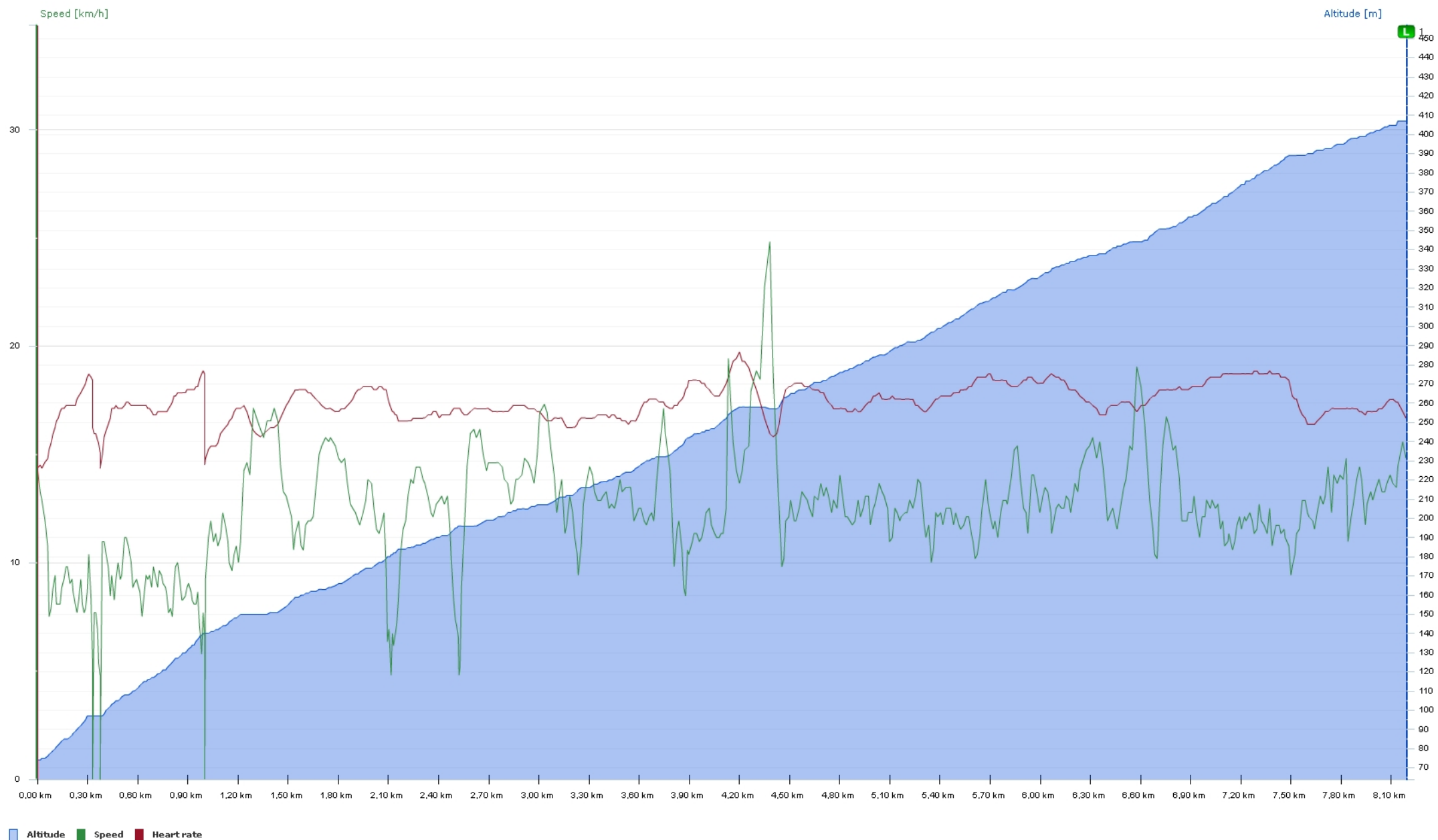


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Алутка-Оползневос** **UP=8км** Date / Time: **05.11.2013 - 11:01** Clock



# LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Алушка-Оползневое UP=8км Date / Time: 05.11.2013 - 11:01 Clock

## INFO

Start time	11:01 Clock
Date	05.11.2013
Unit	kmh
Bike	Bike 1
Number of log entries	544
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	3

## AVERAGE

Heart rate	119 bpm
Temperature	24,2 °C
Speed	12,01 km/h
Altitude	242 m
Cadence	63 R/min
Power	112 Watt
Inclination uphill	3 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-3 m/min

## TOTAL VALUES

Trip distance:	8,18 km
Trip time	0:40:37 h
Trip distance uphill	4,63 km
Trip distance downhill	0,03 km
Trip time uphill	0:23:51 h
Trip time downhill	0:00:04 h
Altitude uphill:	334 m
Altitude downhill:	1 m
Calories	318 kcal

## MIN/MAX VALUES

Heart rate	99 / 136 bpm
Temperature	20,0 / 26,0 °C
Speed	0,00 / 24,84 km/h
Altitude	74 / 407 m
Power	0 / 292 Watt
Cadence	0 / 109 R/min
Incline	-1 / 9 %
Rate of ascent	-4 / 22 m/min

# LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Алутка-Оползневое UP=8км** Date / Time: **05.11.2013 - 11:01 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	00:40:37 Since start: 00:40:37	8,18 Since start: 8,18	Avg. 12,01 Min. 0,00 Max. 24,84	Avg. 119 Min. 99 Max. 136	317	Avg. 242 Max. 407	334	1	Avg. 3 Max. 9	Avg. -1 Max. -1	Avg. 63 Max. 109	Avg. 112 Max. 292
<b>Total</b>	00:40:37	8,18			317		334	1				
<b>Avg. Lap</b>	00:40:37	8,18	12,01	119	317	242	334	1	3	-1	63	112
<b>Min.</b>	00:40:37	8,18	0,00	99	317		334	1				
<b>Max.</b>	00:40:37	8,18	24,84	136	317	407	334	1	9	-1	109	292

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Алутка-Оползневое** **UP=8км** Date / Time: **05.11.2013 - 11:01 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:16	00:02:13 Since start: 00:02:13	0,33 Since start: 0,33	Avg. 9,19 Min. 5,39 Max. 14,44	Avg. 116 Min. 99 Max. 129	16	Avg. 85 Max. 97	23	0	Avg. 5 Max. 9	Avg. -2 Max. -5	Avg. 44 Max. 79	Avg. 110 Max. 208
2	00:00:17	00:00:25 Since start: 00:02:39	0,04 Since start: 0,37	Avg. 5,44 Min. 0,00 Max. 7,70	Avg. 106 Min. 99 Max. 110	2	Avg. 120 Max. 120	0	0	Avg. 1 Max. 1	Avg. 0 Max. 0	Avg. 25 Max. 43	Avg. 1 Max. 4
3	00:00:59	00:04:13 Since start: 00:06:52	0,62 Since start: 1,00	Avg. 8,78 Min. 0,00 Max. 11,16	Avg. 119 Min. 100 Max. 130	33	Avg. 142 Max. 163	43	0	Avg. 5 Max. 9	Avg. 0 Max. 0	Avg. 50 Max. 63	Avg. 131 Max. 191
<b>Total</b>	00:01:32	00:06:52	1,00			51		66	0				
<b>Avg. Pause</b>	00:00:30	00:02:17	0,33	7,80	113	17	115	22	0	4	0	39	81
<b>Min.</b>	00:00:16	00:00:25	0,04	0,00	99	2		0	0				
<b>Max.</b>	00:00:59	00:04:13	0,62	14,44	130	33	163	43	0	9	-5	79	208

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Алупка-Оползневое **UP=8км** Date / Time: **05.11.2013 - 11:01 Clock**

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



3 чувака

Trip distance profile:

steep



Training type:

Комфортно

Description:

Алупка - верхняя дорога - Оползневое=8км, набор h=330м, Vcp=12км/ч, ср.градиент=4%...

External link:

<http://>

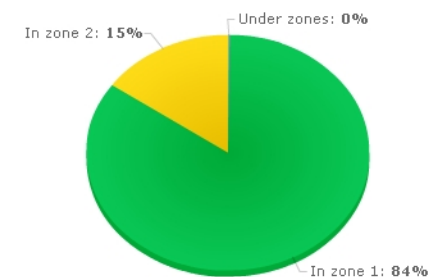
Linked track:

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Алушка-Оползневое UP=8км Date / Time: 05.11.2013 - 11:01 Clock

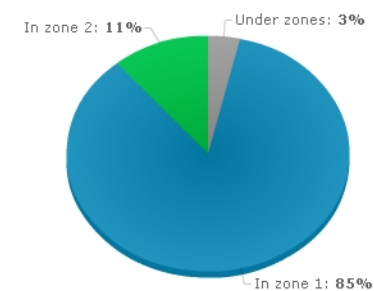
### Pulse Zones

Under zones	0:00:04 h
In zone 1 (100 - 127 bpm)	0:34:19 h
In zone 2 (127 - 145 bpm)	0:06:13 h
In zone 3 (145 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:01:28 h
In zone 1 (109 - 127 bpm)	0:34:37 h
In zone 2 (127 - 145 bpm)	0:04:31 h
In zone 3 (145 - 163 bpm)	0:00:00 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h



### Power Zones