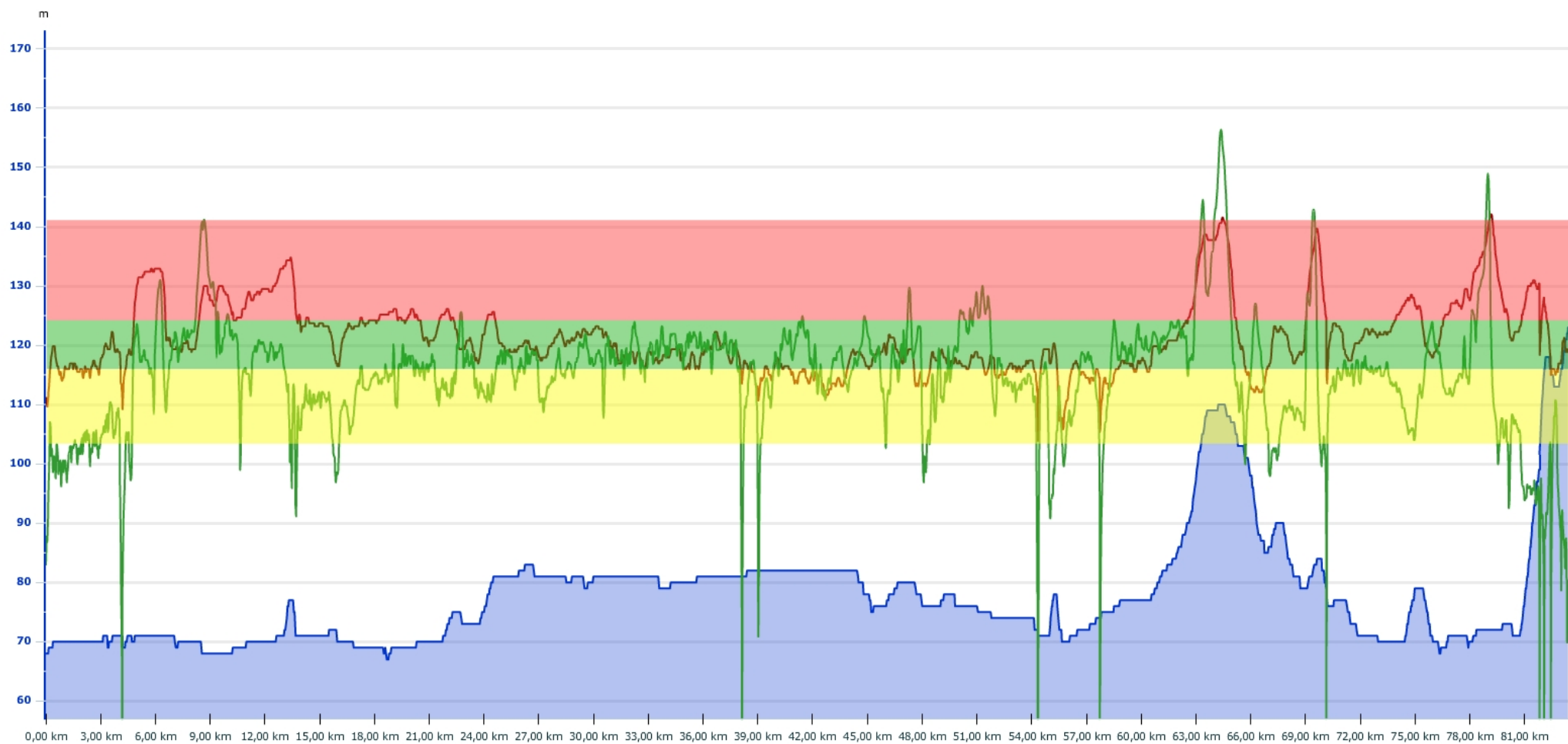


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bagaevka-Salsky krug-centr=85km** Date / Time: **13.08.2011 - 12:19 - 15:20**



Altitude Speed Heart rate Temperature Incline Rate of ascent
 Avg. altitude Avg. speed Avg. heart rate Avg. temperature
 Zone 3 Zone 2 Zone 1

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bagaevka-Salsky krug-centr=85km** Date / Time: **13.08.2011 - 12:19 - 15:20**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



Description:

Bagaevka-Salsky krug-centr=85km , vostochny veter=4-6m/s

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bagaevka-Salsky krug-centr=85km** Date / Time: **13.08.2011 - 12:19 - 15:20**

MARKERS

7. 

8. 

9. 

10. 

11. 

12. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bagaevka-Salsky krug-centr=85km** Date / Time: **13.08.2011 - 12:19 - 15:20**

INFO

| | |
|-----------------------|-------------|
| Unit | kmh |
| Wheel size | 2116 mm |
| Log time interval | 5 |
| Number of log entries | 2108 |
| Calories | 1701 kcal |
| Bike | Bike 2 |
| Stopp time | 15:20 Clock |
| Start time | 12:19 Clock |
| Date | 13.08.2011 |

TOTAL VALUES

| | |
|--------------------|------------|
| Trip distance | 83,37 km |
| Trip time | 02:37:31 h |
| Break time | 00:20:22 h |
| Distance uphill | 6,07 km |
| Trip time uphill | 00:12:27 h |
| Meters uphill | 179 m |
| Distance downhill | 4,02 km |
| Trip time downhill | 00:07:21 h |
| Meters downhill | 122 m |

MIN. / MAX VALUES

| | |
|----------------|----------------|
| Speed | 0,00/56,55 kmh |
| Heart rate | 97/176 bpm |
| Temperature | 35,0/45,0 °C |
| Altitude | 67/123 °C |
| Incline | -4/6 % |
| Rate of ascent | -19/23 m/min |

AVERAGE VALUES

| | |
|----------------|-----------|
| Speed | 31,79 kmh |
| Heart rate | 132 bpm |
| Temperature | 41,7 °C |
| Altitude | 77 m |
| Incline | 0 % |
| Rate of ascent | 0 m |

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Bagaevka-Salsky krug-centr=85km** Date / Time: **13.08.2011 - 12:19 - 15:20**



HEART RATE ZONES

| | |
|--------|---------------|
| Zone 1 | 96 - 122 bpm |
| Zone 2 | 122 - 139 bpm |
| Zone 3 | 139 - 174 bpm |

Time in Zone 1: 00:24:31 h

Time in Zone 2: 01:32:55 h

Time in Zone 3: 00:39:38 h

Outside: 00:00:27 h

