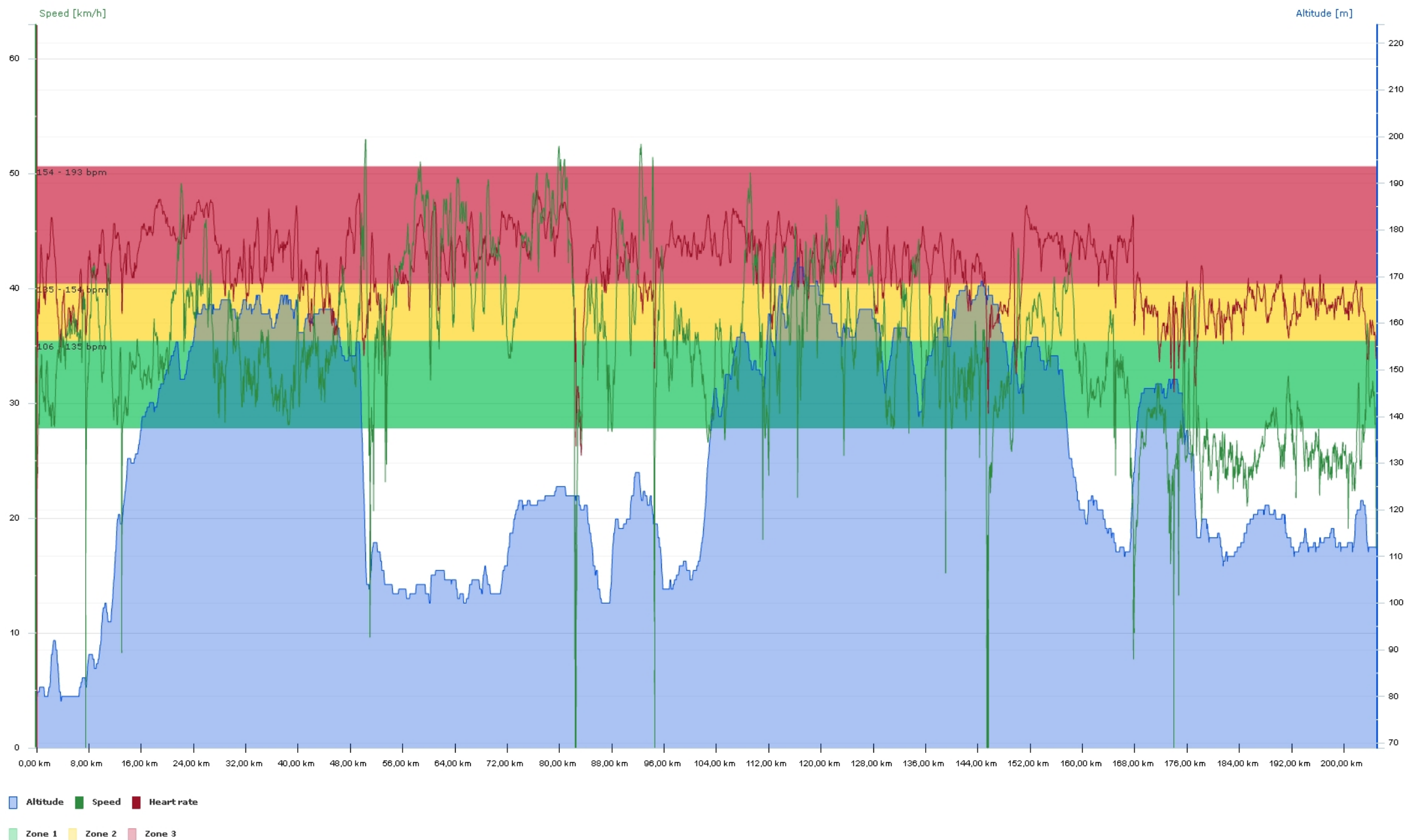


# LOG

Device / Bike: DREAMER / Bike 1 Name: Южный=200км Date / Time: 14.09.2013 - 07:59 Clock



# LOG



Device / Bike: DREAMER / Bike 1 Name: Южный=200км Date / Time: 14.09.2013 - 07:59 Clock

## INFO

Start time	07:59 Clock
Date	14.09.2013
Unit	kmh
Bike	Bike 1
Number of log entries	4938
Wheel size	2120 mm
Log time interval	5 s
Number of laps	1
Number of pauses	16

## TOTAL VALUES

Trip distance:	204,96 km
Trip time	6:09:34 h
Trip distance uphill	22,16 km
Trip distance downhill	18,48 km
Trip time uphill	0:42:09 h
Trip time downhill	0:30:40 h
Altitude uphill:	598 m
Altitude downhill:	567 m
Calories	4599 kcal

## AVERAGE

Heart rate	157 bpm
Temperature	24,0 °C
Speed	33,22 km/h
Altitude	132 m
Cadence	76 R/min
Power	211 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-7 m/min

## MIN/MAX VALUES

Heart rate	97 / 185 bpm
Temperature	14,0 / 32,0 °C
Speed	0,00 / 53,00 km/h
Altitude	79 / 174 m
Power	0 / 711 Watt
Cadence	0 / 104 R/min
Incline	-5 / 3 %
Rate of ascent	-44 / 16 m/min

# LOG

Device / Bike: DREAMER / Bike 1 Name: Южный=200км Date / Time: 14.09.2013 - 07:59 Clock

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	06:09:34 Since st... 06:09:34	204,96 Since st... 204,96	Avg. 33,22 Min. 0,00 Max. 53,00	Avg. 157 Min. 97 Max. 185	4598	Avg. 132 Max. 174	598	567	Avg. 1 Max. 3	Avg. -1 Max. -5	Avg. 76 Max. 104	Avg. 211 Max. 711
Total	06:09:34	204,96			4598		598	567				
Avg. Lap	06:09:34	204,96	33,22	157	4598	132	598	567	1	-1	76	211
Min.	06:09:34	204,96	0,00	97	4598		598	567				
Max.	06:09:34	204,96	53,00	185	4598	174	598	567	3	-5	104	711

## LOG

Device / Bike: DREAMER / Bike 1 Name: Южный=200км Date / Time: 14.09.2013 - 07:59 Clock

Break	Pause ti...	Duration...	Trip dist...	Speed [...]	Heart R...	Calories ...	Altitude ...	Altitude ...	Altitude ...	Incline u...	Incline d...	Cadence...	Power...
1	00:00:04	02:14:37 Since st... 02:14:37	82,33 Since st... 82,33	Avg. 36,... Min. 0,00 Max. 53,...	Avg. 162 Min. 119 Max. 185	1745	Avg. 128 Max. 166	230	187	Avg. 1 Max. 3	Avg. -1 Max. -5	Avg. 79 Max. 104	Avg. 271 Max. 711
2	00:02:05	00:00:12 Since st... 02:14:49	0,01 Since st... 82,34	Avg. 1,28 Min. 0,00 Max. 3,85	Avg. 138 Min. 128 Max. 146	2	Avg. 122 Max. 122	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
3	00:00:02	00:00:05 Since st... 02:14:55	0,00 Since st... 82,35	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 131 Min. 131 Max. 131	1	Avg. 122 Max. 122	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
4	00:00:08	00:00:18 Since st... 02:15:13	0,06 Since st... 82,42	Avg. 10,... Min. 0,00 Max. 17,...	Avg. 132 Min. 131 Max. 135	3	Avg. 122 Max. 123	1	0	Avg. 1 Max. 1	Avg. 0 Max. 0	Avg. 22 Max. 47	Avg. 24 Max. 92
5	00:00:05	00:00:20 Since st... 02:15:33	0,08 Since st... 82,50	Avg. 12,... Min. 0,00 Max. 21,...	Avg. 135 Min. 134 Max. 138	3	Avg. 123 Max. 123	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 20 Max. 52	Avg. 13 Max. 47
6	00:10:54	00:00:06 Since st... 02:15:39	0,00 Since st... 82,51	Avg. 2,50 Min. 0,00 Max. 5,01	Avg. 134 Min. 134 Max. 134	1	Avg. 122 Max. 123	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
7	00:05:26	00:00:11 Since st... 02:15:50	0,02 Since st... 82,54	Avg. 8,09 Min. 0,00 Max. 12,...	Avg. 103 Min. 100 Max. 107	1	Avg. 122 Max. 123	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
8	00:04:59	00:00:06 Since st... 02:15:57	0,00 Since st... 82,54	Avg. 2,50 Min. 0,00 Max. 5,01	Avg. 101 Min. 100 Max. 102	0	Avg. 123 Max. 123	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0

## LOG

Device / Bike: DREAMER / Bike 1 Name: Южный=200км Date / Time: 14.09.2013 - 07:59 Clock

Break	Pause ti...	Duration...	Trip dist...	Speed [...]	Heart R...	Calories ...	Altitude ...	Altitude ...	Altitude ...	Incline u...	Incline d...	Cadence...	Power...
9	00:00:17	00:00:06 Since st... 02:16:03	0,00 Since st... 82,55	Avg. 6,65 Min. 0,00 Max. 13,...	Avg. 106 Min. 106 Max. 107	0	Avg. 123 Max. 123	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
10	00:00:11	00:19:28 Since st... 02:35:32	11,97 Since st... 94,52	Avg. 36,... Min. 0,00 Max. 52,...	Avg. 154 Min. 97 Max. 179	233	Avg. 115 Max. 128	36	42	Avg. 1 Max. 2	Avg. -1 Max. -1	Avg. 78 Max. 101	Avg. 275 Max. 612
11	00:00:03	00:00:15 Since st... 02:35:47	0,01 Since st... 94,54	Avg. 4,24 Min. 0,00 Max. 6,75	Avg. 128 Min. 126 Max. 130	2	Avg. 117 Max. 117	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
12	00:00:23	01:26:10 Since st... 04:01:58	50,85 Since st... 145,40	Avg. 35,... Min. 0,00 Max. 50,...	Avg. 163 Min. 129 Max. 179	1125	Avg. 149 Max. 174	186	139	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 78 Max. 99	Avg. 239 Max. 600
13	00:00:05	00:00:49 Since st... 04:02:47	0,14 Since st... 145,55	Avg. 10,... Min. 0,00 Max. 18,...	Avg. 128 Min. 122 Max. 133	7	Avg. 165 Max. 166	1	0	Avg. 1 Max. 1	Avg. 0 Max. 0	Avg. 5 Max. 38	Avg. 6 Max. 44
14	00:00:01	00:00:11 Since st... 04:02:58	0,00 Since st... 145,56	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 124 Min. 119 Max. 127	1	Avg. 166 Max. 166	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
15	00:08:46	00:00:05 Since st... 04:03:03	0,01 Since st... 145,57	Avg. 5,59 Min. 0,00 Max. 11,...	Avg. 118 Min. 114 Max. 122	1	Avg. 166 Max. 167	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0



## LOG

Device / Bike: DREAMER / Bike 1 Name: Южный=200км Date / Time: 14.09.2013 - 07:59 Clock

Break	Pause ti...	Duration...	Trip dist...	Speed [...]	Heart R...	Calories ...	Altitude ...	Altitude ...	Altitude ...	Incline u...	Incline d...	Cadence...	Power...	
16		00:55:25	28,40	Avg. 30,...	Avg. 156		Avg. 139			Avg. 1	Avg. -1	Avg. 75	Avg. 165	
	00:00:36	Since st...	Since st...	Min. 0,00	Min. 111	679		83	104					
		04:58:28	173,97	Max. 42	Max. 180		Max. 168			Max. 2	Max. -2	Max. 100	Max. 455	
Total Avg. Pause Min. Max.	00:34:05	04:58:28	173,97			3813		537	472					
	00:02:07	00:18:39	10,87	12,...	132	238	132	33	29	0	0	22	62	
	00:00:01	00:00:05	0,00	0,00	97	0		0	0					
	00:10:54	02:14:37	82,33	53,...	185	1745	174	230	187	3	-5	104	711	
	◀													▶
	◀													▶

## LOG

Device / Bike: DREAMER / Bike 1 Name: Южный=200км Date / Time: 14.09.2013 - 07:59 Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



16 чуваков и 2 чувихи!

Trip distance profile:

flat



Training type:

Марафон

Description:

Тачанка-Кагальницкая-м4-Бурхановка-Кугей-Азов-Тачанка=200км

External link:

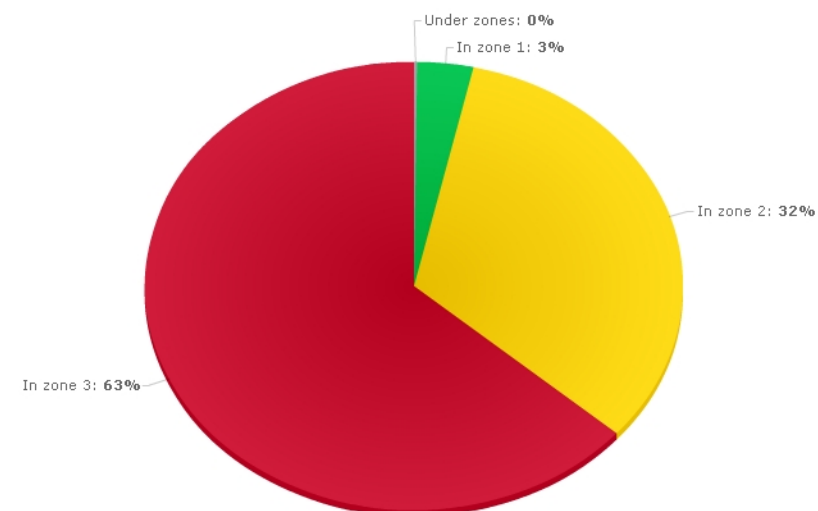
<http://>

## LOG

Device / Bike: DREAMER / Bike 1 Name: Южный-200км Date / Time: 14.09.2013 - 07:59 Clock

### Pulse Zones

Under zones	0:00:42 h
In zone 1 (106 - 135 bpm)	0:12:25 h
In zone 2 (135 - 154 bpm)	2:01:28 h
In zone 3 (154 - 193 bpm)	3:54:58 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:02:16 h
In zone 1 (116 - 135 bpm)	0:11:54 h
In zone 2 (135 - 154 bpm)	2:09:16 h
In zone 3 (154 - 174 bpm)	3:16:39 h
In zone 4 (174 - 193 bpm)	0:29:28 h
Over zones	0:00:00 h

