

TRAINING DATA

Computer / bike: valeradi / Bike 1
Name: grup.gonka 65km. psebay. nachalo.
Date / Time: 27.04.2014 - 10:03



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

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TRIP DISTANCE & TIME

Trip distance: 28,39 km
 Avg. speed: 34,81 kmh
 Trip distance +: 28,39 km
 Avg. Power: 193 Watt

Trip time: 00:49:07 h
 Max. speed: 59,92 kmh
 Trip distance -: 0,00 km
 Max. power: 587 Watt



CADENCE

Avg. cadence: 86 R/min
 Avg. Expansion: 6,9 m/R

Max. cadence: 139 R/min



HEART RATE

Avg. heart rate: 165 bpm
 Zone 1: 00:04:21 h
 Zone 2: 00:02:03 h
 Zone 3: 00:41:45 h
 Calories: 698 kcal

Max. heart rate: 189 bpm
 % in zone 1: 9 %
 % in zone 2: 4 %
 % in zone 3: 85 %



UPHILL

Trip distance: 5,43 km
 Avg. speed: 33,24 kmh
 Avg. incline: 1 %
 Max. altitude: 768 m

Trip time: 00:09:49 h
 Altitude: 137 m
 Max. incline: 2 %
 Avg. Expansion: 6,4 m/R



DOWNHILL

Trip distance: 5,68 km
 Avg. speed: 40,20 kmh
 Avg. incline: 1 %

Trip time: 00:08:33 h
 Altitude: 139 m
 Max. incline: 4 %



TEMPERATURE

Minimum: 16,5 °C

Maximum: 28,8 °C