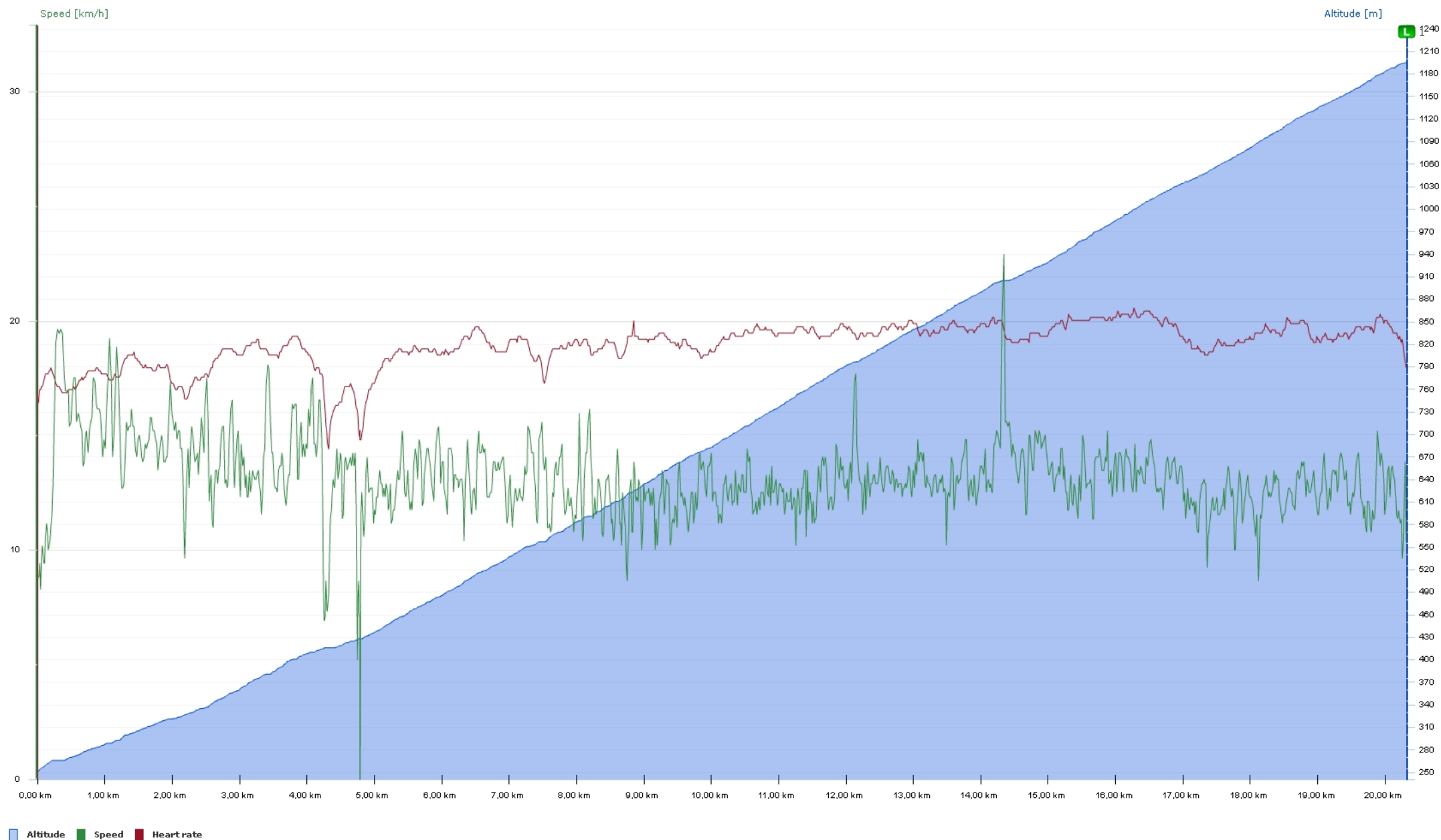


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Ай-Петри UP=20км Date / Time: **04.11.2013 - 13:06** Clock



# LOG

Device / Bike: **ADRIANO** / Bike **1** Name: Ай-Петри **UP=20км** Date / Time: **04.11.2013 - 13:06 Clock**

## INFO

Start time	13:06 Clock
Date	04.11.2013
Unit	kmh
Bike	Bike 1
Number of log entries	1244
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	2

## AVERAGE

Heart rate	138 bpm
Temperature	14,5 °C
Speed	13,00 km/h
Altitude	708 m
Cadence	70 R/min
Power	143 Watt
Inclination uphill	3 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-3 m/min

## TOTAL VALUES

Trip distance:	20,31 km
Trip time	1:33:08 h
Trip distance uphill	14,25 km
Trip distance downhill	0,00 km
Trip time uphill	1:06:00 h
Trip time downhill	0:00:00 h
Altitude uphill:	945 m
Altitude downhill:	0 m
Calories	1072 kcal

## MIN/MAX VALUES

Heart rate	105 / 150 bpm
Temperature	12,0 / 19,0 °C
Speed	0,00 / 22,91 km/h
Altitude	251 / 1195 m
Power	0 / 232 Watt
Cadence	0 / 94 R/min
Incline	-2 / 8 %
Rate of ascent	-5 / 14 m/min

# LOG



Device / Bike: **ADRIANO / Bike 1** Name: Ай-Петри **UP=20км** Date / Time: **04.11.2013 - 13:06 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	01:33:08 Since start: 01:33:08	20,31 Since start: 20,31	Avg. 13,00 Min. 0,00 Max. 22,91	Avg. 138 Min. 105 Max. 150	1071	Avg. 708 Max. 1195	944	0	Avg. 3 Max. 8	Avg. -1 Max. -2	Avg. 70 Max. 94	Avg. 143 Max. 232
<b>Total</b>	01:33:08	20,31			1071		944	0				
<b>Avg. Lap</b>	01:33:08	20,31	13,00	138	1071	708	944	0	3	-1	70	143
<b>Min.</b>	01:33:08	20,31	0,00	105	1071		944	0				
<b>Max.</b>	01:33:08	20,31	22,91	150	1071	1195	944	0	8	-2	94	232

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Ай-Петри **UP=20км** Date / Time: **04.11.2013 - 13:06 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:19	00:20:38 Since start: 00:20:38	4,78 Since start: 4,78	Avg. 13,84 Min. 5,20 Max. 19,64	Avg. 129 Min. 105 Max. 141	211	Avg. 343 Max. 428	177	0	Avg. 3 Max. 8	Avg. -1 Max. -1	Avg. 66 Max. 91	Avg. 122 Max. 232
2	00:00:40	00:00:07 Since start: 00:20:46	0,00 Since start: 4,79	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 109 Min. 108 Max. 111	1	Avg. 428 Max. 428	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
<b>Total</b>	00:00:59	00:20:46	4,79			212		177	0				
<b>Avg. Pause</b>	00:00:29	00:10:23	2,39	6,92	119	106	385	88	0	1	0	33	61
<b>Min.</b>	00:00:19	00:00:07	0,00	0,00	105	1		0	0				
<b>Max.</b>	00:00:40	00:20:38	4,78	19,64	141	211	428	177	0	8	-1	91	232

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Ай-Петри **UP=20км** Date / Time: **04.11.2013 - 13:06 Clock**

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



Юрок+Андреано

Trip distance profile:

steep



Training type:

Терпимо

Description:

От трассы до первых верхних кафешек набор 950м за 20км, 1мин пауза на водопаде Уч-Сун, Vcp=13км/ч, время=1:33ч...

External link:

<http://>

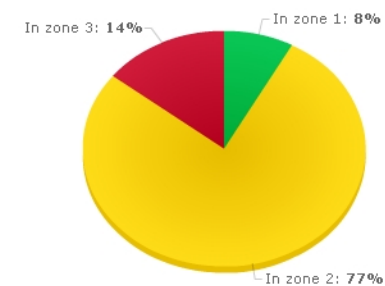
Linked track:

## LOG

Device / Bike: **ADRIANO** / Bike **1** Name: Ай-Петри UP=20км Date / Time: **04.11.2013 - 13:06** Clock

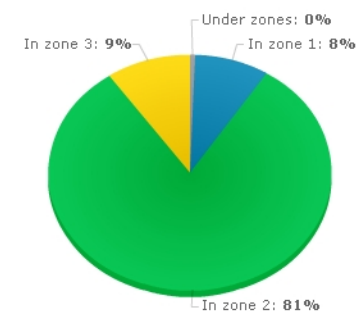
### Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:07:25 h
In zone 2 (127 - 145 bpm)	1:12:18 h
In zone 3 (145 - 181 bpm)	0:13:25 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:00:32 h
In zone 1 (109 - 127 bpm)	0:07:55 h
In zone 2 (127 - 145 bpm)	1:15:40 h
In zone 3 (145 - 163 bpm)	0:09:00 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h



### Power Zones