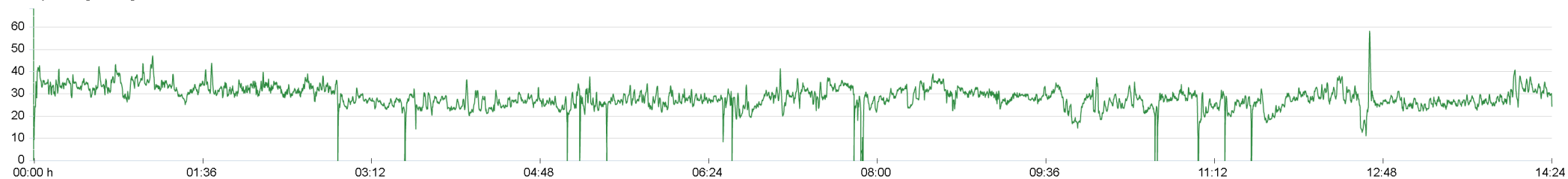


ACTIVITY - GRAPHS

 Павло=400км

Анриано / Bike 1 / 13.08.2016 - 04:07

Speed [km/h]



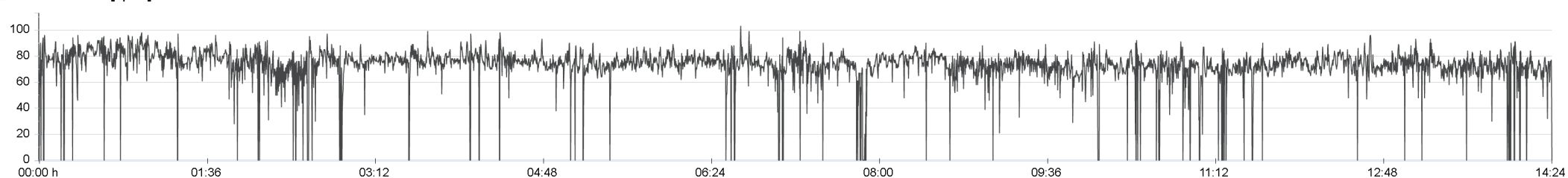
Heart rate [bpm]



Altitude [m]



Cadence [rpm]



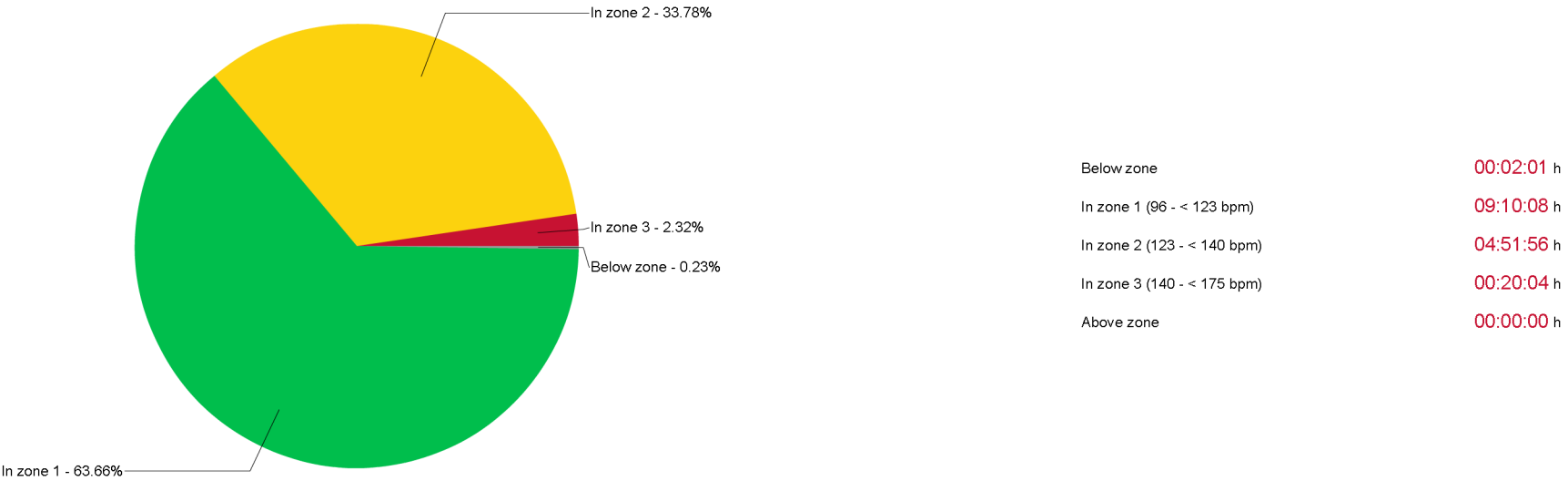
ACTIVITY - VALUES

Павло=400км

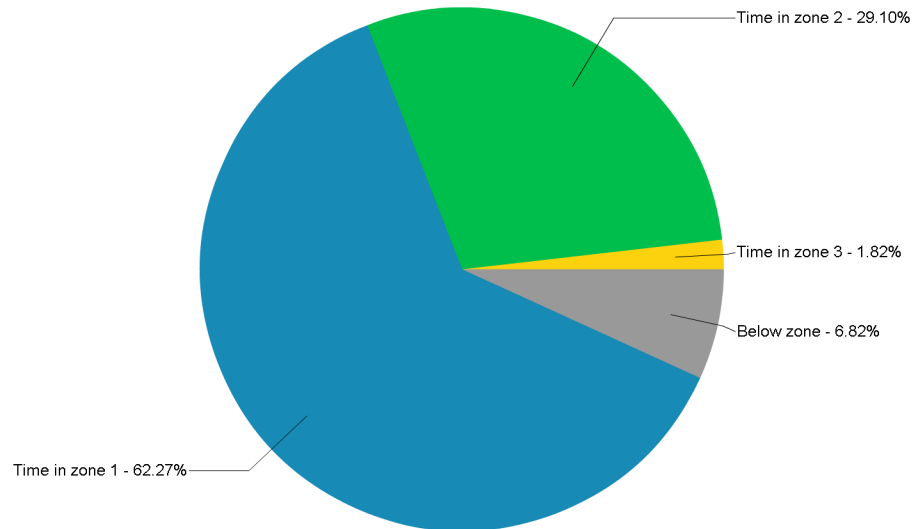
Андриано / Bike 1 / 13.08.2016 - 04:07

Training time 14:24:11.5 h 02:47:03.8 02:19:03.2	Distance 409,76 km 70,95 73,30	Speed Ø 28,45 km/h min. 0,00 25,48 31,63 max. 58,23	Altitude ↑ 1 149 m ↓ 1 211 min. 0 51 max. 108	Heart rate Ø 119 bpm min. 91 max. 151
Calories 7 697 kcal	Incline ↑ Ø 1 % ↓ Ø -1 min. -5 max. 6	Rise rate ↑ Ø 4 m/min ↓ Ø -6 min. -24 max. 13	Cadence Ø 74 rpm min. 0 max. 103	Power Ø 118 Watt min. 0 max. 732
Temperature Ø 32,4 °C min. 19,0 max. 47,0				

Heart rate zones

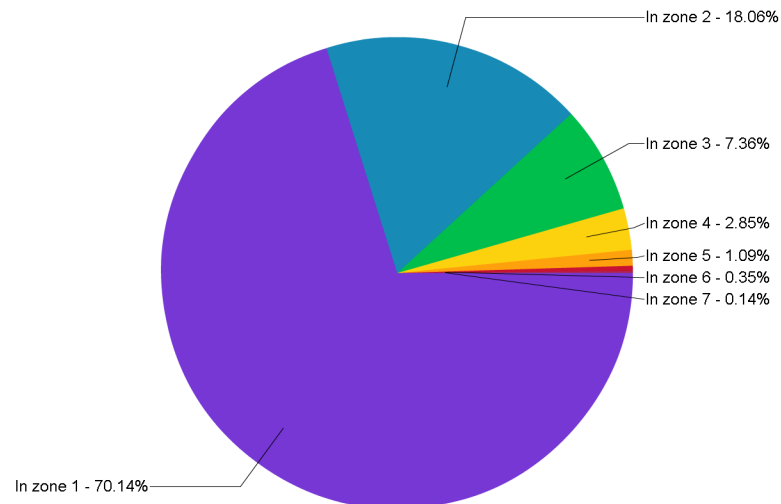


Intensity zones



Below zone	00:58:54 h
Time in zone 1 (> 105 - 122 bpm)	08:58:09 h
Time in zone 2 (> 122 - 140 bpm)	04:11:26 h
Time in zone 3 (> 140 - 157 bpm)	00:15:41 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)	10:06:10 h
In zone 2 (> 140 - 190 Watt)	02:36:05 h
In zone 3 (> 190 - 227 Watt)	01:03:37 h
In zone 4 (> 227 - 265 Watt)	00:24:38 h
In zone 5 (> 265 - 302 Watt)	00:09:27 h
In zone 6 (> 302 - 377 Watt)	00:03:02 h
In zone 7 (> 377 - 2000 Watt)	00:01:10 h

ACTIVITY - VALUES

 Павло=400км

Андриано / Bike 1 / 13.08.2016 - 04:07

Notes



Weather



3 Bft



Trip Profile



slightly undulating



Feelings



Evaluation



Linked track



External link

<http://forum.rostovroadclub.ru/viewtopic.php?p=21201#p21201>



Training partner



31 участ...



Training type

марафон, активно

ACTIVITY - LAPS

 Павло=400км

Андриано / Bike 1 / 13.08.2016 - 04:07



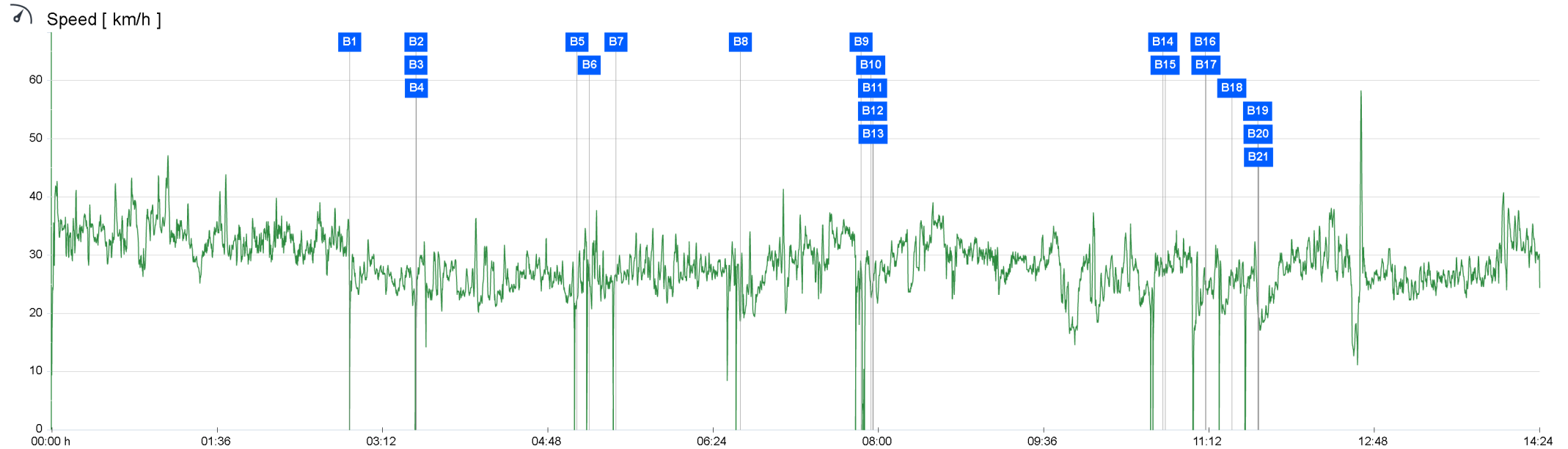
Laps

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	14:24:11.5	409,76	Avg. 28,45	Avg. 119	7698	Avg. 51	1149	1211	Avg. 1	Avg. -1	Avg. 72	Avg. 115
	Distance since start	Distance since start	Min. 3,27	Min. 91		Max. 108			Max. 6	Max. -5	Max. 103	Max. 732
	14:24:11.5	409,76	Max. 58,23	Max. 151								
Total	14:24:11.5	409,76			7697		1149	1211				
Avg. lap	14:24:11.5	409,76	28,45	119	7697	51	1149	1211	1	-1	72	115
Min.	14:24:11.5	409,76	3,27	91	7697	108	1149	1211	6	-5	103	732
Max.	14:24:11.5	409,76	58,23	151	7697		6	1211				

ACTIVITY - BREAKES

Павло=400км

Андриано / Bike 1 / 13.08.2016 - 04:07



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:09:13.0	2:52:58.2 Time since start: 2:52:58.2	95,60 Distance since start: 95,60
2	0:00:04.0	0:37:58.2 Time since start: 3:30:56.4	16,66 Distance since start: 112,26
3	0:08:12.0	0:00:10.1 Time since start: 3:31:06.5	0,00 Distance since start: 112,26
4	0:00:01.0	0:00:10.1 Time since start: 3:31:16.7	0,04 Distance since start: 112,31
5	0:00:04.0	1:32:18.3 Time since start: 5:03:35.1	39,74 Distance since start: 152,05
6	0:03:52.0	0:07:05.3 Time since start: 5:10:40.4	3,12 Distance since start: 155,18

ACTIVITY - BREAKES



Павло=400км

Андриано / Bike 1 / 13.08.2016 - 04:07

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
7	0:00:10.0	0:15:21.4 Time since start: 5:26:01.9	6,62 Distance since start: 161,80
8	0:04:49.0	1:11:22.9 Time since start: 6:37:24.8	32,55 Distance since start: 194,35
9	0:07:01.0	1:09:21.4 Time since start: 7:46:46.2	33,49 Distance since start: 227,85
10	0:36:24.0	0:03:53.0 Time since start: 7:50:39.3	1,56 Distance since start: 229,41
11	0:03:55.0	0:00:50.7 Time since start: 7:51:30.0	0,06 Distance since start: 229,48
12	0:01:01.0	0:00:10.2 Time since start: 7:51:40.2	0,00 Distance since start: 229,49
13	0:04:02.0	0:00:20.2 Time since start: 7:52:00.5	0,06 Distance since start: 229,55
14	0:00:24.0	2:46:13.1 Time since start: 10:38:13.7	78,15 Distance since start: 307,71
15	0:10:55.0	0:01:21.1 Time since start: 10:39:34.8	0,50 Distance since start: 308,21
16	0:16:05.0	0:23:07.2 Time since start: 11:02:42.0	10,90 Distance since start: 319,12
17	0:00:17.0	0:00:20.2 Time since start: 11:03:02.3	0,04 Distance since start: 319,16
18	0:01:23.0	0:15:01.1 Time since start: 11:18:03.5	6,08 Distance since start: 325,25
19	0:00:03.0	0:14:51.0 Time since start: 11:32:54.5	6,06 Distance since start: 331,32

ACTIVITY - BREAKES



 Павло=400км

Андриано / Bike 1 / 13.08.2016 - 04:07

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
20	0:21:54.0	0:00:10.1 Time since start: 11:33:04.7	0,00 Distance since start: 331,32
21	0:00:04.0	0:00:10.1 Time since start: 11:33:14.9	0,03 Distance since start: 331,35
Total	02:09:53.0	11:33:14.9	331,35
Avg. break	00:06:11.0	00:33:00.7	15,77
Max.	00:36:24.0	02:52:58.2	95,60