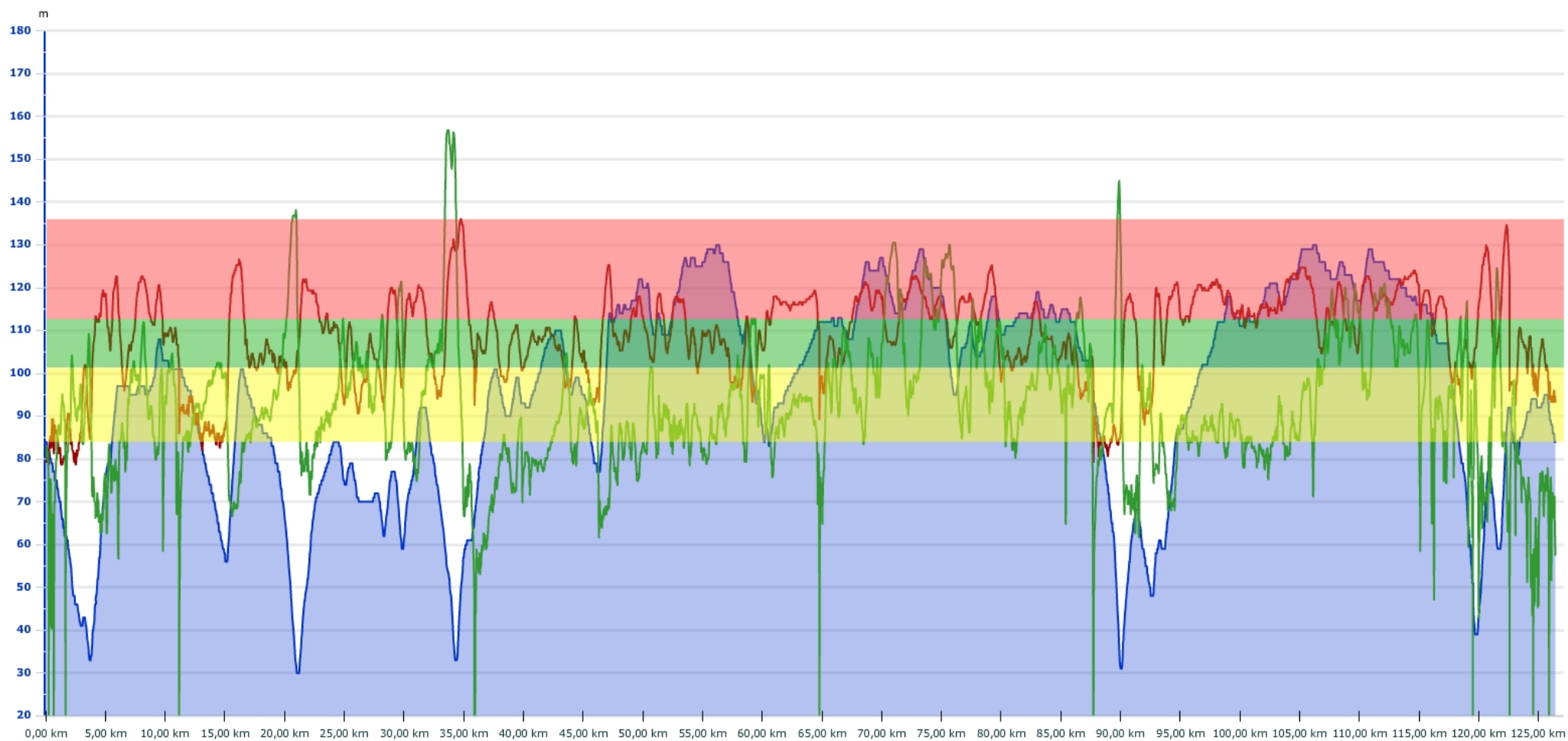


LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Dinamo-Tanais-Aleksandrovka-Chaltyr-B.Saly-Dinamo=125km** Date / Time: **03.09.2011 - 08:18 - 13:50**



Altitude Speed Heart rate Temperature Incline Rate of ascent
 Avg. altitude Avg. speed Avg. heart rate Avg. temperature
 Zone 3 Zone 2 Zone 1

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Dinamo-Tanais-Aleksandrovka-Chaltyr-B.Saly-Dinamo=125km** Date / Time: **03.09.2011 - 08:18 - 13:50**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

Normal

Training partner:



Description:

severo-vostochny veter 4m/s

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Dinamo-Tanais-Aleksandrovka-Chaltyr-B.Saly-Dinamo=125km** Date / Time: **03.09.2011 - 08:18 - 13:50**

MARKERS

7. 

13. 

8. 

14. 

9. 

15. 

10. 

11. 

12. 

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Dinamo-Tanais-Aleksandrovka-Chaltyr-B.Saly-Dinamo=125km** Date / Time: **03.09.2011 - 08:18 - 13:50**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	3494
Calories	2795 kcal
Bike	Bike 1
Stopp time	13:50 Clock
Start time	08:18 Clock
Date	03.09.2011

TOTAL VALUES

Trip distance	126,41 km
Trip time	04:21:19 h
Break time	01:01:17 h
Distance uphill	22,56 km
Trip time uphill	00:53:15 h
Meters uphill	782 m
Distance downhill	24,44 km
Trip time downhill	00:42:13 h
Meters downhill	775 m

MIN. / MAX VALUES

Speed	0,00/58,15 kmh
Heart rate	88/174 bpm
Temperature	18,0/35,0 °C
Altitude	30/130 °C
Incline	-6/6 %
Rate of ascent	-51/30 m/min

AVERAGE VALUES

Speed	29,03 kmh
Heart rate	133 bpm
Temperature	25,8 °C
Altitude	94 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Dinamo-Tanais-Aleksandrovka-Chaltyr-B.Saly-Dinamo=125km** Date / Time: **03.09.2011 - 08:18 - 13:50**



HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm

Time in Zone 1: 00:48:34 h

Time in Zone 2: 01:37:12 h

Time in Zone 3: 01:49:33 h

Outside 00:05:59 h

Zone 2:
37.2%

Zone 1:
18.6%

Outside:
2.3%

Zone 3:
41.9%

