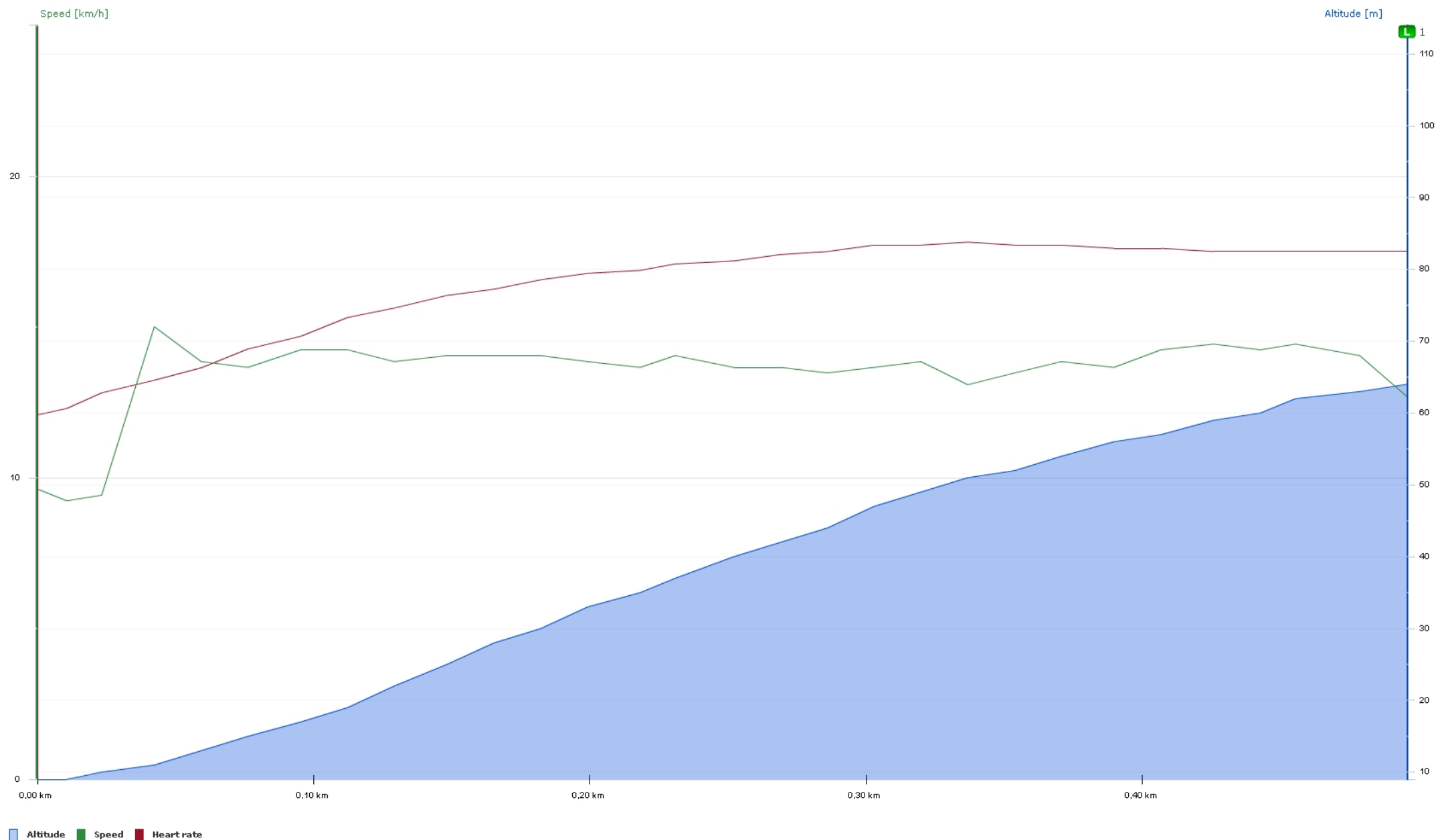


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Ставского UP=0,5км Date / Time: 20.10.2012 - 14:57 Clock



# LOG

Device / Bike: **ADRIANO** / Bike **1** Name: Ставского UP=0,5км Date / Time: **20.10.2012 - 14:57** Clock

## INFO

Start time	14:57 Clock
Date	20.10.2012
Unit	kmh
Bike	Bike 1
Number of log entries	30
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

## AVERAGE

Heart rate	155 bpm
Temperature	19,0 °C
Speed	13,45 km/h
Altitude	37 m
Cadence	54 R/min
Power	396 Watt
Inclination uphill	11 %
Inclination downhill	5 %
Inclination rate uphill	26 m/min
Inclination rate downhill	-7 m/min

## TOTAL VALUES

Trip distance:	0,49 km
Trip time	0:02:10 h
Trip distance uphill	0,48 km
Trip distance downhill	0,00 km
Trip time uphill	0:02:06 h
Trip time downhill	0:00:00 h
Altitude uphill:	55 m
Altitude downhill:	0 m
Calories	31 kcal

## MIN/MAX VALUES

Heart rate	116 / 171 bpm
Temperature	19,0 / 19,0 °C
Speed	9,24 / 15,02 km/h
Altitude	9 / 64 m
Power	0 / 612 Watt
Cadence	0 / 63 R/min
Incline	-7 / 17 %
Rate of ascent	-11 / 39 m/min

# LOG



Device / Bike: **ADRIANO / Bike 1** Name: Ставского **UP=0,5км** Date / Time: **20.10.2012 - 14:57 Clock**

Lap	Duration (h)	Trip distan...	Speed (km...	Heart Rate...	Calories (...)	Altitude (m)	Altitude up...	Altitude do...	Incline uphill...	Incline dow...	Cadence (R...	Power (...)
1	00:02:10 Since start: 00:02:10	0,49 Since start: 0,49	Avg. 13,45 Min. 9,24 Max. 15,02	Avg. 155 Min. 116 Max. 171	31	Avg. 37 Max. 64	55	0	Avg. 11 Max. 17	Avg. -5 Max. -7	Avg. 0 Max. 63	Avg. 0 Max. 612
<b>Total</b>	00:02:10	0,49			31		55	0				
<b>Avg. Lap</b>	00:02:10	0,49	13,45	155	31	37	55	0	11	-5	0	0
<b>Min.</b>	00:02:10	0,49	9,24	116	31		55	0				
<b>Max.</b>	00:02:10	0,49	15,02	171	31	64	55	0	17	-7	63	612

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Ставского UP=0,5км Date / Time: 20.10.2012 - 14:57 Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



Андреано

Trip distance profile:

steep



Training type:

Спокойно

Description:

Старт до ливневки, финиш на Профсоюзной, темп спокойный - разведывательный...

External link:

<http://>

Linked track:

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Ставского UP=0,5км Date / Time: 20.10.2012 - 14:57 Clock

### Pulse Zones

Under zones	0:00:00 h
In zone 1 (95 - 121 bpm)	0:00:04 h
In zone 2 (121 - 138 bpm)	0:00:18 h
In zone 3 (138 - 173 bpm)	0:01:48 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:00:00 h
In zone 1 (104 - 121 bpm)	0:00:04 h
In zone 2 (121 - 138 bpm)	0:00:18 h
In zone 3 (138 - 156 bpm)	0:00:22 h
In zone 4 (156 - 173 bpm)	0:01:25 h
Over zones	0:00:00 h



### Power Zones