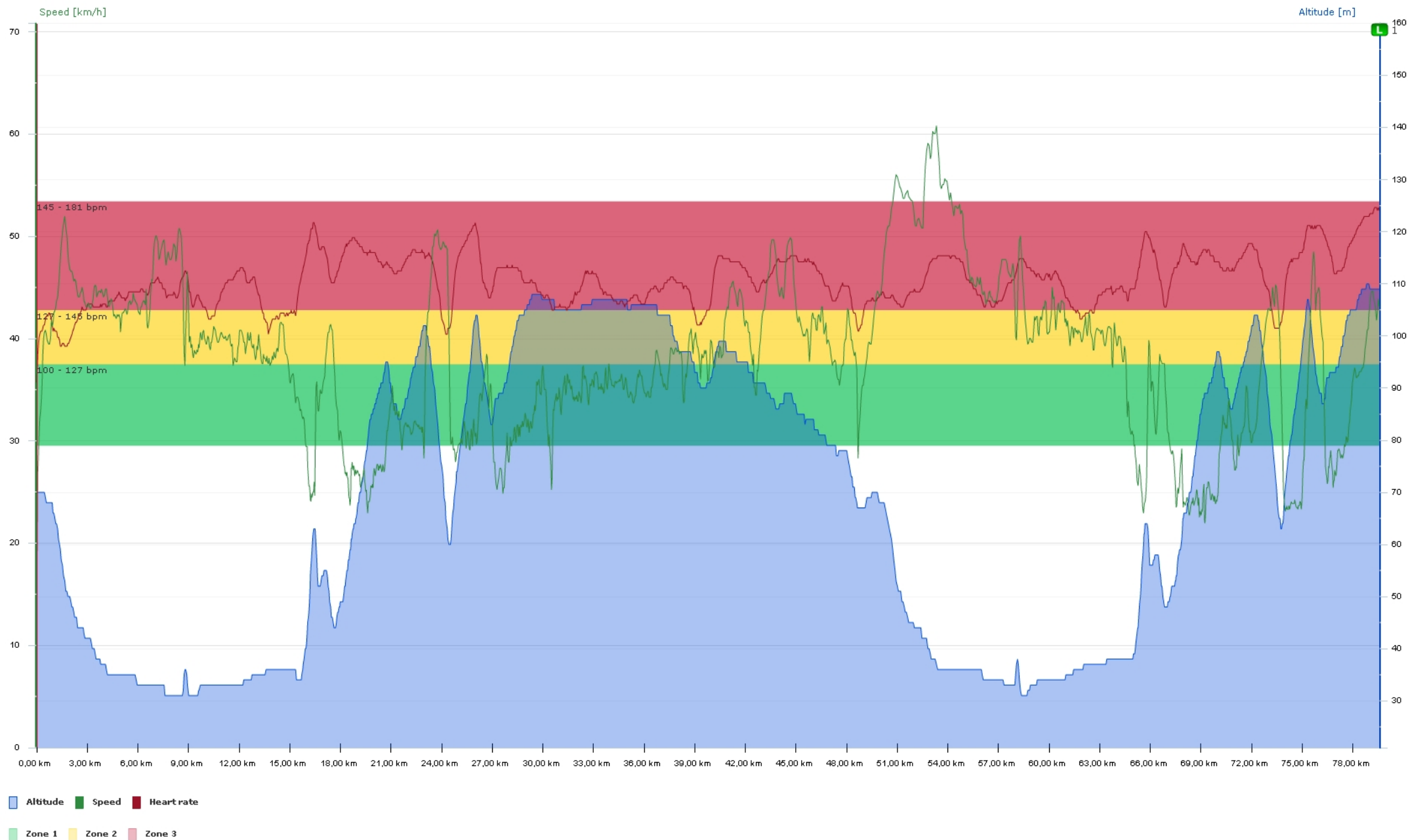


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Группа(Березовая)=80км** Date / Time: **21.09.2013 - 10:00 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Группа(Березовая)=80км Date / Time: **21.09.2013 - 10:00 Clock**

INFO

Start time	10:00 Clock
Date	21.09.2013
Unit	kmh
Bike	Bike 1
Number of log entries	1737
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance:	79,57 km
Trip time	2:10:12 h
Trip distance uphill	12,18 km
Trip distance downhill	12,10 km
Trip time uphill	0:25:03 h
Trip time downhill	0:17:01 h
Altitude uphill:	374 m
Altitude downhill:	335 m
Calories	1839 kcal

AVERAGE

Heart rate	155 bpm
Temperature	20,8 °C
Speed	36,69 km/h
Altitude	70 m
Cadence	79 R/min
Power	268 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	-10 m/min

MIN/MAX VALUES

Heart rate	121 / 179 bpm
Temperature	19,0 / 24,0 °C
Speed	6,35 / 60,84 km/h
Altitude	31 / 110 m
Power	0 / 1058 Watt
Cadence	0 / 105 R/min
Incline	-5 / 5 %
Rate of ascent	-33 / 20 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Группа(Березовая)=80км Date / Time: **21.09.2013 - 10:00 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	02:10:12 Since st... 02:10:12	79,57 Since st... 79,57	Avg. 36,69 Min. 6,35 Max. 60,84	Avg. 155 Min. 121 Max. 179	1838	Avg. 70 Max. 110	374	335	Avg. 1 Max. 5	Avg. -1 Max. -5	Avg. 79 Max. 105	Avg. 268 Max. 1...
Total	02:10:12	79,57			1838		374	335				
Avg. Lap	02:10:12	79,57	36,69	155	1838	70	374	335	1	-1	79	268
Min.	02:10:12	79,57	6,35	121	1838		374	335				
Max.	02:10:12	79,57	60,84	179	1838	110	374	335	5	-5	105	1...

Device / Bike: **ADRIANO** / Bike 1 Name: Группа(Березовая)=80км Date / Time: 21.09.2013 - 10:00 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



light wind



Training partner:



9 чуваков

Trip distance profile:

slightly hilly



Training type:

Гонка, интенсивно.

Description:

Сальский круг(ДПС) - Новонатаьино - Березовая - сальский круг - Березовая - финиш за 200м до выезда на сальскую трассу=80км, западный ветер=5м/с, время 2ч10м12с.

External link:

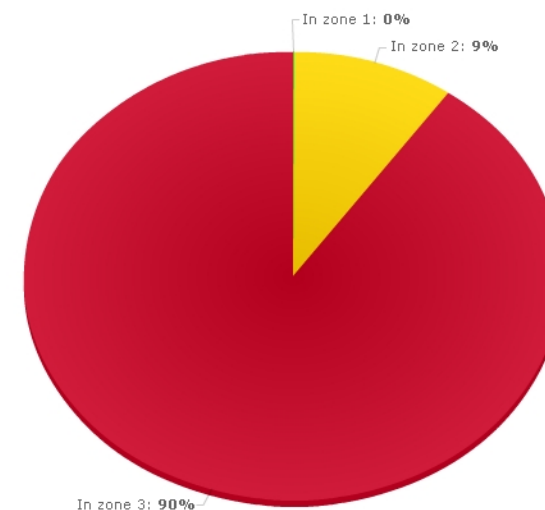
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=524>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа(Березовая)=80км Date / Time: **21.09.2013 - 10:00 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:12:40 h
In zone 3 (145 - 181 bpm)	1:57:27 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)	0:15:18 h
In zone 3 (145 - 163 bpm)	1:32:19 h
In zone 4 (163 - 181 bpm)	0:22:25 h
Over zones	0:00:00 h

