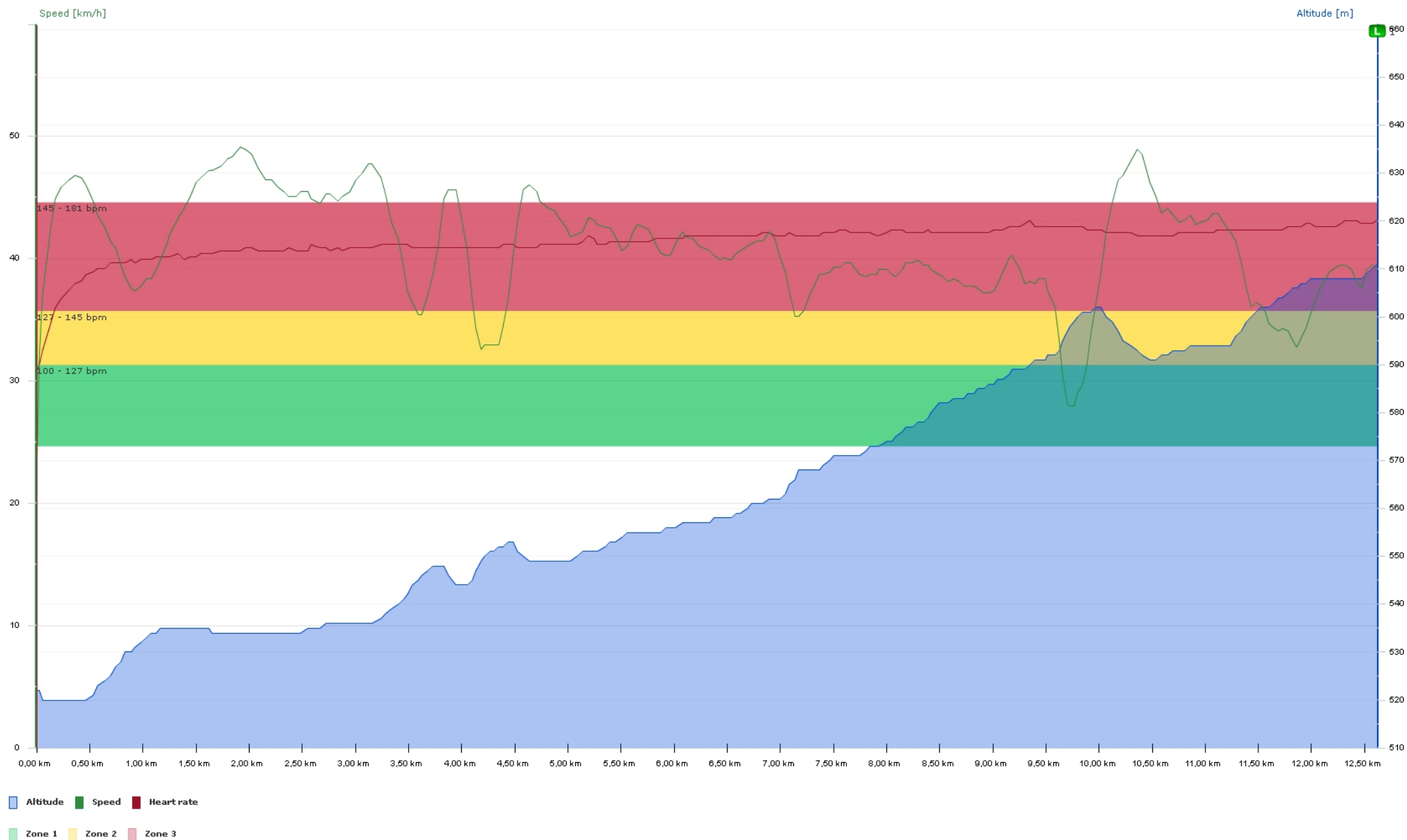


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Псебай)=12,5км Date / Time: 26.10.2013 - 15:38 Clock



LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Песбай)=12,5км Date / Time: **26.10.2013 - 15:38 Clock**

INFO

Start time	15:38 Clock
Date	26.10.2013
Unit	kmh
Bike	Bike 1
Number of log entries	251
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance:	12,61 km
Trip time	0:18:45 h
Trip distance uphill	4,71 km
Trip distance downhill	0,79 km
Trip time uphill	0:07:21 h
Trip time downhill	0:01:07 h
Altitude uphill:	111 m
Altitude downhill:	22 m
Calories	299 kcal

AVERAGE

Heart rate	167 bpm
Temperature	19,3 °C
Speed	40,39 km/h
Altitude	564 m
Cadence	86 R/min
Power	364 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-8 m/min

MIN/MAX VALUES

Heart rate	125 / 175 bpm
Temperature	17,0 / 22,0 °C
Speed	22,14 / 49,10 km/h
Altitude	520 / 611 m
Power	76 / 608 Watt
Cadence	73 / 104 R/min
Incline	-2 / 3 %
Rate of ascent	-15 / 16 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Псебай)=12,5км Date / Time: **26.10.2013 - 15:38 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	00:18:45 Since st... 00:18:45	12,61 Since st... 12,61	Avg. 40,39 Min. 22,14 Max. 49,10	Avg. 167 Min. 125 Max. 175	298	Avg. 564 Max. 611	111	22	Avg. 1 Max. 3	Avg. -1 Max. -2	Avg. 86 Max. 104	Avg. 364 Max. 608
Total	00:18:45	12,61			298		111	22				
Avg. Lap	00:18:45	12,61	40,39	167	298	564	111	22	1	-1	86	364
Min.	00:18:45	12,61	22,14	125	298		111	22				
Max.	00:18:45	12,61	49,10	175	298	611	111	22	3	-2	104	608

Device / Bike: **ADRIANO** / Bike 1 Name: Разделка(Псебай)=12,5км Date / Time: 26.10.2013 - 15:38 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



19 чубаков

Trip distance profile:

slightly hilly



Training type:

Интенсивно

Description:

Псебай - Солёное=12,5км, время=18:48мин, Vcp=40,4км/ч, северный ветер=2-3м/с

External link:

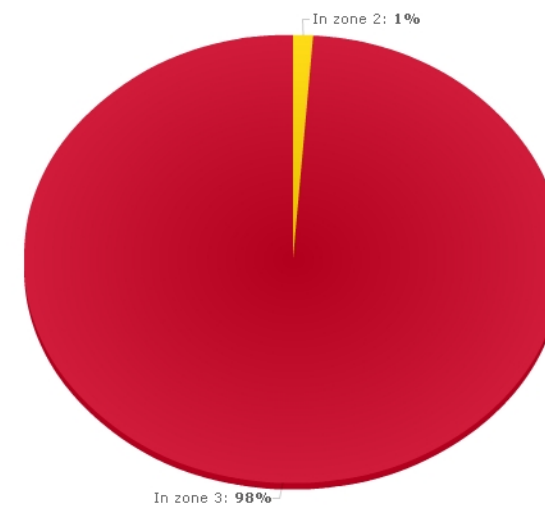
<http://forum.rostovroadclub.ru/viewtopic.php?p=9331#p9331>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Псебай)=12,5км Date / Time: 26.10.2013 - 15:38 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)	0:00:13 h
In zone 3 (145 - 181 bpm)	0:18:31 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:00:09 h
In zone 3 (145 - 163 bpm)	0:01:52 h
In zone 4 (163 - 181 bpm)	0:16:39 h
Over zones	0:00:00 h

