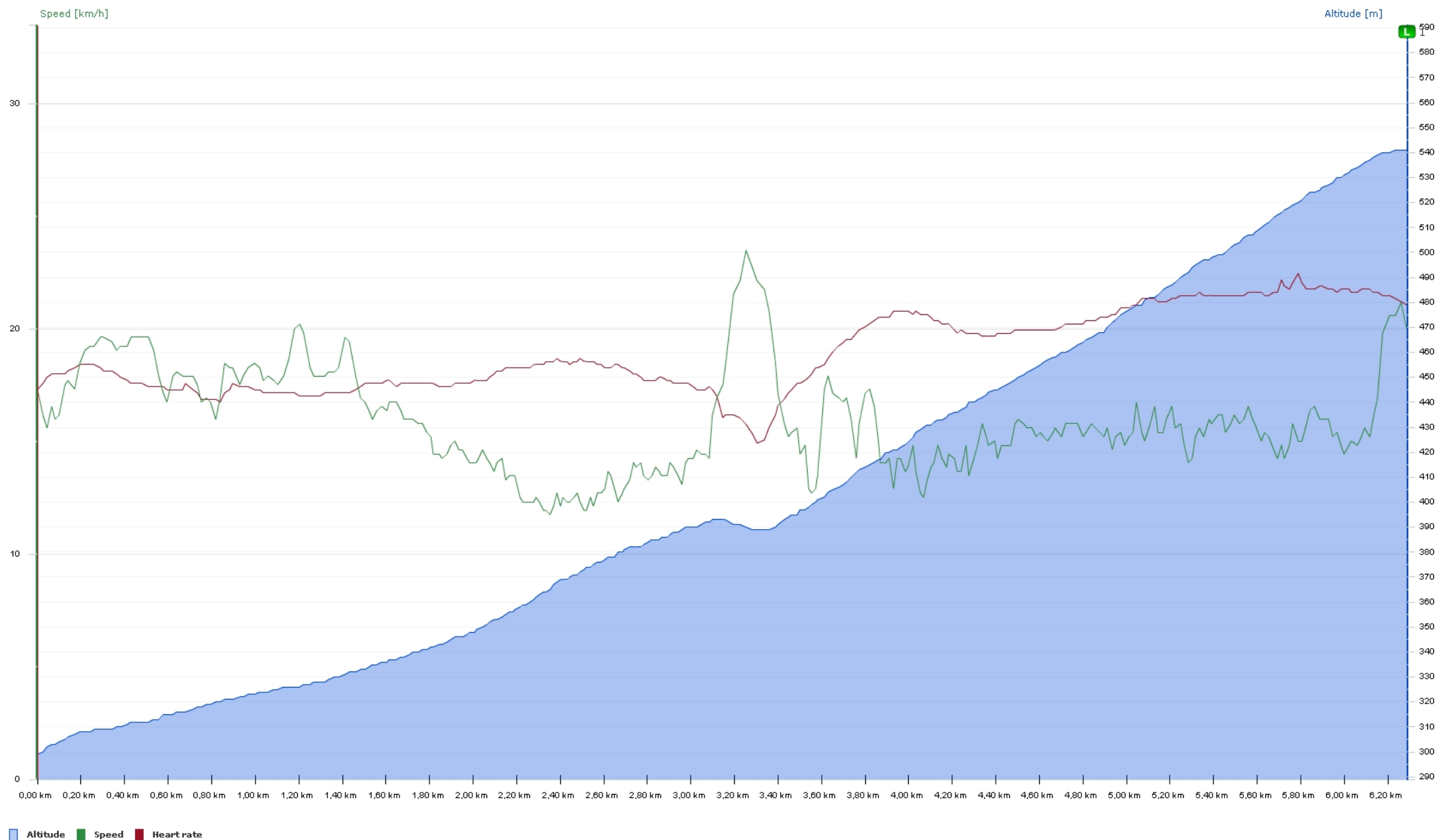


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Байдарские ворота UP=6км Date / Time: 05.11.2013 - 11:01 Clock



LOG

Device / Bike: **ADRIANO / Bike 1** Name: Байдарские ворота **UP=6км** 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	320
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

AVERAGE

Heart rate	136 bpm
Temperature	16,3 °C
Speed	15,68 km/h
Altitude	403 m
Cadence	71 R/min
Power	158 Watt
Inclination uphill	3 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-5 m/min

TOTAL VALUES

Trip distance:	6,28 km
Trip time	0:23:55 h
Trip distance uphill	4,22 km
Trip distance downhill	0,09 km
Trip time uphill	0:16:25 h
Trip time downhill	0:00:13 h
Altitude uphill:	248 m
Altitude downhill:	4 m
Calories	236 kcal

MIN/MAX VALUES

Heart rate	107 / 161 bpm
Temperature	16,0 / 17,0 °C
Speed	11,75 / 23,49 km/h
Altitude	299 / 541 m
Power	0 / 306 Watt
Cadence	0 / 97 R/min
Incline	-2 / 7 %
Rate of ascent	-7 / 17 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Байдарские ворота **UP=6км** 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	00:23:55 Since start: 00:23:55	6,28 Since start: 6,28	Avg. 15,68 Min. 11,75 Max. 23,49	Avg. 136 Min. 107 Max. 161	235	Avg. 403 Max. 541	246	4	Avg. 3 Max. 7	Avg. -1 Max. -2	Avg. 71 Max. 97	Avg. 159 Max. 306
Total	00:23:55	6,28			235		246	4				
Avg. Lap	00:23:55	6,28	15,68	136	235	403	246	4	3	-1	71	159
Min.	00:23:55	6,28	11,75	107	235		246	4				
Max.	00:23:55	6,28	23,49	161	235	541	246	4	7	-2	97	306

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Байдарские ворота UP=6км Date / Time: 05.11.2013 - 11:01 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



3 чувака

Trip distance profile:

steep



Training type:

АКТИВНО

Description:

Орлинное - Байдарские ворота=6км, набор h=250м, Vcp=15,7км/ч, время=24мин, ср.градиент 4%, макс.градиент=7%...

External link:

<http://>

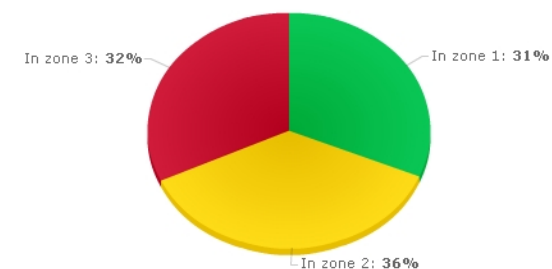
Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Байдарские ворота UP=6км Date / Time: 05.11.2013 - 11:01 Clock

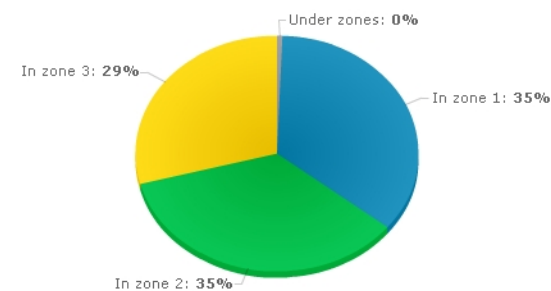
Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:07:30 h
In zone 2 (127 - 145 bpm)	0:08:46 h
In zone 3 (145 - 181 bpm)	0:07:39 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:09 h
In zone 1 (109 - 127 bpm)	0:08:24 h
In zone 2 (127 - 145 bpm)	0:08:24 h
In zone 3 (145 - 163 bpm)	0:06:58 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h



Power Zones