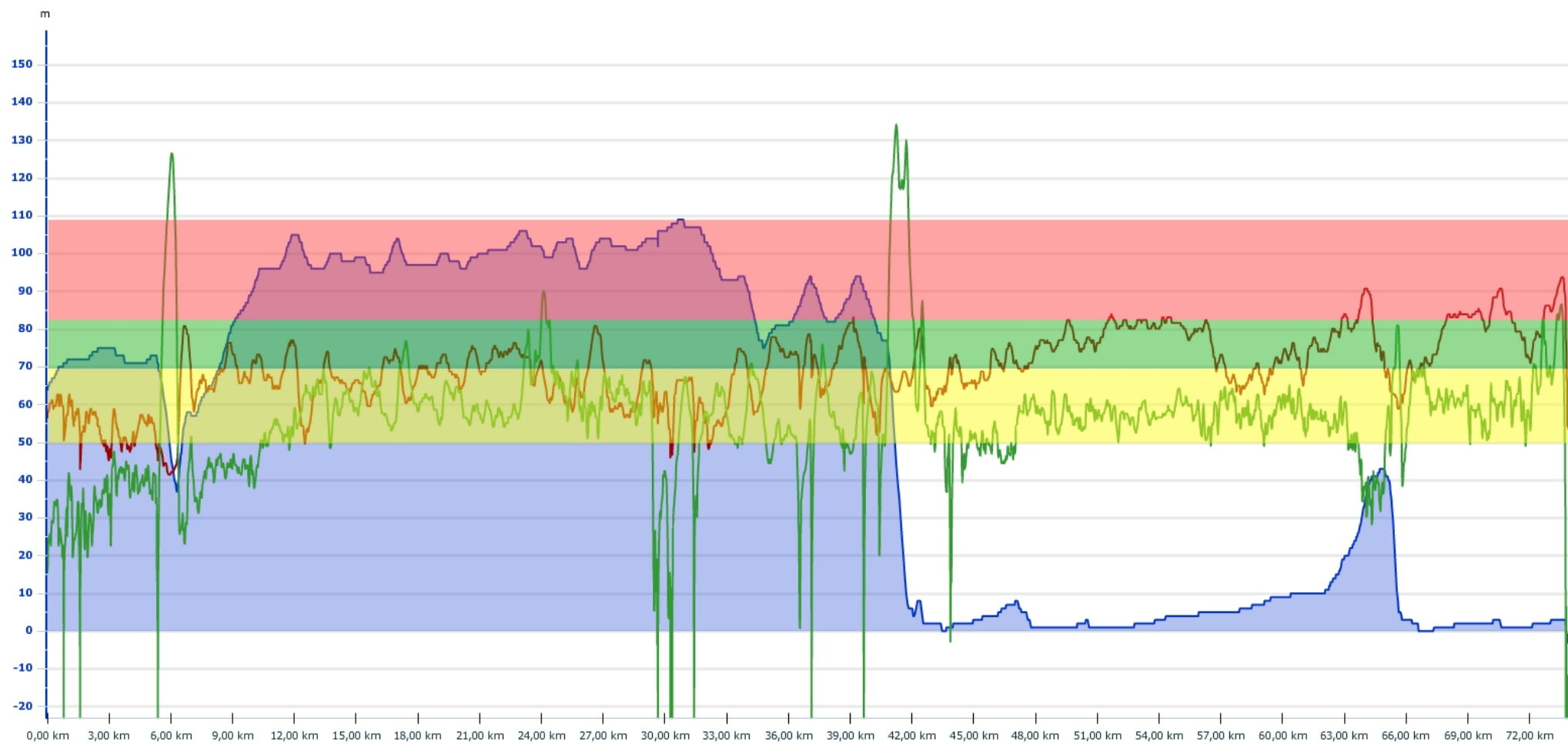


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **M4-Bagaevka=75km** Date / Time: **13.08.2011 - 08:13 - 12:10**



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: **M4-Bagaevka=75km** Date / Time: **13.08.2011 - 08:13 - 12:10**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



12

Description:

Dinamo-M4-Novochek-Bagaevka=75km , vostochny veter 4-6m/s

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **M4-Bagaevka=75km** Date / Time: **13.08.2011 - 08:13 - 12:10**

MARKERS

7. 

13. 

8. 

14. 

9. 

15. 

10. 

11. 

12. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **M4-Bagaevka=75km** Date / Time: **13.08.2011 - 08:13 - 12:10**

INFO

Unit	kmh
Wheel size	2116 mm
Log time interval	5
Number of log entries	2085
Calories	1395 kcal
Bike	Bike 2
Stopp time	12:10 Clock
Start time	08:13 Clock
Date	13.08.2011

TOTAL VALUES

Trip distance	73,88 km
Trip time	02:35:40 h
Break time	01:09:41 h
Distance uphill	7,09 km
Trip time uphill	00:16:03 h
Meters uphill	221 m
Distance downhill	7,08 km
Trip time downhill	00:12:19 h
Meters downhill	287 m

MIN. / MAX VALUES

Speed	0,00/59,63 kmh
Heart rate	85/154 bpm
Temperature	24,0/49,0 °C
Altitude	-3/109 °C
Incline	-20/6 %
Rate of ascent	-79/20 m/min

AVERAGE VALUES

Speed	28,54 kmh
Heart rate	121 bpm
Temperature	29,9 °C
Altitude	53 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **M4-Bagaevka=75km** Date / Time: **13.08.2011 - 08:13 - 12:10**



HEART RATE ZONES

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

Time in Zone 1: 01:12:26 h

Time in Zone 2: 01:05:45 h

Time in Zone 3: 00:13:09 h

Outside: 00:04:19 h

