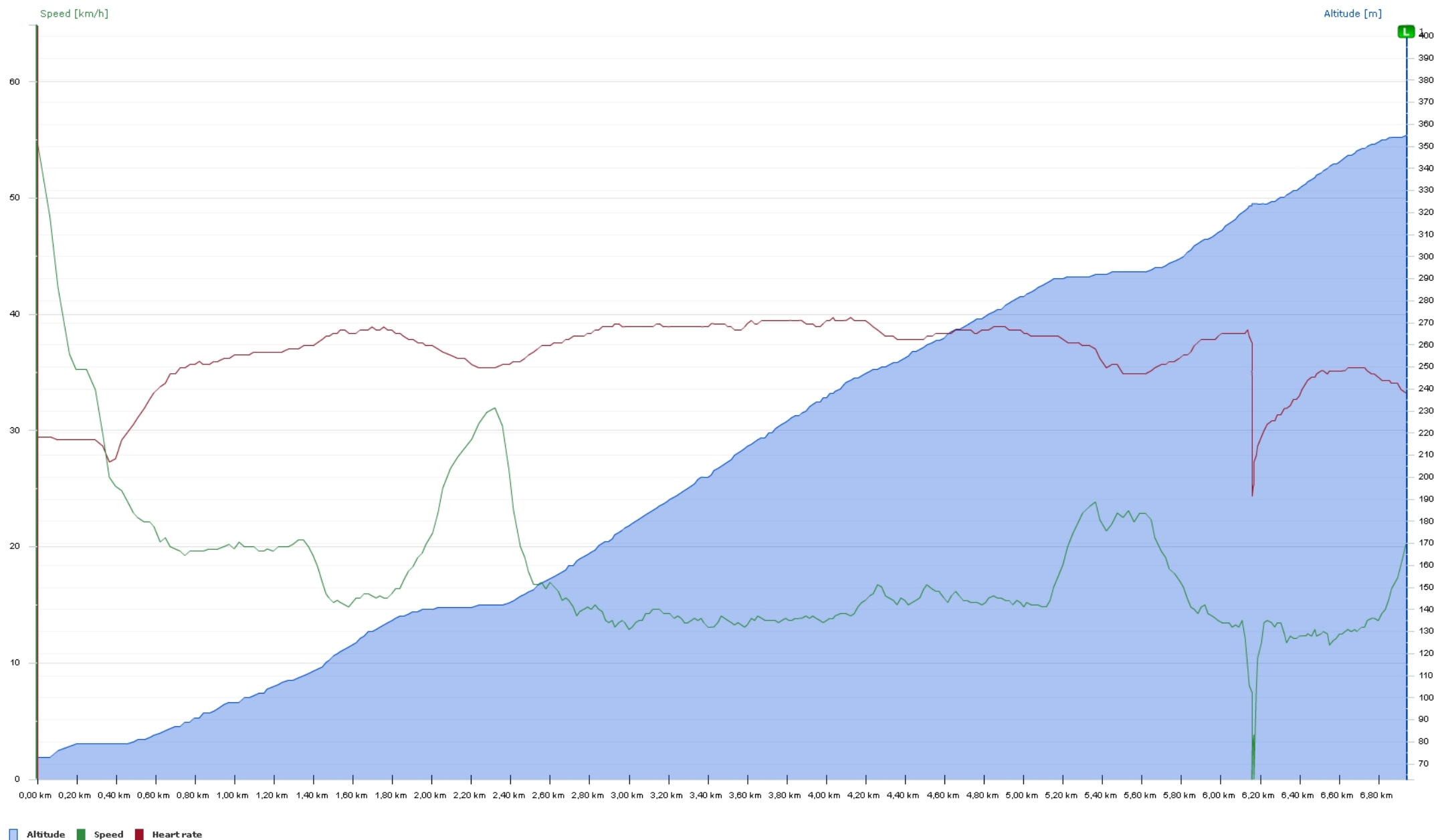


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Форо-Ласпи UP=7км** Date / Time: **02.11.2013 - 12:12 Clock**



LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Форош-Ласпи UP=7км** Date / Time: **02.11.2013 - 12:12 Clock**

INFO

Start time	12:12 Clock
Date	02.11.2013
Unit	kmh
Bike	Bike 1
Number of log entries	338
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	3

AVERAGE

Heart rate	135 bpm
Temperature	17,3 °C
Speed	16,53 km/h
Altitude	221 m
Cadence	76 R/min
Power	174 Watt
Inclination uphill	4 %
Inclination downhill	0 %
Inclination rate uphill	10 m/min
Inclination rate downhill	0 m/min

TOTAL VALUES

Trip distance:	6,93 km
Trip time	0:25:08 h
Trip distance uphill	4,87 km
Trip distance downhill	0,00 km
Trip time uphill	0:18:27 h
Trip time downhill	0:00:00 h
Altitude uphill:	281 m
Altitude downhill:	0 m
Calories	273 kcal

MIN/MAX VALUES

Heart rate	90 / 147 bpm
Temperature	16,0 / 19,0 °C
Speed	0,00 / 54,88 km/h
Altitude	73 / 355 m
Power	0 / 427 Watt
Cadence	0 / 97 R/min
Incline	0 / 7 %
Rate of ascent	0 / 15 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Форош-Ласпи UP=7км** Date / Time: **02.11.2013 - 12:12 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	00:25:08 Since start: 00:25:08	6,93 Since start: 6,93	Avg. 16,53 Min. 0,00 Max. 54,88	Avg. 135 Min. 90 Max. 147	272	Avg. 221 Max. 355	281	0	Avg. 4 Max. 7	Avg. 0 Max. 0	Avg. 76 Max. 97	Avg. 175 Max. 427
Total	00:25:08	6,93			272		281	0				
Avg. Lap	00:25:08	6,93	16,53	135	272	221	281	0	4	0	76	175
Min.	00:25:08	6,93	0,00	90	272		281	0				
Max.	00:25:08	6,93	54,88	147	272	355	281	0	7	0	97	427

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Форос-Ласпи UP=7км** Date / Time: **02.11.2013 - 12:12 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:18	00:21:15 Since start: 00:21:15	6,15 Since start: 6,15	Avg. 17,45 Min. 7,51 Max. 54,88	Avg. 138 Min. 101 Max. 147	236	Avg. 199 Max. 323	250	0	Avg. 4 Max. 7	Avg. -4 Max. -13	Avg. 79 Max. 97	Avg. 186 Max. 427
2	00:12:00	00:00:04 Since start: 00:21:20	0,00 Since start: 6,15	Avg. 1,62 Min. 0,00 Max. 3,28	Avg. 109 Min. 90 Max. 128	1	Avg. 324 Max. 324	0	0	Avg. 1 Max. 1	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
3	00:00:25	00:00:12 Since start: 00:21:32	0,00 Since start: 6,16	Avg. 2,38 Min. 0,00 Max. 3,85	Avg. 95 Min. 93 Max. 100	1	Avg. 324 Max. 324	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
Total	00:12:43	00:21:32	6,16			238		250	0				
Avg. Pause	00:04:14	00:07:10	2,05	7,15	114	79	282	83	0	1	-1	26	62
Min.	00:00:18	00:00:04	0,00	0,00	90	1		0	0				
Max.	00:12:00	00:21:15	6,15	54,88	147	236	324	250	0	7	-13	97	427

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Форос-Ласпи UP=7км Date / Time: 02.11.2013 - 12:12 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



3 чувака

Trip distance profile:

steep



Training type:

Спокойно

Description:

По севастопольской трассе за Форосом дальше галереи=7км, набор h=280м, Vср.=16,5км, ср.градиент=4%...

External link:

<http://>

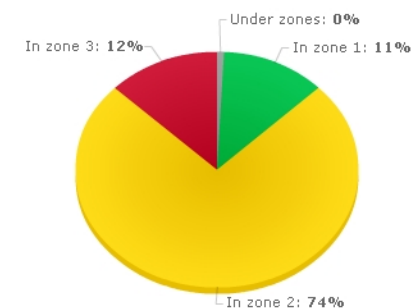
Linked track:

LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Форос-Ласпи UP=7км** Date / Time: **02.11.2013 - 12:12 Clock**

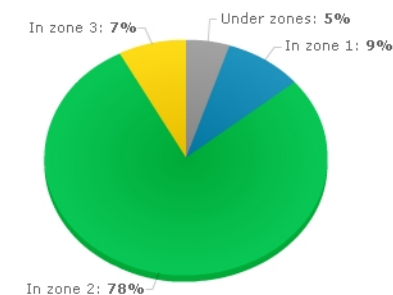
Pulse Zones

Under zones	0:00:12 h
In zone 1 (100 - 127 bpm)	0:03:00 h
In zone 2 (127 - 145 bpm)	0:18:42 h
In zone 3 (145 - 181 bpm)	0:03:13 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:01:15 h
In zone 1 (109 - 127 bpm)	0:02:15 h
In zone 2 (127 - 145 bpm)	0:19:41 h
In zone 3 (145 - 163 bpm)	0:01:57 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h



Power Zones