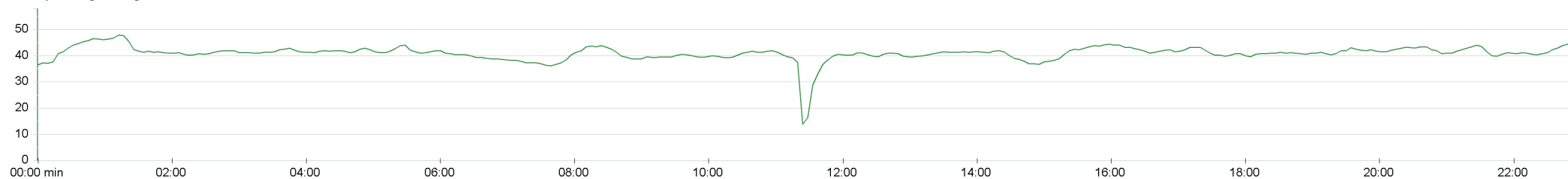


ACTIVITY - GRAPHS

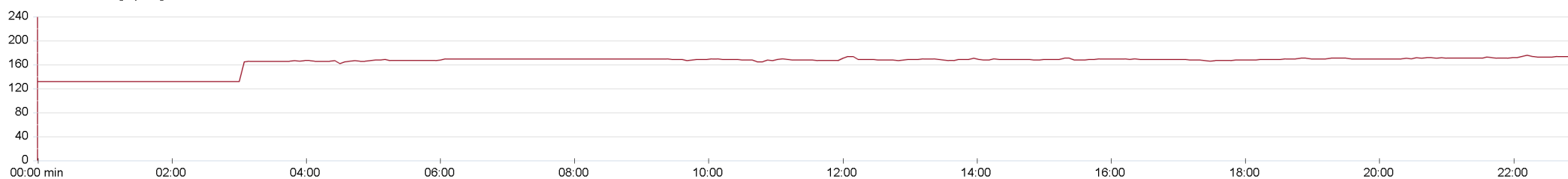
 ITT Малодубравный =15,5км

Анриано / Bike 1 / 01.10.2016 - 11:06

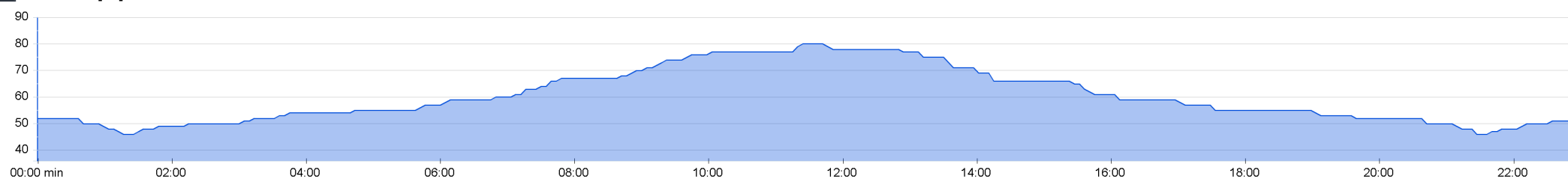
Speed [km/h]



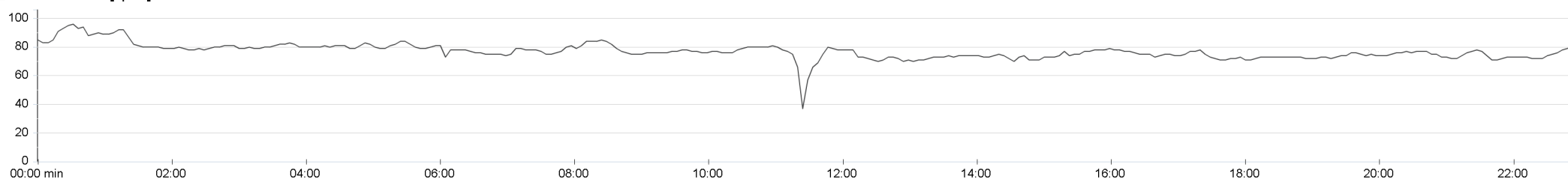
Heart rate [bpm]



Altitude [m]



Cadence [rpm]



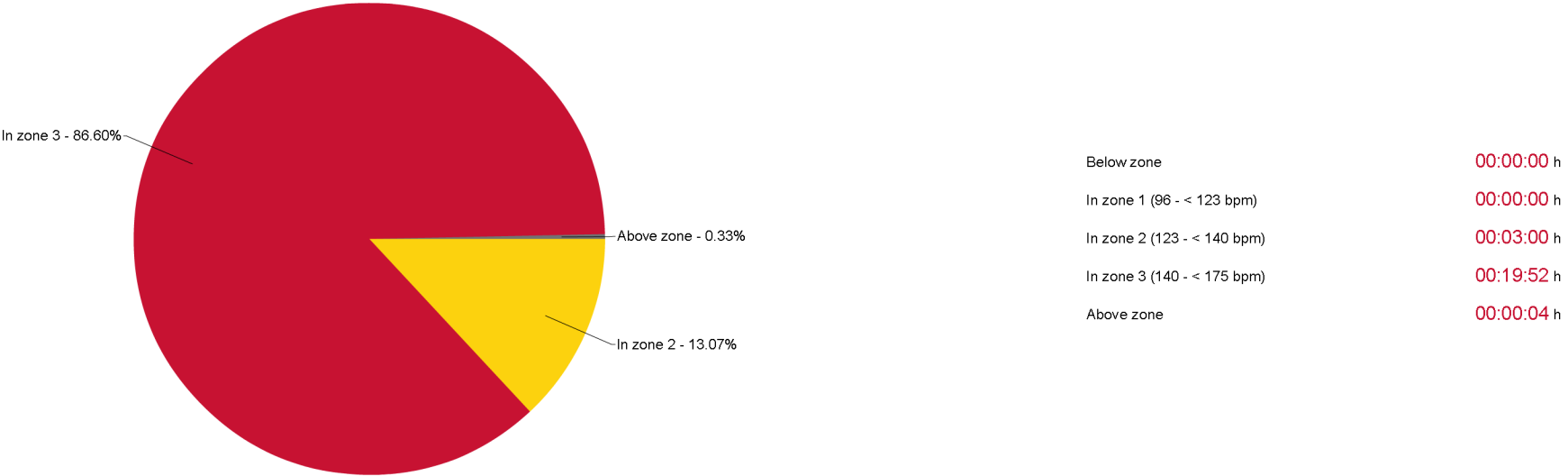
ACTIVITY - VALUES

ITT Малодубравный =15,5км

Анриано / Bike 1 / 01.10.2016 - 11:06

Training time 00:22:57.0 h 00:02:42.0 00:02:06.0	Distance 15,60 km 1,94 1,44	Speed Ø 40,81 km/h min. 13,84 ↑ Ø 43,31 ↓ Ø 41,37 max. 47,85	Altitude ↑ 39 m ↓ 40 min. 46 Ø 60 max. 80	Heart rate Ø 164 bpm min. 132 max. 176
Calories 358 kcal	Incline ↑ Ø 1 % ↓ Ø -1 min. -1 max. 1	Rise rate ↑ Ø 6 m/min ↓ Ø -7 min. -7 max. 6	Cadence Ø 76 rpm min. 37 max. 96	Power Ø 340 Watt min. 0 max. 514
Temperature Ø 20,3 °C min. 18,0 max. 24,0				

Heart rate zones

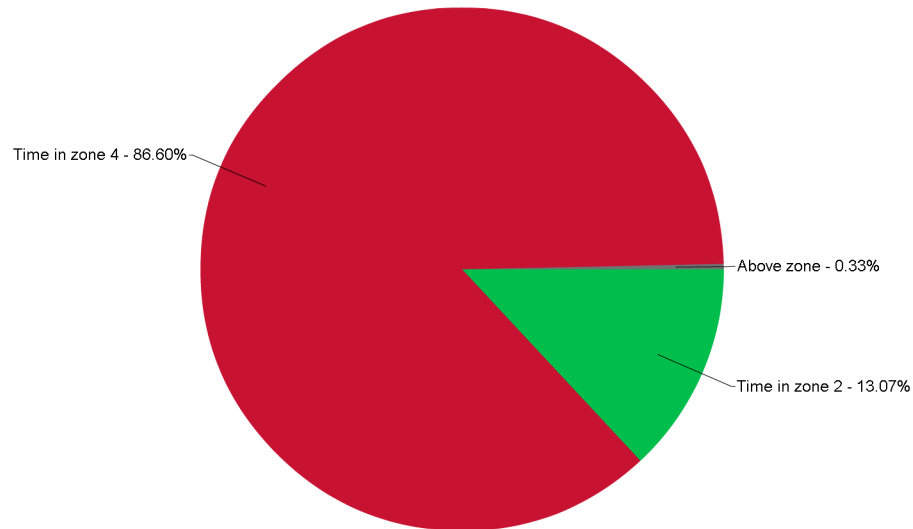


ACTIVITY - VALUES

 ITT Малодубравный =15,5км

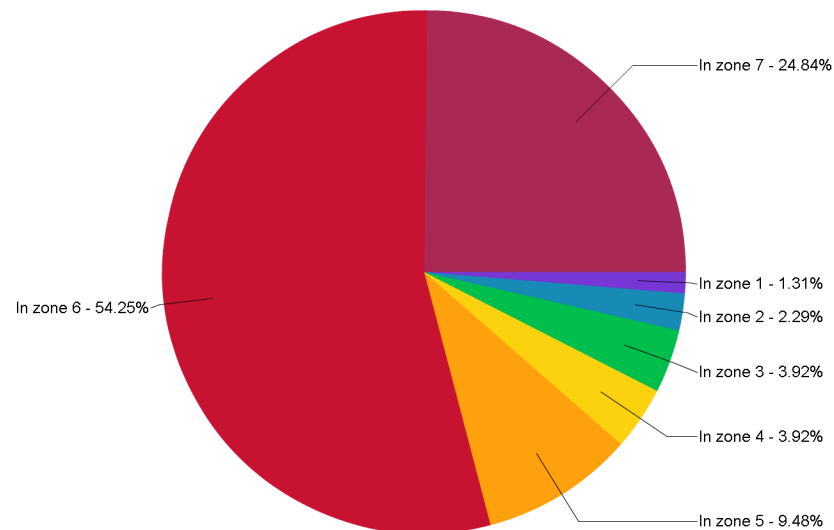
Андриано / Bike 1 / 01.10.2016 - 11:06

Intensity zones



Below zone	00:00:00 h
Time in zone 1 (> 105 - 122 bpm)	00:00:00 h
Time in zone 2 (> 122 - 140 bpm)	00:03:00 h
Time in zone 3 (> 140 - 157 bpm)	00:00:00 h
Time in zone 4 (> 157 - 175 bpm)	00:19:52 h
Above zone	00:00:04 h

Power zones



In zone 1 (0 - 140 Watt)	00:00:18 h
In zone 2 (> 140 - 190 Watt)	00:00:31 h
In zone 3 (> 190 - 227 Watt)	00:00:54 h
In zone 4 (> 227 - 265 Watt)	00:00:54 h
In zone 5 (> 265 - 302 Watt)	00:02:10 h
In zone 6 (> 302 - 377 Watt)	00:12:27 h
In zone 7 (> 377 - 2000 Watt)	00:05:42 h

ACTIVITY - VALUES

 ITT Малодубравный =15,5км

Андреано / Bike 1 / 01.10.2016 - 11:06

Notes



Weather



 2 Bft



Linked track



Trip Profile



flat



External link

<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=1015>



Feelings





Evaluation





Training partner



40 участ...



Training type

разделка - выложился на что был готов, вышел мой лучший резалт = 23:04мин

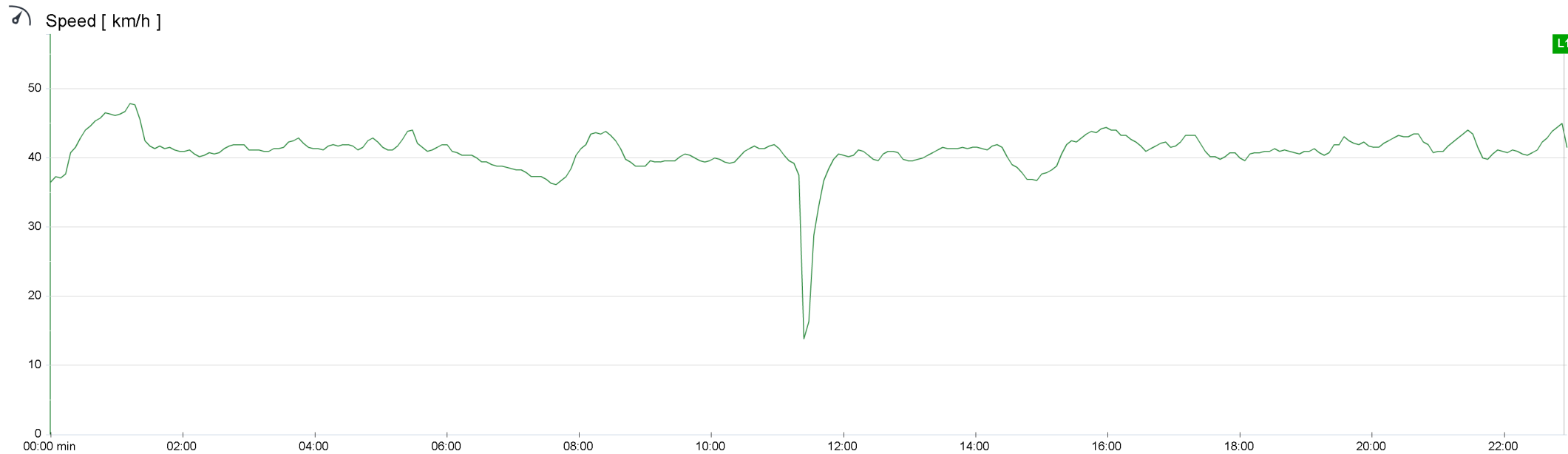
Page 4 from 5

ACTIVITY - LAPS



ITT Малодубравный =15,5км

Андриано / Bike 1 / 01.10.2016 - 11:06



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	0:22:57.0	15,60	Avg. 40,89	Avg. 164	358	Avg. 60	39	40	Avg. 1	Avg. -1	Avg. 76	Avg. 338
	Distance since start	Distance since start	Min. 13,84	Min. 132		Max. 80			Max. 1	Max. -1	Max. 96	Max. 514
	0:22:57.0	15,60	Max. 47,85	Max. 176								
Total	00:22:57.0	15,60			358		39	40				
Avg. lap	00:22:57.0	15,60	40,89	164	358	60	39	40	1	-1	76	338
Min.	00:22:57.0	15,60	13,84	132	358	80	39	40	1	-1	96	514
Max.	00:22:57.0	15,60	47,85	176	358		1	40				