

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Б.Салы-Щепкин-Б.Салы)=20км Date / Time: **29.06.2013 - 10:28** Clock



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## INFO

Start time	10:28 Clock
Date	29.06.2013
Unit	kmh
Bike	Bike 1
Number of log entries	404
Wheel size	2110 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

## TOTAL VALUES

Trip distance	20,26 km
Trip time	0:30:13 h
Calories	482 kcal
Trip distance uphill	4,65 km
Trip distance downhill	5,23 km
Trip time uphill	0:08:06 h
Trip time downhill	0:06:27 h
Meters uphill	125 m
Meters downhill	128 m

## AVERAGE

Heart rate	167 bpm
Temperature	34,2 °C
Speed	40,21 km/h
Altitude	99 m
Cadence	86 R/min
Power	355 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	-10 m/min

## MIN/MAX VALUES

Heart rate	124 / 177 bpm
Temperature	32,0 / 37,0 °C
Speed	22,06 / 58,31 km/h
Altitude	76 / 118 m
Power	0 / 758 Watt
Cadence	0 / 101 R/min
Incline	-3 / 3 %
Rate of ascent	-28 / 18 m/min

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	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:30:13 Since start: 00:30:13	20,26 Since start: 20,26	Avg. 40,21 Min. 22,06 Max. 58,31	Avg. 167 Min. 124 Max. 177	482	Avg. 99 Max. 118	125	128	Avg. -1 1 Max. -3 3
Total	00:30:13	20,26			482		125	128	
Avg. Lap	00:30:13	20,26	40,21	167	482	99	125	128	-1 1
Min.	00:30:13	20,26	22,06	124	482		125	128	
Max.	00:30:13	20,26	58,31	177	482	118	125	128	-3 3

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### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



17 mens

Trip distance profile:

hilly



Training type:

Разделка, интенсивно.

Description:

Старт/финиш через 1,2км после рудионовской развилки(Б.Салы) - кольцо Темерник - Кольцо Щепкин(разворот) и обратно=20,3км, время=30:14мин,  $V_{ср}=40,2$ км/ч, ветер северо-восточный=2-4м/с...

External link:

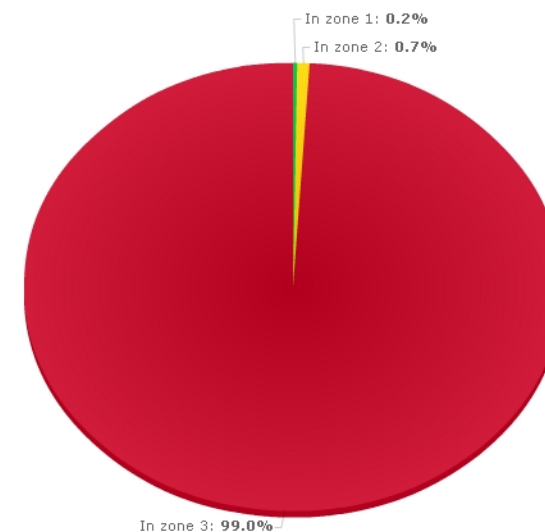
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=478>

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## Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:00:13 h
In zone 3 (145 - 181 bpm)	0:29:55 h
Over zones	0:00:00 h



## Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:00:13 h
In zone 3 (145 - 163 bpm)	0:02:19 h
In zone 4 (163 - 181 bpm)	0:27:36 h
Over zones	0:00:00 h

