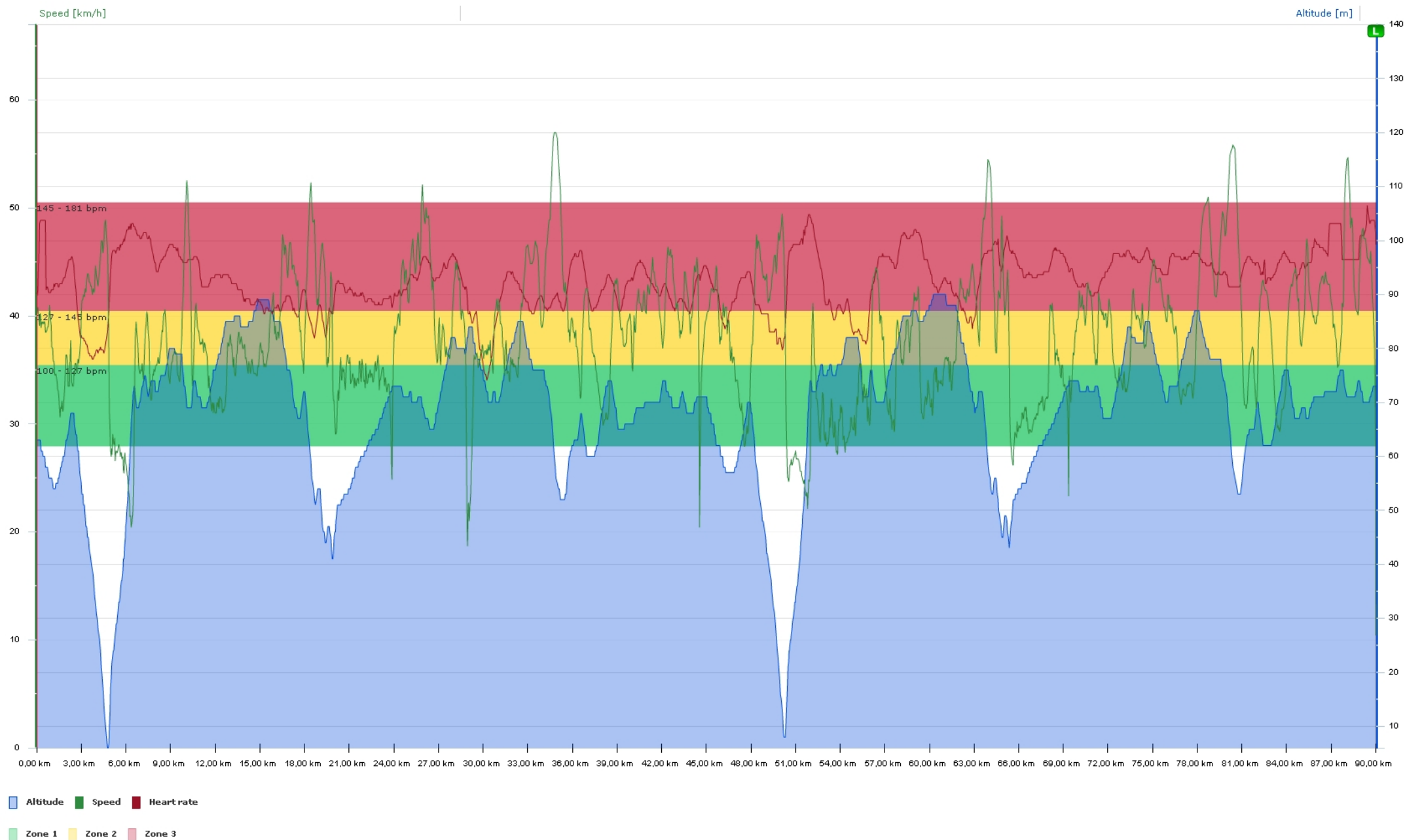


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Группа(за Чалтырем)=90км** Date / Time: **22.06.2013 - 08:14 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Группа(за Чалтырем)=90км Date / Time: **22.06.2013 - 08:14** Clock

INFO

Start time	08:14 Clock
Date	22.06.2013
Unit	kmh
Bike	Bike 1
Number of log entries	1936
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance	90,03 km
Trip time	2:25:07 h
Calories	2052 kcal
Trip distance uphill	18,30 km
Trip distance downhill	18,38 km
Trip time uphill	0:33:22 h
Trip time downhill	0:25:21 h
Meters uphill	504 m
Meters downhill	494 m

AVERAGE

Heart rate	155 bpm
Temperature	26,7 °C
Speed	37,26 km/h
Altitude	68 m
Cadence	79 R/min
Power	255 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	-9 m/min

MIN/MAX VALUES

Heart rate	122 / 180 bpm
Temperature	19,0 / 33,0 °C
Speed	10,40 / 56,99 km/h
Altitude	6 / 90 m
Power	0 / 737 Watt
Cadence	0 / 113 R/min
Incline	-3 / 7 %
Rate of ascent	-25 / 32 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа (за Чалтырем)=90км Date / Time: **22.06.2013 - 08:14 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	02:25:07 Since start: 02:25:07	90,03 Since start: 90,03	Avg. 37,26 Min. 10,40 Max. 56,99	Avg. 155 Min. 122 Max. 180	2,051	Avg. 68 Max. 90	504	494	Avg. -1 1 Max. -3 7
Total	02:25:07	90,03			2,051		504	494	
Avg. Lap	02:25:07	90,03	37,26	155	2,051	68	504	494	-1 1
Min.	02:25:07	90,03	10,40	122	2,051		504	494	
Max.	02:25:07	90,03	56,99	180	2,051	90	504	494	-3 7

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Группа (за Чалтырем)=90км Date / Time: **22.06.2013 - 08:14 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



12 mens

Trip distance profile:

slightly hilly



Training type:

Гонка, интенсивно со средней 37,4 км/ч

Description:

2 круга по 45км=90км за Чалтырем до Александровки и обратно, ветер северо западный 3-4 м/с, финишнул четвертым со временем=2:25:07ч

External link:

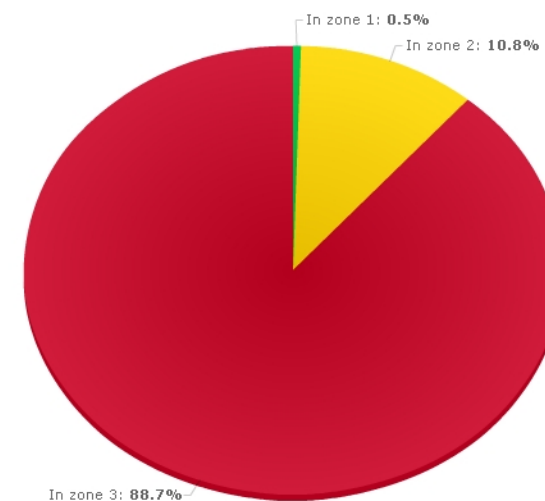
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=389&start=40>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа (за Чалтырем)=90км Date / Time: **22.06.2013 - 08:14 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:40 h
In zone 2 (127 - 145 bpm)	0:15:40 h
In zone 3 (145 - 181 bpm)	2:08:46 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:40 h
In zone 2 (127 - 145 bpm)	0:15:40 h
In zone 3 (145 - 163 bpm)	1:33:04 h
In zone 4 (163 - 181 bpm)	0:35:42 h
Over zones	0:00:00 h

