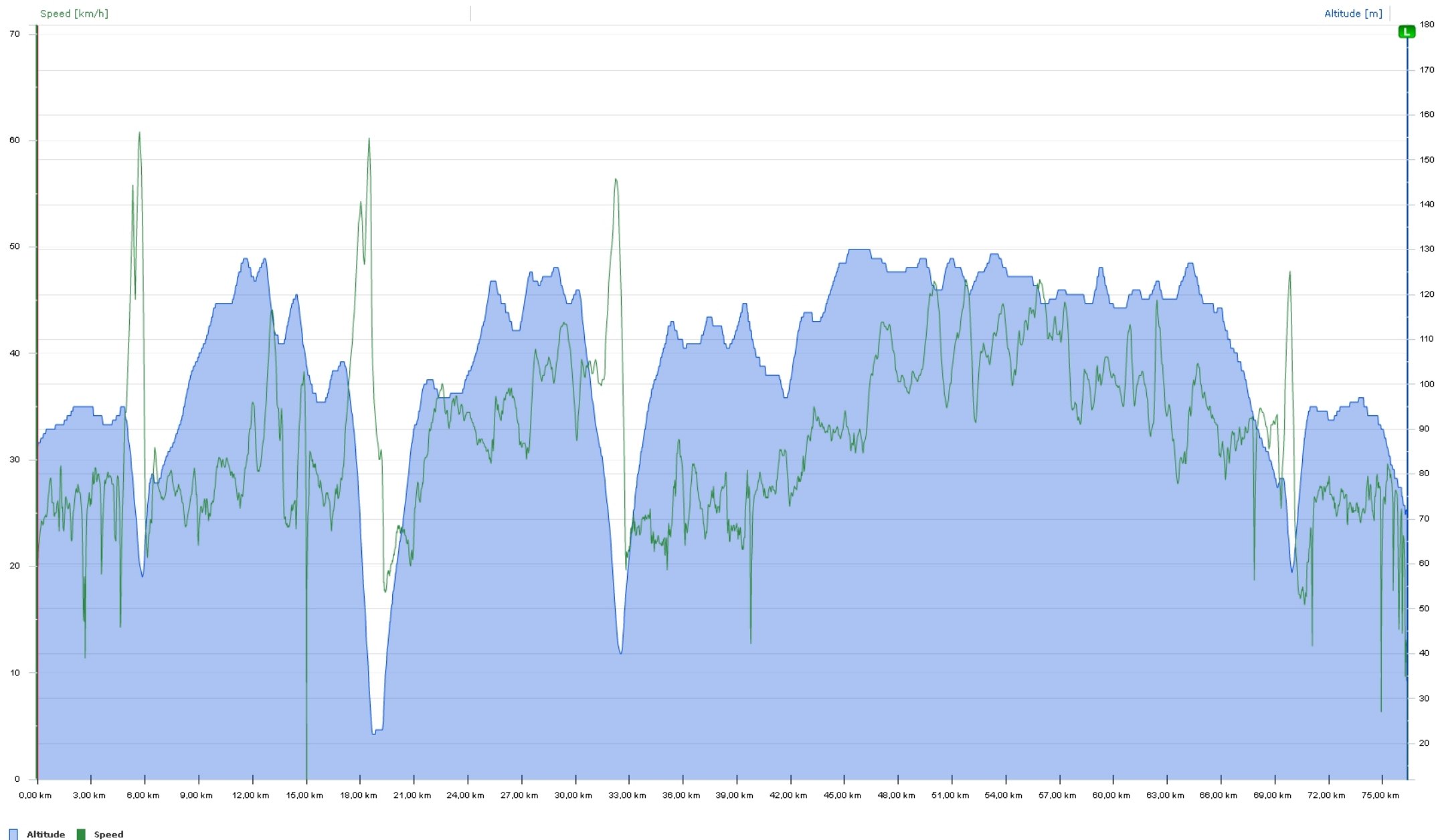


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Новочек=76км** Date / Time: **30.06.2013 - 09:19 Clock**



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Новичек=76км** Date / Time: **30.06.2013 - 09:19 Clock**

INFO

Start time	09:19 Clock
Date	30.06.2013
Unit	kmh
Bike	Bike 1
Number of log entries	1992
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	2

TOTAL VALUES

Trip distance	76,34 km
Trip time	2:29:16 h
Calories	1506 kcal
Trip distance uphill	13,80 km
Trip distance downhill	13,49 km
Trip time uphill	0:31:03 h
Trip time downhill	0:21:31 h
Meters uphill	454 m
Meters downhill	468 m

AVERAGE

Heart rate	128 bpm
Temperature	32,4 °C
Speed	30,68 km/h
Altitude	103 m
Cadence	67 R/min
Power	165 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-11 m/min

MIN/MAX VALUES

Heart rate	93 / 159 bpm
Temperature	26,0 / 39,0 °C
Speed	0,00 / 60,84 km/h
Altitude	22 / 130 m
Power	0 / 597 Watt
Cadence	0 / 102 R/min
Incline	-7 / 6 %
Rate of ascent	-70 / 24 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Новочек=76км** Date / Time: **30.06.2013 - 09:19 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	02:29:16 Since start: 02:29:16	76,34 Since start: 76,34	Avg. 30,68 Min. 0,00 Max. 60,84	Avg. 128 Min. 93 Max. 159	1,506	Avg. 103 Max. 130	454	468	Avg. -1 1 Max. -7 6
Total	02:29:16	76,34			1,506		454	468	
Avg. Lap	02:29:16	76,34	30,68	128	1,506	103	454	468	-1 1
Min.	02:29:16	76,34	0,00	93	1,506		454	468	
Max.	02:29:16	76,34	60,84	159	1,506	130	454	468	-7 6

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Новочек=76км** Date / Time: **30.06.2013 - 09:19 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:34	00:32:18 Since start: 00:32:18	15,01 Since start: 15,01	Avg. 27,83 Min. 0,00 Max. 60,84	Avg. 117 Min. 93 Max. 141	277	Avg. 100 Max. 128	102	84	Avg. -1 1 Max. -4 4
2	00:00:04	01:56:58 Since start: 02:29:16	61,33 Since start: 76,34	Avg. 31,47 Min. 0,00 Max. 60,27	Avg. 131 Min. 94 Max. 159	1,229	Avg. 103 Max. 130	352	384	Avg. -1 1 Max. -7 6
Total	00:00:38	02:29:16	76,34			1,506		454	468	
Avg. Pause	00:00:19	01:14:38	38,17	29,65	124	753	102	227	234	-1 1
Min.	00:00:04	00:32:18	15,01	0,00	93	277		102	84	
Max.	00:00:34	01:56:58	61,33	60,84	159	1,229	130	352	384	-7 6

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Новочек=76км Date / Time: 30.06.2013 - 09:19 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



3 mens

Trip distance profile:

slightly hilly



Training type:

Отрезки интенсивно

Description:

Туда по старой, обратно по м4

External link:

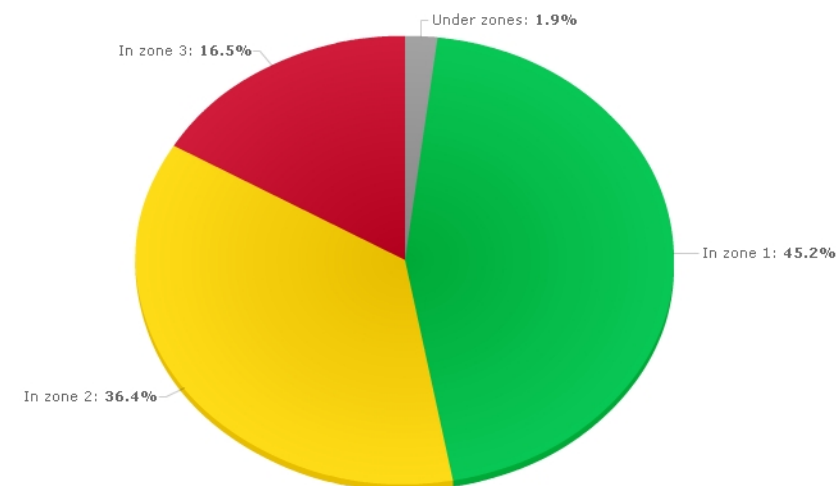
<http://>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Новичек=76км** Date / Time: **30.06.2013 - 09:19 Clock**

Pulse Zones

Under zones	0:02:54 h
In zone 1 (100 - 127 bpm)	1:07:28 h
In zone 2 (127 - 145 bpm)	0:54:18 h
In zone 3 (145 - 181 bpm)	0:24:36 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:15:28 h
In zone 1 (109 - 127 bpm)	0:54:54 h
In zone 2 (127 - 145 bpm)	0:54:18 h
In zone 3 (145 - 163 bpm)	0:24:36 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

