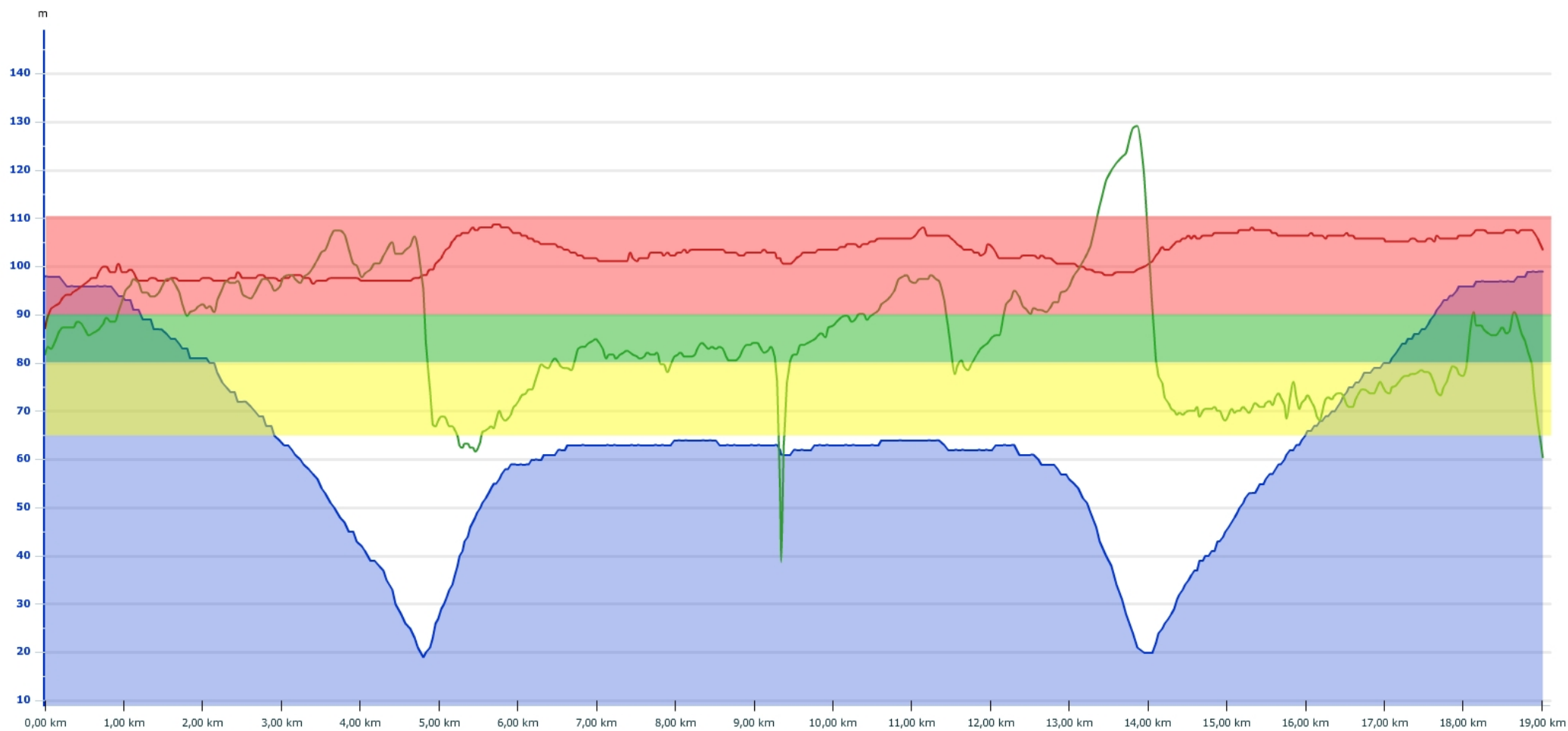


# LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Razdelka=20km v Kamenske**    Date / Time: **15.10.2011 - 11:21 - 11:53**



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: **Razdelka=20km v Kamenske**    Date / Time: **15.10.2011 - 11:21 - 11:53**



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

Heavy

Training partner:



33 mens & girls

Description:

Razdelka v Kamensk-Shahtinskom na 20km , match Russia-Ukraine + veterany RRC

### MARKERS

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Razdelka=20km v Kamenske**    Date / Time: **15.10.2011 - 11:21 - 11:53**

### INFO

Unit	kmh
Wheel size	2116 mm
Log time interval	5
Number of log entries	427
Calories	478 kcal
Bike	Bike 1
Stopp time	11:53 Clock
Start time	11:21 Clock
Date	15.10.2011

### TOTAL VALUES

Trip distance	19,01 km
Trip time	00:31:57 h
Break time	00:00:00 h
Distance uphill	4,21 km
Trip time uphill	00:08:28 h
Meters uphill	128 m
Distance downhill	4,29 km
Trip time downhill	00:06:04 h
Meters downhill	127 m

### MIN. / MAX VALUES

Speed	14,23/57,52 kmh
Heart rate	134/171 bpm
Temperature	11,0/14,0 °C
Altitude	19/99 °C
Incline	-5/6 %
Rate of ascent	-45/25 m/min

### AVERAGE VALUES

Speed	35,73 kmh
Heart rate	160 bpm
Temperature	12,3 °C
Altitude	63 m
Incline	0 %
Rate of ascent	0 m

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Razdelka=20km v Kamenske**    Date / Time: **15.10.2011 - 11:21 - 11:53**



### HEART RATE ZONES

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

Time in Zone 1:	00:00:00 h
Time in Zone 2:	00:00:04 h
Time in Zone 3:	00:31:52 h

Outside	00:00:00 h
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Zone 3:  
99.7%

Zone 2:  
0.2%

Zone 1: 0.0% | Outside: 0.0%