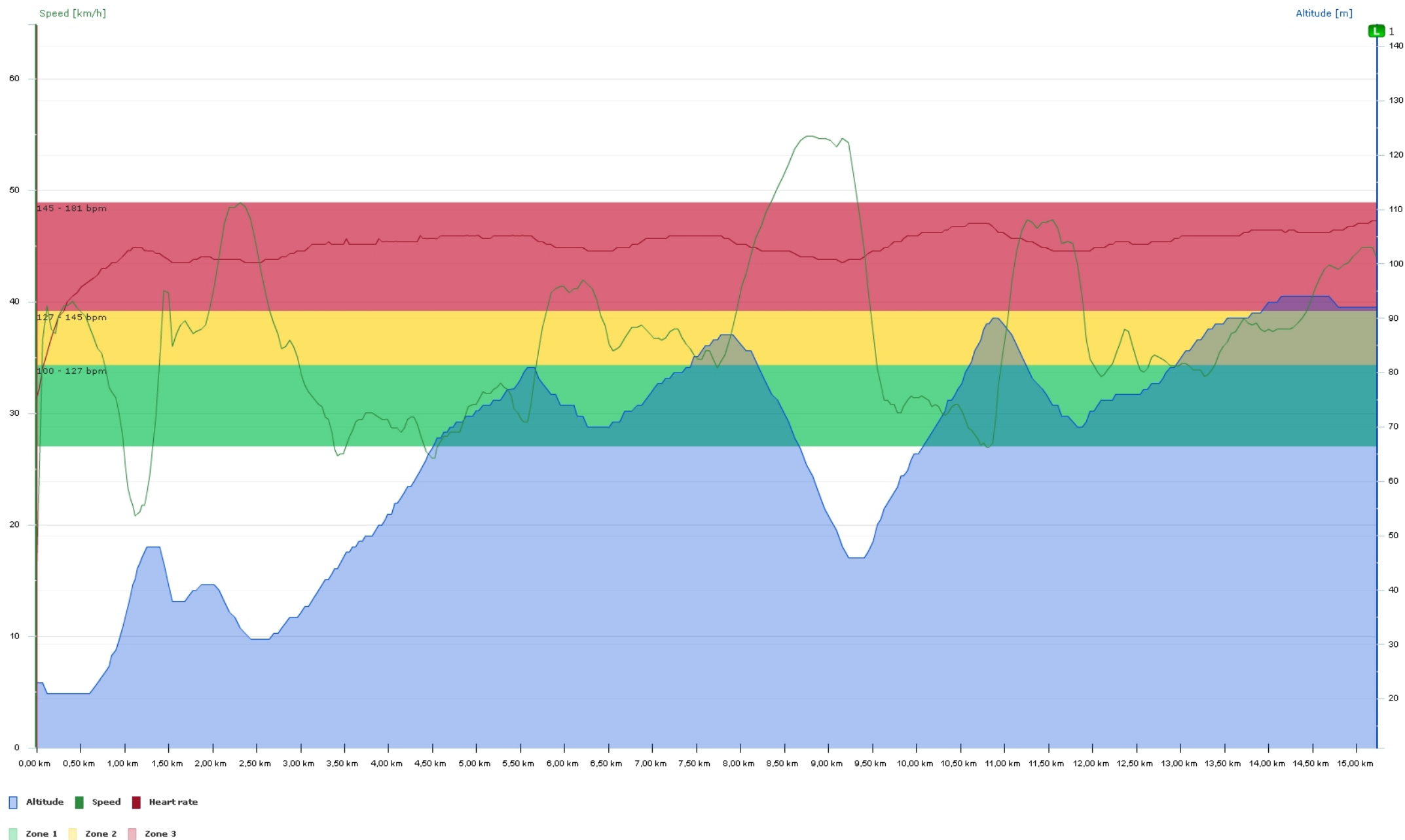


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Березовая=15км** Date / Time: **08.09.2013 - 10:50 Clock**



LOG



Device / Bike: **ADRIANO / Bike 1** Name: Березовая=15км Date / Time: **08.09.2013 - 10:50 Clock**

INFO

Start time	10:50 Clock
Date	08.09.2013
Unit	kmh
Bike	Bike 1
Number of log entries	342
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance:	15,22 km
Trip time	0:25:34 h
Trip distance uphill	5,64 km
Trip distance downhill	3,07 km
Trip time uphill	0:10:43 h
Trip time downhill	0:04:03 h
Altitude uphill:	165 m
Altitude downhill:	96 m
Calories	403 kcal

AVERAGE

Heart rate	166 bpm
Temperature	17,4 °C
Speed	35,73 km/h
Altitude	65 m
Cadence	86 R/min
Power	285 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	-14 m/min

MIN/MAX VALUES

Heart rate	116 / 175 bpm
Temperature	17,0 / 19,0 °C
Speed	14,83 / 54,88 km/h
Altitude	21 / 94 m
Power	0 / 522 Watt
Cadence	0 / 104 R/min
Incline	-5 / 5 %
Rate of ascent	-34 / 18 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Березовая=15км Date / Time: **08.09.2013 - 10:50 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	00:25:34 Since st... 00:25:34	15,22 Since st... 15,22	Avg. 35,73 Min. 14,83 Max. 54,88	Avg. 166 Min. 116 Max. 175	402	Avg. 65 Max. 94	165	96	Avg. 1 Max. 5	Avg. -1 Max. -5	Avg. 86 Max. 104	Avg. 286 Max. 522
Total	00:25:34	15,22			402		165	96				
Avg. Lap	00:25:34	15,22	35,73	166	402	65	165	96	1	-1	86	286
Min.	00:25:34	15,22	14,83	116	402		165	96				
Max.	00:25:34	15,22	54,88	175	402	94	165	96	5	-5	104	522

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Березовая=15км Date / Time: 08.09.2013 - 10:50 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



light wind



Training partner:



18 чубаков

Trip distance profile:

hilly



Training type:

Разделка, активно.

Description:

Новонаталино - Березовая=15км, время 25:34мин, ветер юго-западный 3-5м/с.

External link:

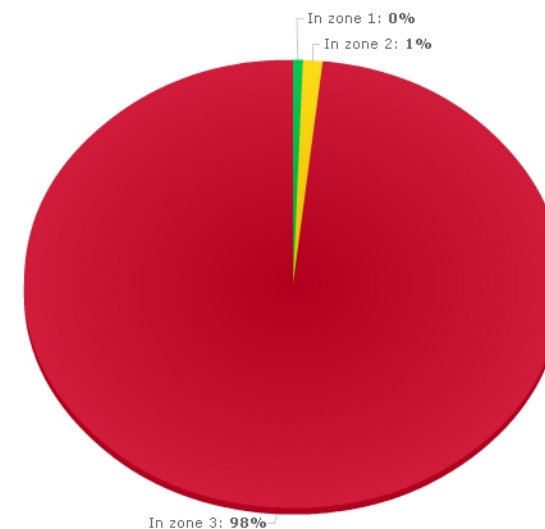
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=518>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Березовая=15км Date / Time: 08.09.2013 - 10:50 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)	0:00:18 h
In zone 3 (145 - 181 bpm)	0:25:07 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)	0:00:22 h
In zone 3 (145 - 163 bpm)	0:04:07 h
In zone 4 (163 - 181 bpm)	0:20:55 h
Over zones	0:00:00 h

