

ACTIVITY - GRAPHS

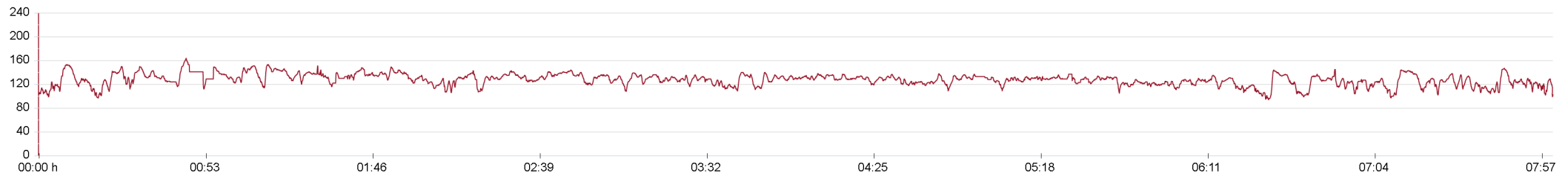
 Армяно-Казацкий=200км

Андриано / Bike 1 / 22.10.2016 - 09:02

Speed [km/h]



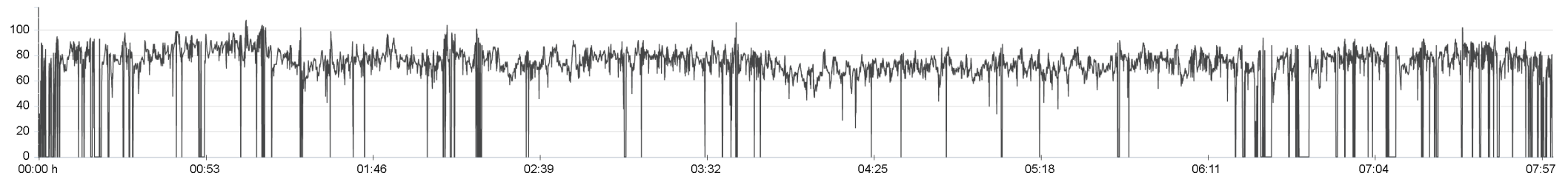
Heart rate [bpm]



Altitude [m]



Cadence [rpm]



ACTIVITY - VALUES

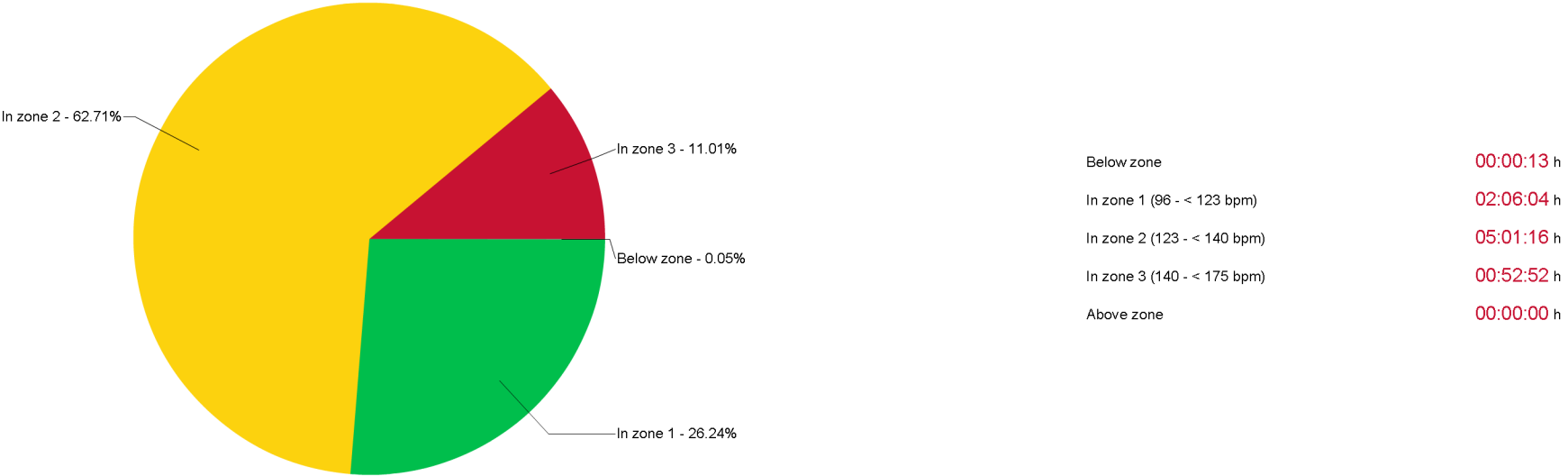


Армяно-Казацкий=200км

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Training time 08:00:27.2 h 01:40:25.5 01:17:28.5	Distance 200,38 km 35,81 43,27	Speed Ø 25,02 km/h min. 0,00 21,40 33,51 max. 67,46	Altitude ↑ 1 541 m ↓ 1 531 min. 8 95 max. 138	Heart rate Ø 127 bpm min. 94 max. 164
Calories 4 892 kcal	Incline ↑ Ø 2 % ↓ -1 min. -8 max. 9	Rise rate ↑ Ø 7 m/min ↓ -8 min. -72 max. 30	Cadence Ø 75 rpm min. 0 max. 108	Power Ø 125 Watt min. 0 max. 1 006
Temperature Ø 9,7 °C min. 6,0 max. 15,0				

Heart rate zones

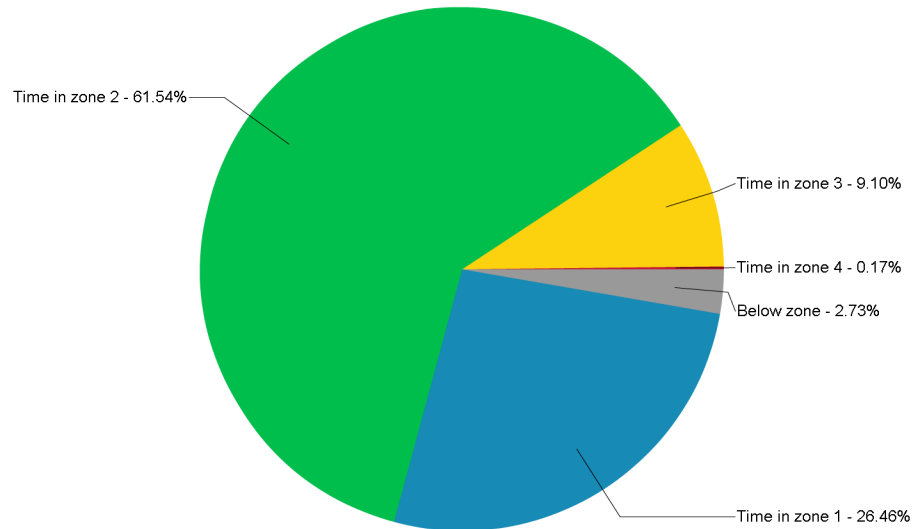


ACTIVITY - VALUES

 Армяно-Казацкий=200км

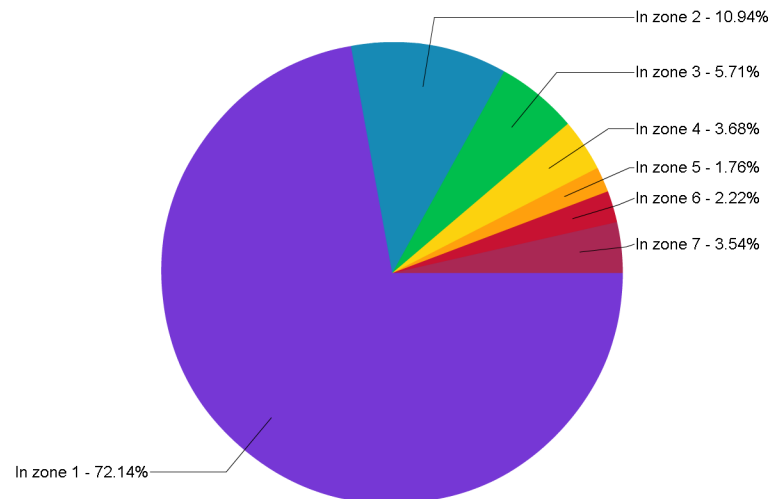
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Intensity zones



Below zone	00:13:07 h
Time in zone 1 (> 105 - 122 bpm)	02:07:07 h
Time in zone 2 (> 122 - 140 bpm)	04:55:39 h
Time in zone 3 (> 140 - 157 bpm)	00:43:43 h
Time in zone 4 (> 157 - 175 bpm)	00:00:49 h
Above zone	00:00:00 h

Power zones



In zone 1 (0 - 140 Watt)	05:46:34 h
In zone 2 (> 140 - 190 Watt)	00:52:34 h
In zone 3 (> 190 - 227 Watt)	00:27:27 h
In zone 4 (> 227 - 265 Watt)	00:17:42 h
In zone 5 (> 265 - 302 Watt)	00:08:28 h
In zone 6 (> 302 - 377 Watt)	00:10:39 h
In zone 7 (> 377 - 2000 Watt)	00:17:01 h

ACTIVITY - VALUES



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Notes



Weather



9 Bft



Trip Profile



undulating



Feelings



Evaluation



Linked track



External link

<http://forum.rostovroadclub.ru/viewtopic.php?p=21848#p21848>



Training partner



14 отмо...



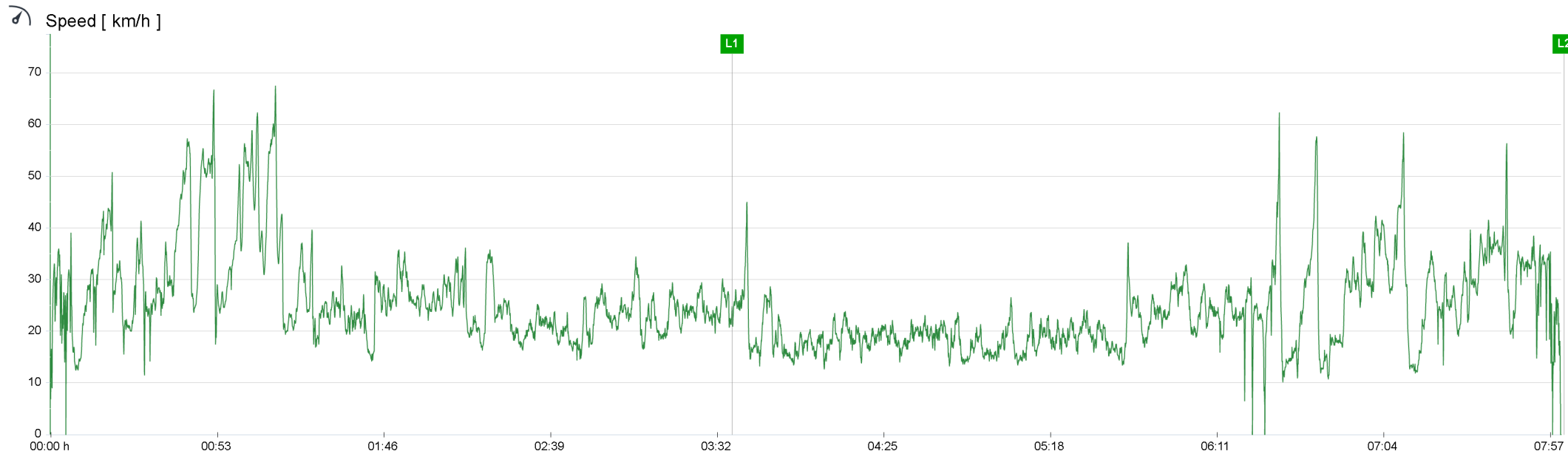
Training type

марафон, тяжело половину против восточного 10 м/с

ACTIVITY - LAPS

Армяно-Казацкий=200км

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Laps

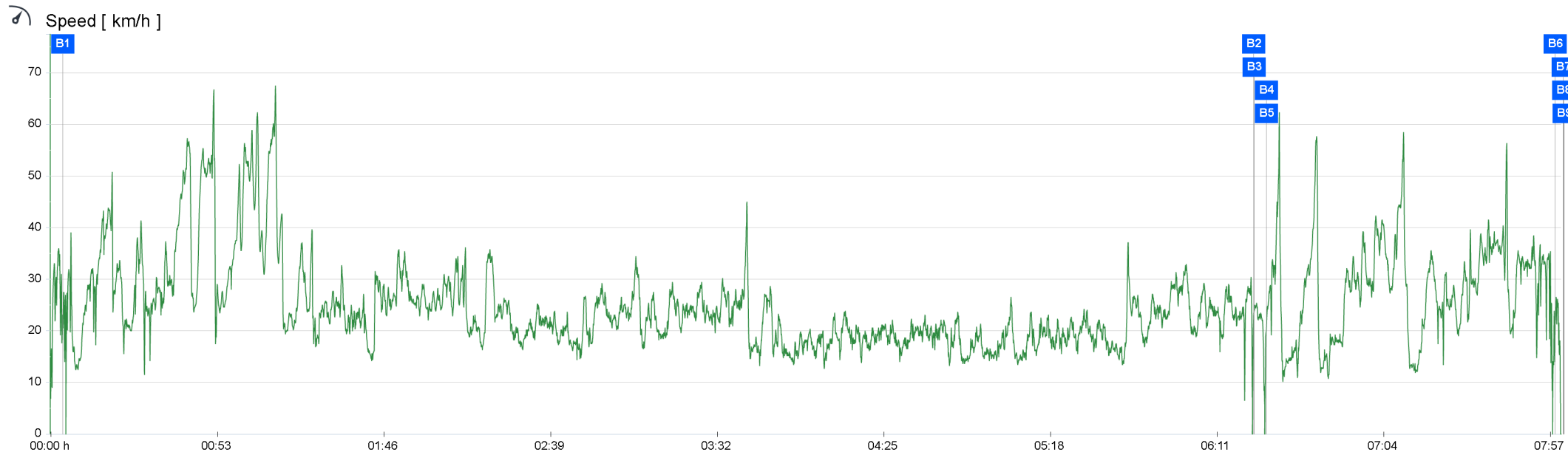
Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)	Cadence (rpm)	Power (Watt)
1	3:36:54.0	99,34	Avg. 27,48	Avg. 131	2323	Avg. 88	762	733	Avg. 2	Avg. -1	Avg. 73	Avg. 138
	Distance since start	Distance since start	Min. 6,92	Min. 97		Max. 126			Max. 9	Max. -6	Max. 108	Max. 1006
	3:36:54.0	99,34	Max. 67,46	Max. 164								
2	4:23:33.2	101,04	Avg. 23,00	Avg. 125	2570	Avg. 101	779	798	Avg. 2	Avg. -1	Avg. 127	Avg. 83
	Distance since start	Distance since start	Min. 2,50	Min. 94		Max. 138			Max. 9	Max. -8	Max. 106	Max. 587
	8:00:27.2	200,38	Max. 62,27	Max. 147								
Total Avg. lap Min. Max.	08:00:27.2	200,38			4892		1541	1531				
	04:00:13.6	100,19	25,24	128	2446	95	770	765	2	-1	100	111
	03:36:54.0	99,34	2,50	94	2323	95	762	733	2	-1	100	111
	04:23:33.2	101,04	67,46	164	2569	138	9	798	9	-8	108	1006

ACTIVITY - BREAKES



Армяно-Казацкий=200км

Андриано / Bike 1 / 22.10.2016 - 09:02



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:02.0	0:04:48.0 Time since start: 0:04:48.0	2,05 Distance since start: 2,05
2	0:00:09.0	6:17:24.0 Time since start: 6:22:12.0	152,87 Distance since start: 154,93
3	0:15:54.0	0:00:04.5 Time since start: 6:22:16.5	0,00 Distance since start: 154,93
4	0:00:09.0	0:03:54.0 Time since start: 6:26:10.6	1,40 Distance since start: 156,33
5	0:03:51.0	0:00:04.5 Time since start: 6:26:15.1	0,00 Distance since start: 156,33
6	0:02:02.0	1:31:30.0 Time since start: 7:57:45.1	43,23 Distance since start: 199,57

ACTIVITY - BREAKES



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Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
7	0:02:45.0	0:02:28.5 Time since start: 8:00:13.7	0,80 Distance since start: 200,37
8	0:00:03.0	0:00:09.0 Time since start: 8:00:22.7	0,00 Distance since start: 200,38
9	0:00:49.0	0:00:04.5 Time since start: 8:00:27.2	0,00 Distance since start: 200,38
Total	00:25:44.0	08:00:27.2	200,38
Avg. break	00:02:51.5	00:53:23.0	22,26
Max.	00:15:54.0	06:17:24.0	152,87