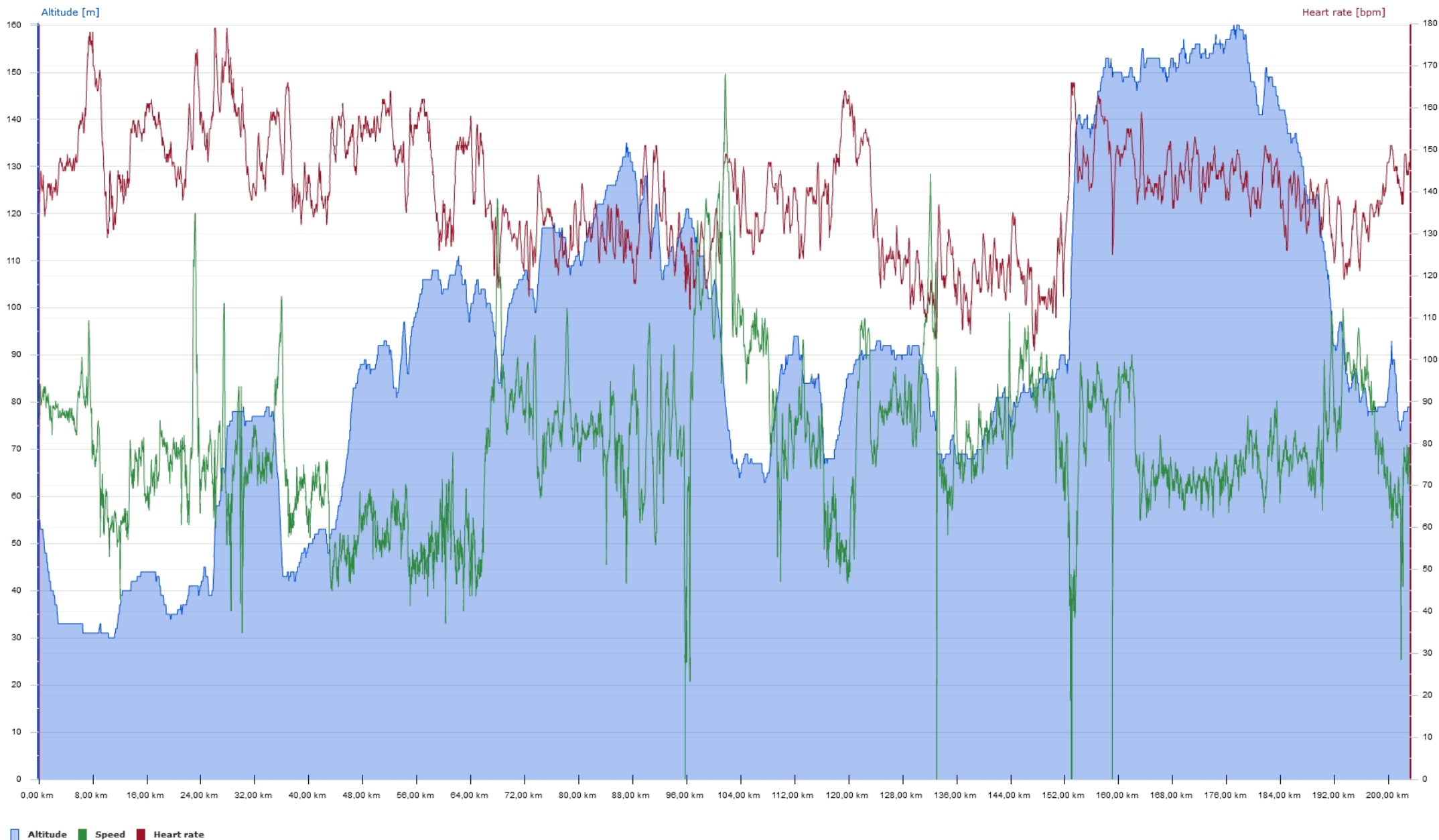


LOG

Device / Bike: Tropin Sergey / Bike 1 Name: Tropin Sergey Date / Time: 18.04.2015 - 08:08 Clock



LOG

Device / Bike: Tropin Sergey / Bike 1 Name: Tropin Sergey Date / Time: 18.04.2015 - 08:08 Clock

INFO

Start time	08:08 Clock
Date	18.04.2015
Unit	kmh
Bike	Bike 1
Number of log entries	6 399
Wheel size	2 133 mm
Log time interval	5 s
Number of laps	1
Number of pauses	7

AVERAGE

Heart rate	140 bpm
Temperature	21,9 °C
Speed	25,34 km/h
Altitude	92 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	203,11 km
Trip time	7:59:33 h
Trip distance uphill	18,20 km
Trip distance downhill	17,95 km
Trip time uphill	0:45:49 h
Trip time downhill	0:35:55 h
Altitude uphill	645 m
Altitude downhill	619 m
Calories	4547 kcal

MIN/MAX VALUES

Heart rate	102 / 179 bpm
Temperature	15,0 / 29,0 °C
Speed	0,00 / 56,04 km/h
Altitude	30 / 160 m
Incline	-99 / 9 %
Rate of ascent	-25 / 21 m/min

LOG

Device / Bike: Tropin Sergey / Bike 1 Name: Tropin Sergey Date / Time: 18.04.2015 - 08:08 Clock

Lap	Duration (h)	Trip distance [...]	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Altitude uphill [...]	Altitude downh...	Incline uphill (%)	Incline downhi...
1	07:59:33 Since start: 07:59:33	203,11 Since start: 203,11	Avg. 25,34 Min. 0,00 Max. 56,05	Avg. 140 Min. 102 Max. 179	4547	Avg. 92 Max. 160	645	619	Avg. 1 Max. 9	Avg. -1 Max. -99
Total	07:59:33	203,11			4547		645	619		
Avg. Lap	07:59:33	203,11	25,34	140	4547	92	645	619	1	-1
Min.	07:59:33	203,11	0,00	102	4547		645	619		
Max.	07:59:33	203,11	56,05	179	4547	160	645	619	9	-99

LOG

Device / Bike: Tropin Sergey / Bike 1 Name: Tropin Sergey Date / Time: 18.04.2015 - 08:08 Clock

Break	Pause time (h)	Duration (h)	Trip distance...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Altitude uphill...	Altitude dow...	Incline uphill ...	Incline dow...
1	00:00:53	04:01:08 Since start: 04:01:08	95,76 Since start: 95,76	Avg. 23,80 Min. 0,00 Max. 46,15	Avg. 145 Min. 115 Max. 179	2285	Avg. 78 Max. 135	318	254	Avg. 1 Max. 5	Avg. -1 Max. -4
2	00:00:06	01:17:09 Since start: 05:18:17	37,27 Since start: 133,03	Avg. 28,98 Min. 0,00 Max. 56,05	Avg. 135 Min. 105 Max. 164	731	Avg. 85 Max. 121	97	142	Avg. 1 Max. 3	Avg. -1 Max. -4
3	00:05:28	00:00:12 Since start: 05:18:29	0,00 Since start: 133,04	Avg. 1,04 Min. 0,00 Max. 3,10	Avg. 107 Min. 105 Max. 110	2	Avg. 71 Max. 72	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0
4	00:00:02	00:43:50 Since start: 06:02:19	19,91 Since start: 152,95	Avg. 27,22 Min. 0,00 Max. 37,04	Avg. 121 Min. 102 Max. 165	415	Avg. 77 Max. 109	68	30	Avg. 1 Max. 9	Avg. -1 Max. -2
5	00:00:01	00:00:47 Since start: 06:03:06	0,13 Since start: 153,09	Avg. 10,26 Min. 0,00 Max. 15,12	Avg. 165 Min. 165 Max. 166	7	Avg. 111 Max. 115	5	0	Avg. 3 Max. 5	Avg. 0 Max. 0
6	00:00:38	00:13:27 Since start: 06:16:34	5,99 Since start: 159,09	Avg. 25,56 Min. 0,00 Max. 33,16	Avg. 152 Min. 131 Max. 166	127	Avg. 140 Max. 153	49	13	Avg. 1 Max. 6	Avg. -1 Max. -2
7	00:01:46	00:00:23 Since start: 06:16:57	0,00 Since start: 159,09	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 131 Min. 125 Max. 135	4	Avg. 150 Max. 151	0	2	Avg. 0 Max. 0	Avg. -99 Max. -99
Total	00:08:54	06:16:57	159,09			3574		537	441		
Avg. Pause	00:01:16	00:53:51	22,72	16,69	136	510	102	76	63	1	-14
Min.	00:00:01	00:00:12	0,00	0,00	102	2		0	0		
Max.	00:05:28	04:01:08	95,76	56,05	179	2285	153	318	254	9	-99

LOG

Device / Bike: Tropin Sergey / Bike 1 Name: Tropin Sergey Date / Time: 18.04.2015 - 08:08 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



gale



Training partner:

Trip distance profile:

flat



Training type:

Description:

Марафон Южный - 200км.
ветер юго-западный 8-14 м/с

External link:

<http://>

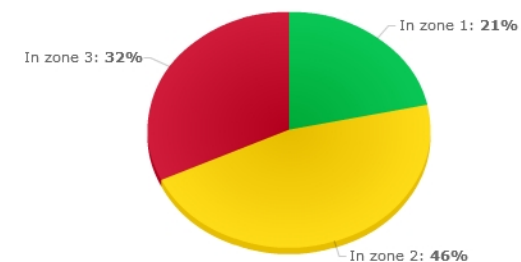
Linked track:

LOG

Device / Bike: Tropin Sergey / Bike 1 Name: Tropin Sergey Date / Time: 18.04.2015 - 08:08 Clock

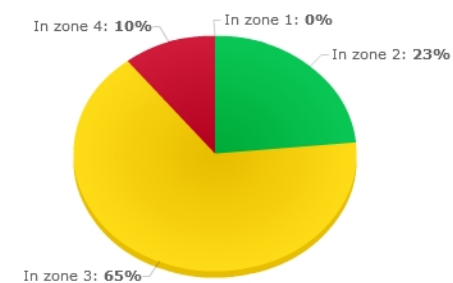
Pulse Zones

Under zones	0:00:00 h
In zone 1 (102 - < 130 bpm)	1:43:41 h
In zone 2 (130 - < 148 bpm)	3:42:21 h
In zone 3 (148 - < 185 bpm)	2:33:31 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 74 - 102 bpm)	0:00:04 h
In zone 2 (> 102 - 130 bpm)	1:52:28 h
In zone 3 (> 130 - 157 bpm)	5:16:10 h
In zone 4 (> 157 - 185 bpm)	0:50:50 h
Over zones	0:00:00 h



Power Zones