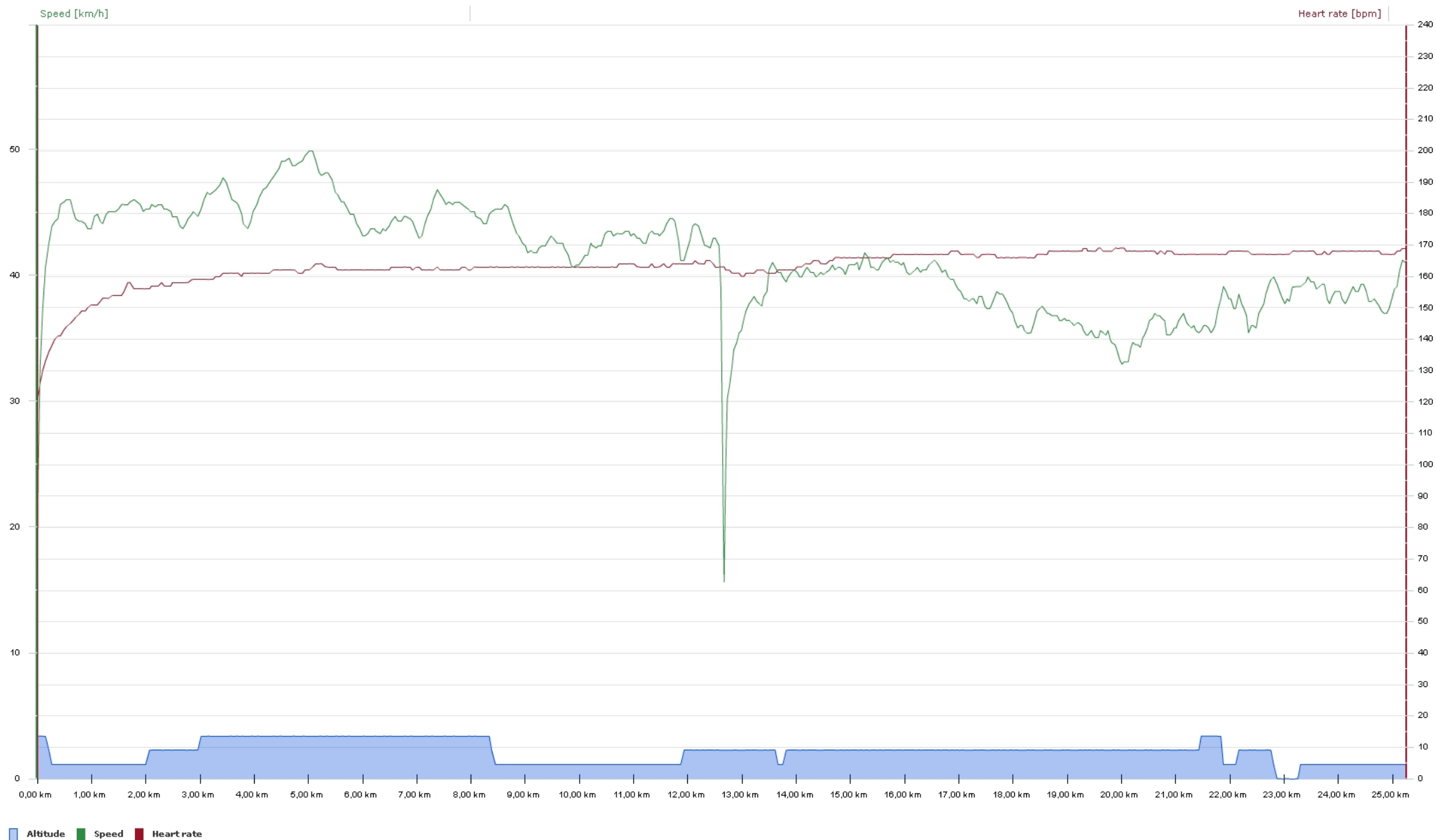


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25км** Date / Time: **12.06.2013 - 10:32 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Рогожкино=25km Date / Time: **12.06.2013 - 10:32 Clock**

INFO

Start time	10:32 Clock
Date	12.06.2013
Unit	kmh
Bike	Bike 1
Number of log entries	497
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance	25,23 km
Trip time	0:37:12 h
Calories	568 kcal
Trip distance uphill	0,40 km
Trip distance downhill	0,44 km
Trip time uphill	0:00:31 h
Trip time downhill	0:00:36 h
Meters uphill	7 m
Meters downhill	9 m

AVERAGE

Heart rate	163 bpm
Temperature	28,4 °C
Speed	40,72 km/h
Altitude	7 m
Cadence	92 R/min
Power	267 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-6 m/min

MIN/MAX VALUES

Heart rate	121 / 169 bpm
Temperature	27,0 / 32,0 °C
Speed	13,09 / 49,87 km/h
Altitude	6 / 9 m
Power	0 / 473 Watt
Cadence	0 / 106 R/min
Incline	-1 / 1 %
Rate of ascent	-6 / 6 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25км** Date / Time: **12.06.2013 - 10:32 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:37:12 Since start: 00:37:12	25,23 Since start: 25,23	Avg. 40,72 Min. 13,09 Max. 49,87	Avg. 163 Min. 121 Max. 169	568	Avg. 7 Max. 9	7	9	Avg. -1 1 Max. -1 1
Total	00:37:12	25,23			568		7	9	
Avg. Lap	00:37:12	25,23	40,72	163	568	7	7	9	-1 1
Min.	00:37:12	25,23	13,09	121	568		7	9	
Max.	00:37:12	25,23	49,87	169	568	9	7	9	-1 1

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Рогожкино=25км Date / Time: 12.06.2013 - 10:32 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



solo

Trip distance profile:

flat



Training type:

Разделка

Description:

Городище-Рогожкино-Городище=25км, время=37:12мин, Vcp=40,72км/ч, юго-восточный ветер 2-4м/с

External link:

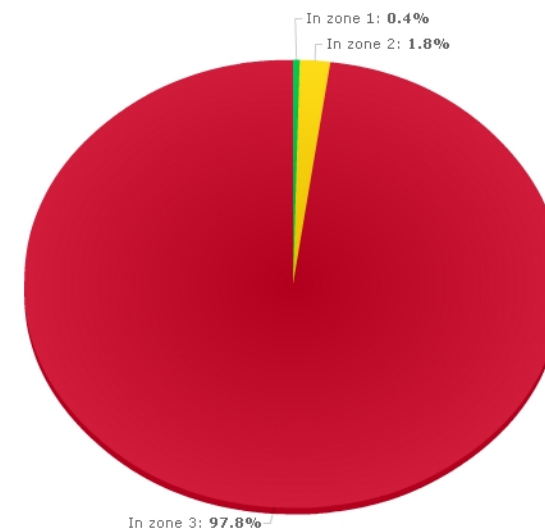
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=405&p=7026#p7026>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25km** Date / Time: **12.06.2013 - 10:32 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:09 h
In zone 2 (127 - 145 bpm)	0:00:40 h
In zone 3 (145 - 181 bpm)	0:36:22 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:09 h
In zone 2 (127 - 145 bpm)	0:00:40 h
In zone 3 (145 - 163 bpm)	0:10:25 h
In zone 4 (163 - 181 bpm)	0:25:57 h
Over zones	0:00:00 h

