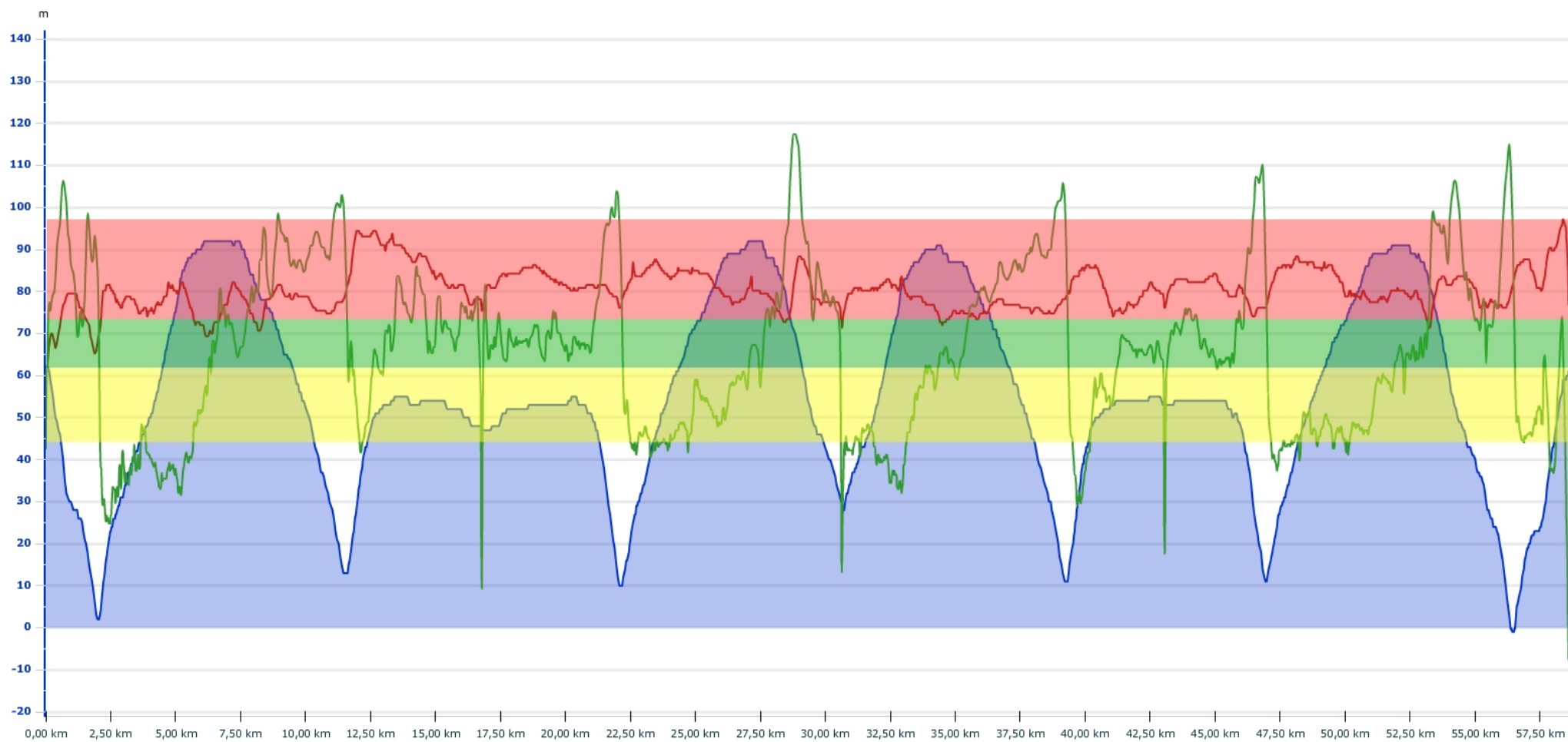


# LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Group race=60km**    Date / Time: **16.10.2011 - 11:01 - 12:48**



Altitude    Speed    Heart rate    Temperature    Incline    Rate of ascent  
 Avg. altitude    Avg. speed    Avg. heart rate    Avg. temperature  
 Zone 3    Zone 2    Zone 1

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Group race=60km**    Date / Time: **16.10.2011 - 11:01 - 12:48**



### NOTES

Rating:



Weather:



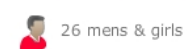
Trip distance profile:



Training type:

Heavy

Training partner:



Description:

Grupповaya gonka na 60km v Kamensk-Shahtinskoy , match Russia-Ukraine + veterany

### MARKERS

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Group race=60km**    Date / Time: **16.10.2011 - 11:01 - 12:48**

### INFO

Unit	kmh
Wheel size	2116 mm
Log time interval	5
Number of log entries	1427
Calories	1425 kcal
Bike	Bike 1
Stopp time	12:48 Clock
Start time	11:01 Clock
Date	16.10.2011

### TOTAL VALUES

Trip distance	58,61 km
Trip time	01:46:57 h
Break time	00:00:00 h
Distance uphill	13,92 km
Trip time uphill	00:31:48 h
Meters uphill	477 m
Distance downhill	15,62 km
Trip time downhill	00:22:07 h
Meters downhill	478 m

### MIN. / MAX VALUES

Speed	5,39/55,21 kmh
Heart rate	100/174 bpm
Temperature	7,0/9,0 °C
Altitude	-1/92 °C
Incline	-5/6 %
Rate of ascent	-43/29 m/min

### AVERAGE VALUES

Speed	32,89 kmh
Heart rate	149 bpm
Temperature	7,9 °C
Altitude	55 m
Incline	0 %
Rate of ascent	0 m

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Group race=60km**    Date / Time: **16.10.2011 - 11:01 - 12:48**



### HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm

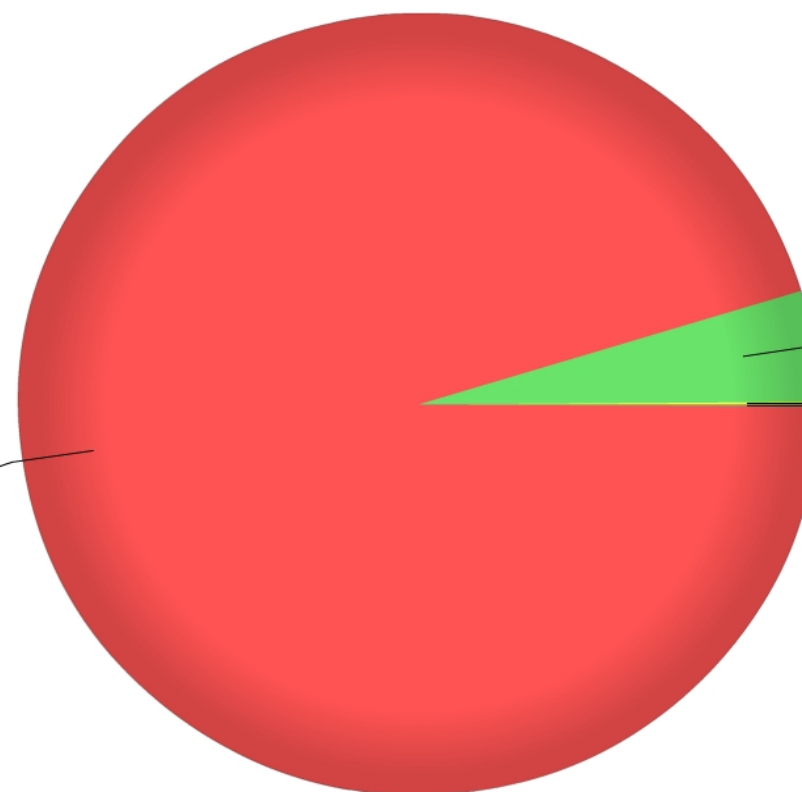
Time in Zone 1: 00:00:04 h

Time in Zone 2: 00:04:57 h

Time in Zone 3: 01:41:51 h

Outside 00:00:04 h

Zone 3:  
95.2%



Zone 2:  
4.6%

Zone 1:  
0.1%

Outside:  
0.1%