 1 (> 105 - 122 bpm)	02:49:57 h
Time in zone 2 (> 122 - 140 bpm)	06:32:06 h
Time in zone 3 (> 140 - 157 bpm)	01:34:25 h
Time in zone 4 (> 157 - 175 bpm)	00:00:00 h
Above zone	00:00:00 h

Power zones



In zone 1 (0 - 140 Watt)	08:21:45 h
In zone 2 (> 140 - 190 Watt)	03:15:22 h
In zone 3 (> 190 - 227 Watt)	00:27:40 h
In zone 4 (> 227 - 265 Watt)	00:05:42 h
In zone 5 (> 265 - 302 Watt)	00:01:12 h
In zone 6 (> 302 - 377 Watt)	00:02:06 h
In zone 7 (> 377 - 2000 Watt)	00:00:27 h

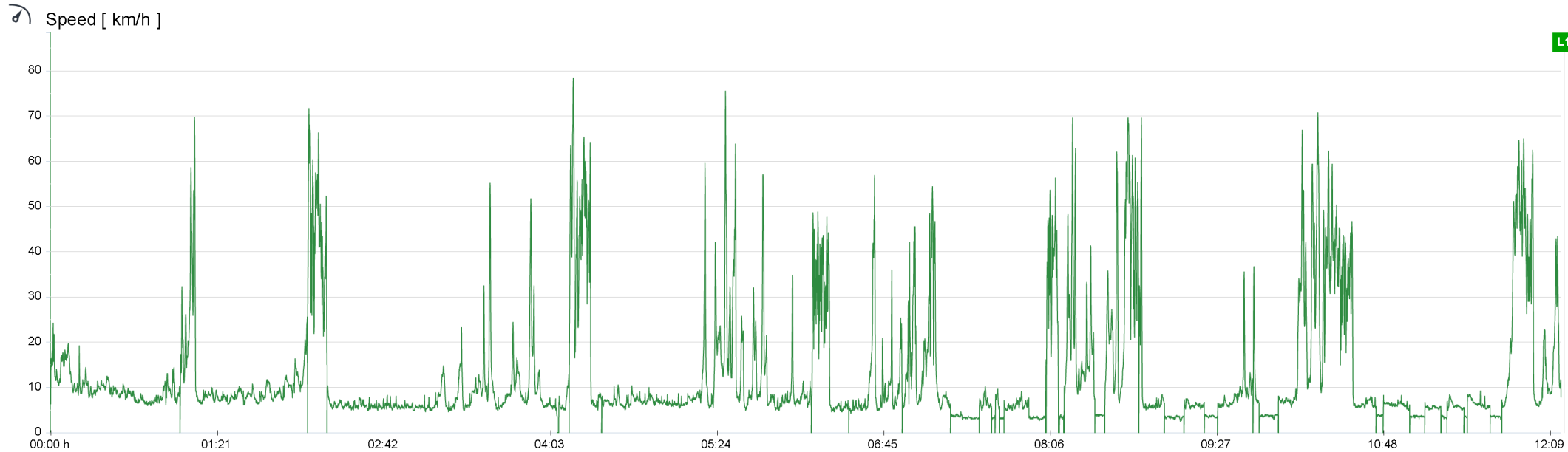


Notes

 Weather 2 Bft	 Trip Profile  steep	 Feelings 	 Evaluation 
 Linked track	 External link http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=909		
 Training partner  16 малч...			
 Training type оч тяжело, на пределе			



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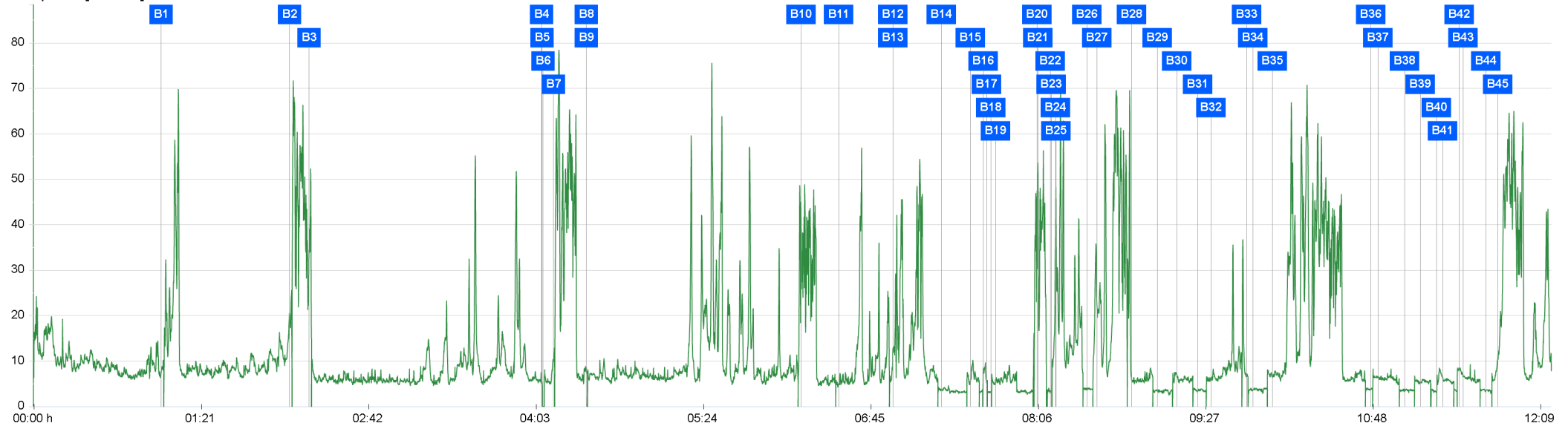
Laps

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	12:14:15.6	153,39	Avg. 12,53	Avg. 127		Avg. 1949			Avg. 7	Avg. -7	Avg. 42	Avg. 99
	Distance since start	Distance since start	Min. 2,50	Min. 90								
	12:14:15.6	153,39	Max. 78,41	Max. 158	7131	Max. 2547	5762	5089	Max. 19	Max. -22	Max. 107	Max. 445
Total	12:14:15.6	153,39			7130		5762	5089				
Avg. lap	12:14:15.6	153,39	12,53	127	7130	1949	5762	5089	7	-7	42	99
Min.	12:14:15.6	153,39	2,50	90	7130		5762	5089				
Max.	12:14:15.6	153,39	78,41	158	7130	2547	19	5089	19	-22	107	445

ACTIVITY - BREAKES



Speed [km/h]



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:01:20.0	1:02:51.0 Time since start: 1:02:51.0	10,46 Distance since start: 10,46
2	0:01:07.0	1:02:01.5 Time since start: 2:04:52.5	11,74 Distance since start: 22,21
3	0:05:27.0	0:09:22.5 Time since start: 2:14:15.0	7,03 Distance since start: 29,25
4	0:00:05.0	1:51:54.0 Time since start: 4:06:09.1	15,18 Distance since start: 44,43
5	0:00:13.0	0:00:22.5 Time since start: 4:06:31.6	0,00 Distance since start: 44,43
6	0:08:32.0	0:00:27.0 Time since start: 4:06:58.6	0,00 Distance since start: 44,43

ACTIVITY - BREAKES



Анриано / Bike 1 / 23.07.2016 - 05:31

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
7	0:01:23.0	0:05:01.5 Time since start: 4:12:00.2	0,59 Distance since start: 45,03
8	0:00:10.0	0:15:45.0 Time since start: 4:27:45.2	8,63 Distance since start: 53,67
9	0:06:16.0	0:00:04.5 Time since start: 4:27:49.7	0,01 Distance since start: 53,68
10	0:04:07.0	1:41:55.5 Time since start: 6:09:45.2	18,17 Distance since start: 71,85
11	0:05:15.0	0:18:13.5 Time since start: 6:27:58.7	5,69 Distance since start: 77,55
12	0:01:01.0	0:25:57.0 Time since start: 6:53:55.7	4,47 Distance since start: 82,03
13	0:44:32.0	0:00:04.5 Time since start: 6:54:00.3	0,00 Distance since start: 82,03
14	0:00:01.0	0:23:24.0 Time since start: 7:17:24.3	6,45 Distance since start: 88,48
15	0:00:10.0	0:14:01.5 Time since start: 7:31:25.8	0,82 Distance since start: 89,31
16	0:00:03.0	0:06:00.0 Time since start: 7:37:25.8	0,68 Distance since start: 89,99
17	0:00:08.0	0:01:43.5 Time since start: 7:39:09.3	0,10 Distance since start: 90,10
18	0:00:03.0	0:02:06.0 Time since start: 7:41:15.3	0,25 Distance since start: 90,36
19	0:00:22.0	0:02:10.5 Time since start: 7:43:25.8	0,11 Distance since start: 90,48

ACTIVITY - BREAKES



Андриано / Bike 1 / 23.07.2016 - 05:31

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
20	0:00:14.0	0:20:06.0 Time since start: 8:03:31.8	1,70 Distance since start: 92,18
21	0:00:41.0	0:00:27.0 Time since start: 8:03:58.8	0,08 Distance since start: 92,27
22	0:00:14.0	0:05:55.5 Time since start: 8:09:54.4	3,50 Distance since start: 95,77
23	0:01:04.0	0:00:27.0 Time since start: 8:10:21.4	0,02 Distance since start: 95,79
24	0:01:35.0	0:02:06.0 Time since start: 8:12:27.4	0,14 Distance since start: 95,94
25	0:00:11.0	0:00:13.5 Time since start: 8:12:40.9	0,02 Distance since start: 95,96
26	0:00:03.0	0:14:55.5 Time since start: 8:27:36.4	5,19 Distance since start: 101,16
27	0:00:09.0	0:04:48.0 Time since start: 8:32:24.4	0,31 Distance since start: 101,48
28	0:02:22.0	0:16:39.0 Time since start: 8:49:03.4	8,74 Distance since start: 110,22
29	0:00:04.0	0:12:18.0 Time since start: 9:01:21.4	2,01 Distance since start: 112,23
30	0:02:00.0	0:09:27.0 Time since start: 9:10:48.4	0,54 Distance since start: 112,77
31	0:00:04.0	0:10:03.0 Time since start: 9:20:51.5	1,03 Distance since start: 113,81
32	0:00:11.0	0:06:27.0 Time since start: 9:27:18.5	0,40 Distance since start: 114,21

ACTIVITY - BREAKES



Анриано / Bike 1 / 23.07.2016 - 05:31

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
33	0:00:53.0	0:17:15.0 Time since start: 9:44:33.5	2,47 Distance since start: 116,69
34	0:00:04.0	0:03:00.0 Time since start: 9:47:33.6	0,61 Distance since start: 117,30
35	0:00:52.0	0:09:13.5 Time since start: 9:56:47.1	0,58 Distance since start: 117,89
36	0:00:11.0	0:47:28.5 Time since start: 10:44:15.6	18,04 Distance since start: 135,93
37	0:00:10.0	0:03:31.5 Time since start: 10:47:47.1	0,22 Distance since start: 136,15
38	0:00:05.0	0:12:49.5 Time since start: 11:00:36.6	1,34 Distance since start: 137,50
39	0:00:14.0	0:07:25.5 Time since start: 11:08:02.1	0,46 Distance since start: 137,96
40	0:00:01.0	0:07:52.5 Time since start: 11:15:54.6	0,73 Distance since start: 138,70
41	0:00:32.0	0:02:55.5 Time since start: 11:18:50.1	0,17 Distance since start: 138,87
42	0:00:05.0	0:08:10.5 Time since start: 11:27:00.6	0,85 Distance since start: 139,73
43	0:00:10.0	0:01:39.0 Time since start: 11:28:39.6	0,09 Distance since start: 139,82
44	0:00:04.0	0:11:06.0 Time since start: 11:39:45.6	1,22 Distance since start: 141,05
45	0:00:45.0	0:05:42.0 Time since start: 11:45:27.6	0,35 Distance since start: 141,41



Break		Break duration (h)	Time since last break (h)	Distance since last break (km)
Total		01:33:13.0	11:45:27.6	141,41
Avg. break		00:02:04.2	00:15:40.6	3,14
Max.		00:44:32.0	01:51:54.0	18,17