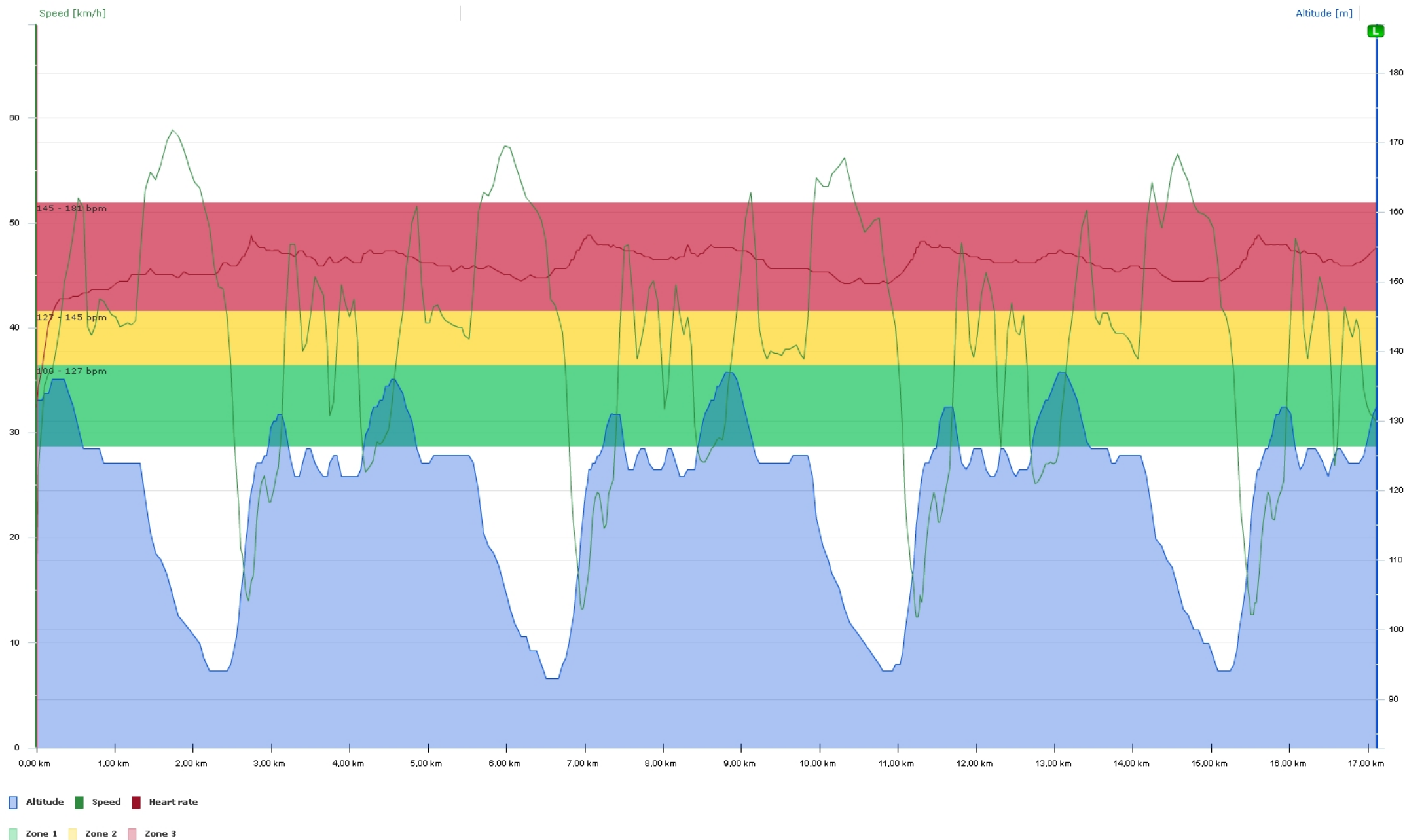


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка[ЧР,Крылатское]=17км Date / Time: 19.07.2013 - 12:05 Clock



# LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Разделка(ЧР,Крылатское)=17км Date / Time: 19.07.2013 - 12:05 Clock

## INFO

Start time	12:05 Clock
Date	19.07.2013
Unit	kmh
Bike	Bike 1
Number of log entries	384
Wheel size	2110 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

## TOTAL VALUES

Trip distance	17,10 km
Trip time	0:28:43 h
Calories	430 kcal
Trip distance uphill	4,50 km
Trip distance downhill	6,49 km
Trip time uphill	0:10:52 h
Trip time downhill	0:08:01 h
Meters uphill	236 m
Meters downhill	237 m

## AVERAGE

Heart rate	161 bpm
Temperature	22,2 °C
Speed	35,71 km/h
Altitude	120 m
Cadence	79 R/min
Power	281 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	12 m/min
Inclination rate downhill	-19 m/min

## MIN/MAX VALUES

Heart rate	113 / 170 bpm
Temperature	21,0 / 25,0 °C
Speed	12,47 / 58,89 km/h
Altitude	93 / 137 m
Power	0 / 595 Watt
Cadence	0 / 114 R/min
Incline	-7 / 11 %
Rate of ascent	-61 / 27 m/min

# LOG



Device / Bike: **ADRIANO / Bike 1** Name: Разделка(ЧР,Крылатское)=17км Date / Time: **19.07.2013 - 12:05 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:28:43 Since start: 00:28:43	17,10 Since start: 17,10	Avg. 35,71 Min. 12,47 Max. 58,89	Avg. 161 Min. 113 Max. 170	429	Avg. 120 Max. 137	236	237	Avg. -2 3 Max. -7 11
Total	00:28:43	17,10			429		236	237	
Avg. Lap	00:28:43	17,10	35,71	161	429	120	236	237	-2 3
Min.	00:28:43	17,10	12,47	113	429		236	237	
Max.	00:28:43	17,10	58,89	170	429	137	236	237	-7 11

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Разделка(ЧР,Крылатское)=17км Date / Time: 19.07.2013 - 12:05 Clock

### NOTES

Rating: ★★★★★

Weather:

cloudy



light wind



Training partner:



solo

Trip distance profile:

hilly



Training type:

Холмистая разделка, тяжело.

Description:

4 круга по 4,25км=17км, основной торчок=12%, время 28:43мин, средний ветер...

External link:

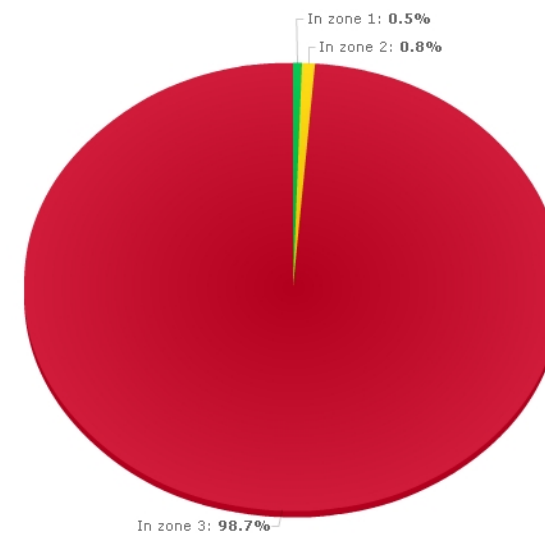
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&p=7630#p7630>

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(ЧР,Крылатское)=17км Date / Time: 19.07.2013 - 12:05 Clock

### Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:09 h
In zone 2 (127 - 145 bpm)	0:00:13 h
In zone 3 (145 - 181 bpm)	0:28:21 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:09 h
In zone 2 (127 - 145 bpm)	0:00:13 h
In zone 3 (145 - 163 bpm)	0:15:27 h
In zone 4 (163 - 181 bpm)	0:12:54 h
Over zones	0:00:00 h

