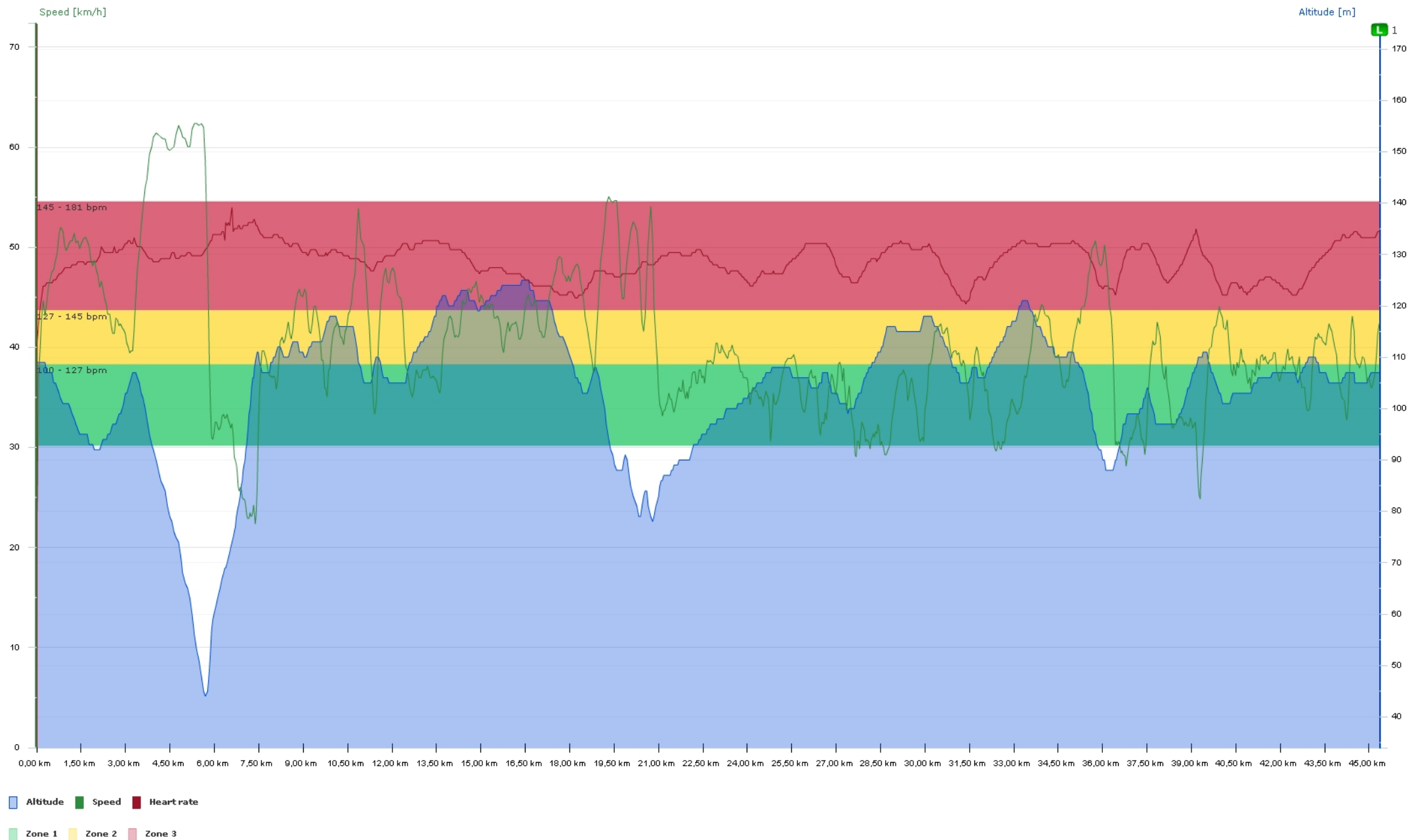


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Команда(Чалтырь)=45км Date / Time: 24.08.2013 - 10:46 Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Команда(Чалтырь)=45км Date / Time: **24.08.2013 - 10:46 Clock**

INFO

Start time	10:46 Clock
Date	24.08.2013
Unit	kmh
Bike	Bike 1
Number of log entries	928
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance:	45,34 km
Trip time	1:09:31 h
Trip distance uphill	9,71 km
Trip distance downhill	10,40 km
Trip time uphill	0:16:48 h
Trip time downhill	0:13:03 h
Altitude uphill:	259 m
Altitude downhill:	261 m
Calories	1043 kcal

AVERAGE

Heart rate	161 bpm
Temperature	32,1 °C
Speed	39,17 km/h
Altitude	104 m
Cadence	83 R/min
Power	310 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	-12 m/min

MIN/MAX VALUES

Heart rate	133 / 179 bpm
Temperature	26,0 / 37,0 °C
Speed	21,37 / 62,38 km/h
Altitude	44 / 125 m
Power	0 / 758 Watt
Cadence	0 / 104 R/min
Incline	-3 / 5 %
Rate of ascent	-31 / 25 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Команда(Чалтырь)=45км Date / Time: **24.08.2013 - 10:46 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	01:09:31 Since st... 01:09:31	45,34 Since st... 45,34	Avg. 39,17 Min. 21,37 Max. 62,38	Avg. 161 Min. 133 Max. 179	1042	Avg. 104 Max. 125	259	261	Avg. 1 Max. 5	Avg. -1 Max. -3	Avg. 83 Max. 104	Avg. 311 Max. 758
Total	01:09:31	45,34			1042		259	261				
Avg. Lap	01:09:31	45,34	39,17	161	1042	104	259	261	1	-1	83	311
Min.	01:09:31	45,34	21,37	133	1042		259	261				
Max.	01:09:31	45,34	62,38	179	1042	125	259	261	5	-3	104	758

Device / Bike: **ADRIANO** / Bike 1 Name: Команда(Чалтырь)=45км Date / Time: 24.08.2013 - 10:46 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



Кочевник,Нильс,Харауст,Адриано

Trip distance profile:

slightly hilly



Training type:

ТТТ, интенсивно

Description:

Чалтырь-Александровка 2-я-Чалтырь=45км, время 1:09:31ч, ветер юго-восточный 4-6м/с

External link:

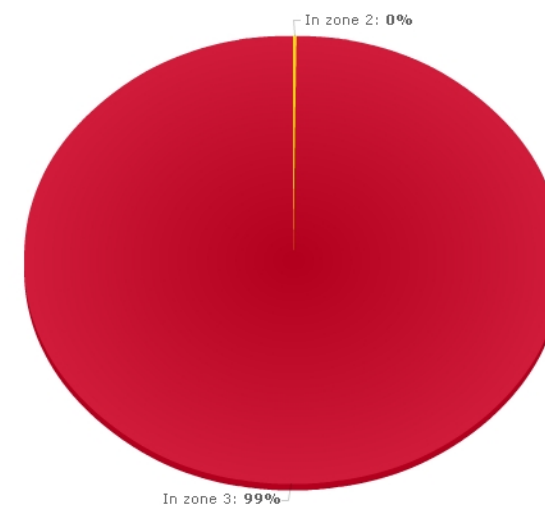
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=481>

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Команда(Чалтырь)=45км Date / Time: 24.08.2013 - 10:46 Clock

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:00 h
In zone 2 (127 - 145 bpm)	0:00:09 h
In zone 3 (145 - 181 bpm)	1:09:22 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:00 h
In zone 2 (127 - 145 bpm)	0:00:09 h
In zone 3 (145 - 163 bpm)	0:39:04 h
In zone 4 (163 - 181 bpm)	0:30:18 h
Over zones	0:00:00 h

