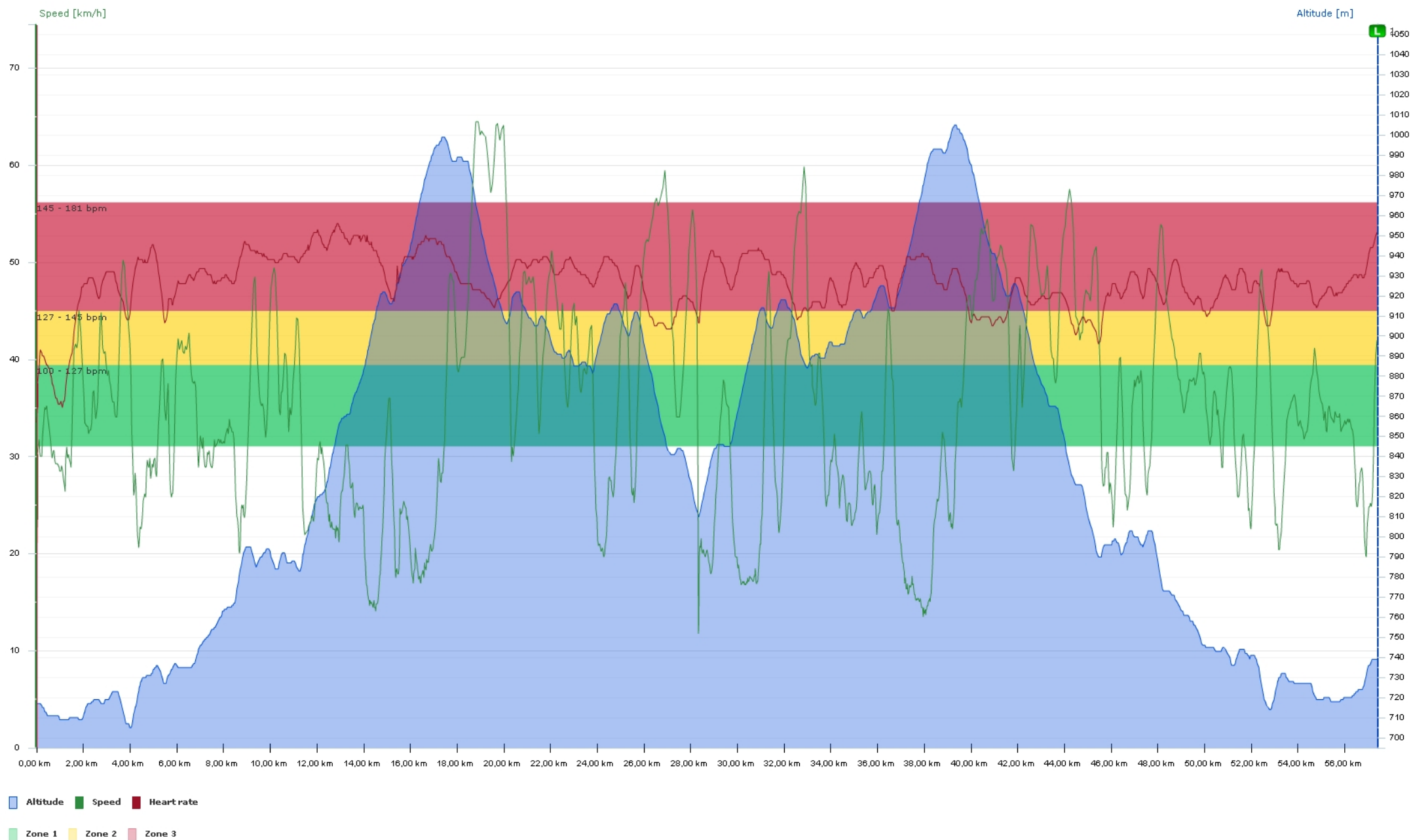


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Группа(Псебай)=58км** Date / Time: **27.10.2013 - 11:39 Clock**



# LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Группа(Песбай)=58км Date / Time: **27.10.2013 - 11:39 Clock**

## INFO

Start time	11:39 Clock
Date	27.10.2013
Unit	kmh
Bike	Bike 1
Number of log entries	1450
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

## TOTAL VALUES

Trip distance:	57,38 km
Trip time	1:48:40 h
Trip distance uphill	18,21 km
Trip distance downhill	18,93 km
Trip time uphill	0:45:36 h
Trip time downhill	0:25:30 h
Altitude uphill:	785 m
Altitude downhill:	763 m
Calories	1542 kcal

## AVERAGE

Heart rate	155 bpm
Temperature	19,3 °C
Speed	31,69 km/h
Altitude	844 m
Cadence	81 R/min
Power	200 Watt
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	10 m/min
Inclination rate downhill	-20 m/min

## MIN/MAX VALUES

Heart rate	108 / 174 bpm
Temperature	17,0 / 24,0 °C
Speed	11,75 / 64,50 km/h
Altitude	705 / 1005 m
Power	0 / 650 Watt
Cadence	0 / 121 R/min
Incline	-7 / 6 %
Rate of ascent	-62 / 24 m/min

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Группа(Псебай)=58км Date / Time: **27.10.2013 - 11:39 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	01:48:40 Since st... 01:48:40	57,38 Since st... 57,38	Avg. 31,69 Min. 11,75 Max. 64,50	Avg. 155 Min. 108 Max. 174	1541	Avg. 844 Max. 1005	785	763	Avg. 2 Max. 6	Avg. -2 Max. -7	Avg. 81 Max. 121	Avg. 200 Max. 650
Total	01:48:40	57,38			1541		785	763				
Avg. Lap	01:48:40	57,38	31,69	155	1541	844	785	763	2	-2	81	200
Min.	01:48:40	57,38	11,75	108	1541		785	763				
Max.	01:48:40	57,38	64,50	174	1541	1005	785	763	6	-7	121	650

Device / Bike: **ADRIANO** / Bike 1 Name: Группа(Песбай)=58км Date / Time: **27.10.2013 - 11:39 Clock**

## NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



19 чубаков

Trip distance profile:

hilly



Training type:

Тяжко

Description:

Граница КЧР(стелла) - Прохладное(разворот) - граница КЧР(финиш в гору)=58км,  
время=1:48:30ч, Vcp=31,7км/ч, юго-восточный ветер=2-3м/с

External link:

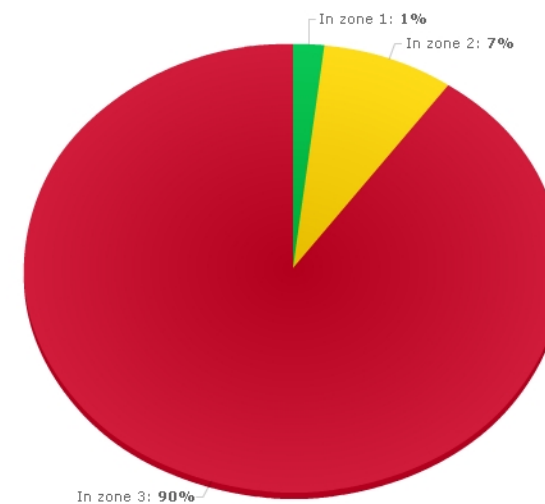
<http://forum.rostovroadclub.ru/viewtopic.php?p=9338#p9338>

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Группа(Песбай)=58км Date / Time: **27.10.2013 - 11:39** Clock

### Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:02:01 h
In zone 2 (127 - 145 bpm)	0:08:37 h
In zone 3 (145 - 181 bpm)	1:38:01 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:02:10 h
In zone 2 (127 - 145 bpm)	0:09:49 h
In zone 3 (145 - 163 bpm)	1:17:19 h
In zone 4 (163 - 181 bpm)	0:19:21 h
Over zones	0:00:00 h

