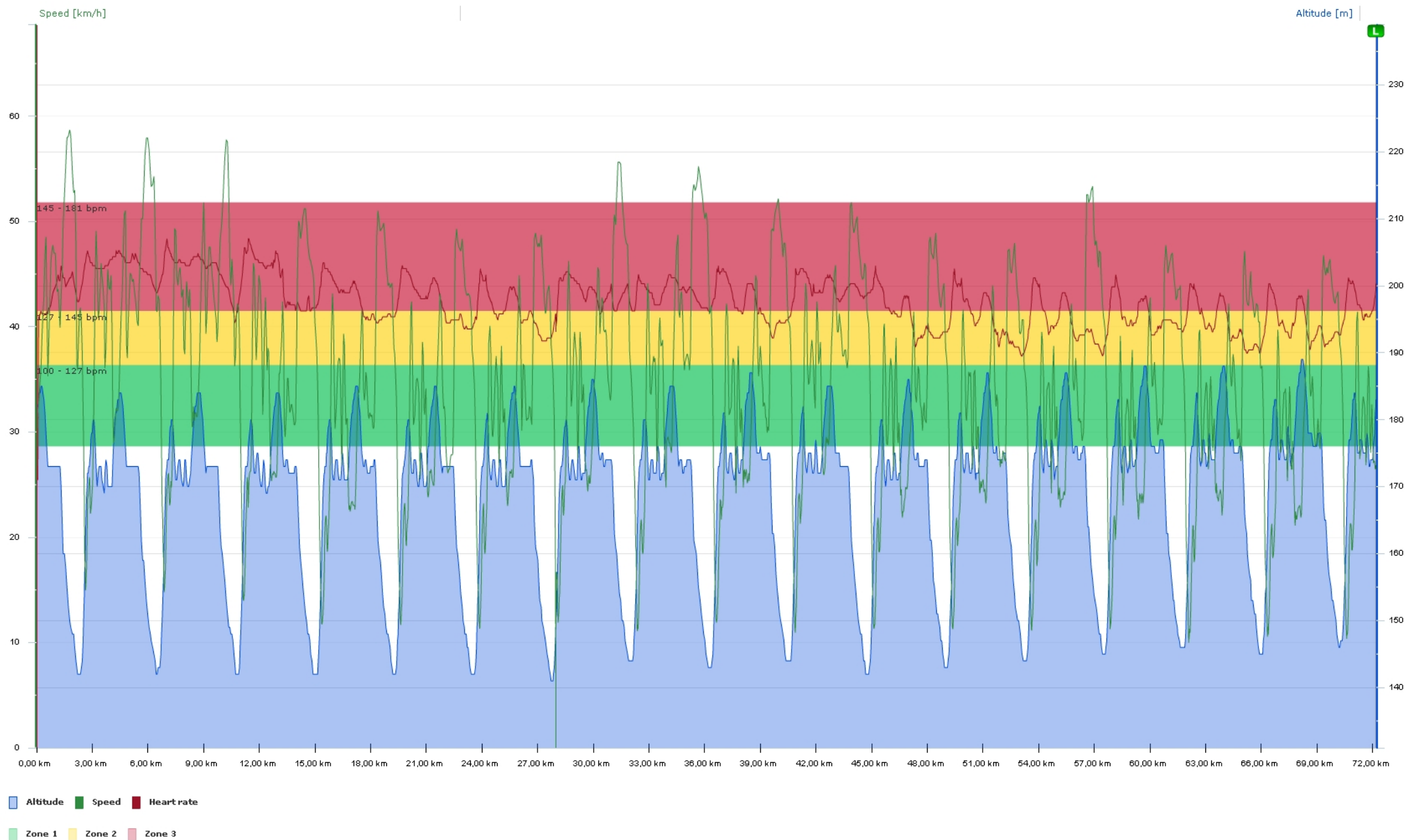


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа[ЧР,Крылатское]=72км Date / Time: **21.07.2013 - 12:15 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Группа(ЧР,Крылатское)=72км Date / Time: **21.07.2013 - 12:15 Clock**

INFO

Start time	12:15 Clock
Date	21.07.2013
Unit	kmh
Bike	Bike 1
Number of log entries	1835
Wheel size	2110 mm
Log time interval	5 s
Number of laps	1
Number of pauses	1

TOTAL VALUES

Trip distance	72,19 km
Trip time	2:17:29 h
Calories	1810 kcal
Trip distance uphill	20,00 km
Trip distance downhill	27,21 km
Trip time uphill	0:52:53 h
Trip time downhill	0:38:15 h
Meters uphill	1052 m
Meters downhill	1051 m

AVERAGE

Heart rate	148 bpm
Temperature	18,1 °C
Speed	31,50 km/h
Altitude	169 m
Cadence	77 R/min
Power	204 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	11 m/min
Inclination rate downhill	-17 m/min

MIN/MAX VALUES

Heart rate	89 / 169 bpm
Temperature	15,0 / 22,0 °C
Speed	0,00 / 58,70 km/h
Altitude	141 / 189 m
Power	0 / 648 Watt
Cadence	0 / 121 R/min
Incline	-8 / 13 %
Rate of ascent	-63 / 31 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа(ЧР,Крылатское)=72км Date / Time: **21.07.2013 - 12:15 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	02:17:29 Since start: 02:17:29	72,19 Since start: 72,19	Avg. 31,50 Min. 0,00 Max. 58,70	Avg. 148 Min. 89 Max. 169	1,810	Avg. 169 Max. 189	1052	1051	Avg. -2 3 Max. -8 13
Total	02:17:29	72,19			1,810		1052	1051	
Avg. Lap	02:17:29	72,19	31,50	148	1,810	169	1052	1051	-2 3
Min.	02:17:29	72,19	0,00	89	1,810		1052	1051	
Max.	02:17:29	72,19	58,70	169	1,810	189	1052	1051	-8 13

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа(ЧР,Крылатское)=72км Date / Time: **21.07.2013 - 12:15 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:22	00:49:58 Since start: 00:49:58	27,97 Since start: 27,97	Avg. 33,60 Min. 7,10 Max. 58,70	Avg. 152 Min. 89 Max. 169	686	Avg. 167 Max. 185	379	411	Avg. -2 3 Max. -8 11
Total	00:00:22	00:49:58	27,97			686		379	411	
Avg. Pause	00:00:22	00:49:58	27,97	33,60	152	686	167	379	411	-2 3
Min.	00:00:22	00:49:58	27,97	7,10	89	686		379	411	
Max.	00:00:22	00:49:58	27,97	58,70	169	686	185	379	411	-8 11

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Группа(ЧР,Крылатское)=72км Date / Time: 21.07.2013 - 12:15 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light rain



light wind



Training partner:



solo

Trip distance profile:

hilly



Training type:

Интенсивно

Description:

3 круга в общей группе со средней 37,2км/ч, дальше разделом, иногда в группето или с круговыми, на 7-м круге в 12% торчке спала цепь, потерял полминуты, проехал всю дистанцию 17кругов=72,3км, общее время=2:17:29ч, на старте мокро, потом просохло, средний ветер...

External link:

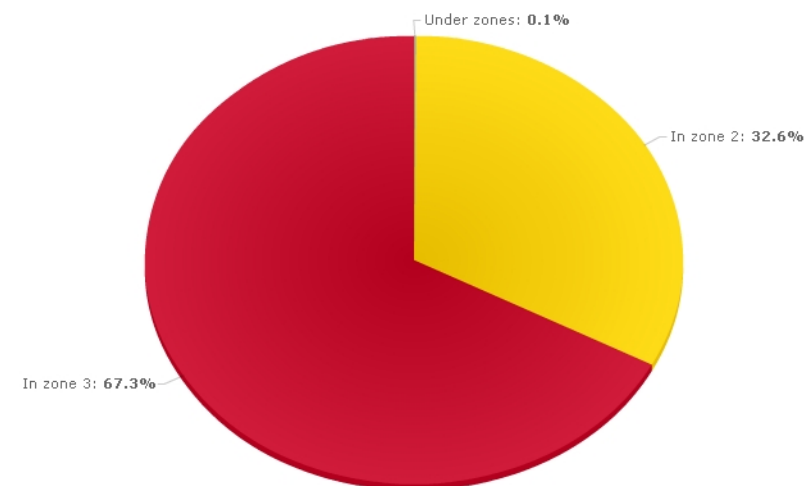
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=463&p=7630#p7630>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа(ЧР,Крылатское)=72км Date / Time: **21.07.2013 - 12:15 Clock**

Pulse Zones

Under zones	0:00:09 h
In zone 1 (100 - 127 bpm)	0:00:00 h
In zone 2 (127 - 145 bpm)	0:44:52 h
In zone 3 (145 - 181 bpm)	1:32:28 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:09 h
In zone 1 (109 - 127 bpm)	0:00:00 h
In zone 2 (127 - 145 bpm)	0:44:52 h
In zone 3 (145 - 163 bpm)	1:27:00 h
In zone 4 (163 - 181 bpm)	0:05:28 h
Over zones	0:00:00 h

