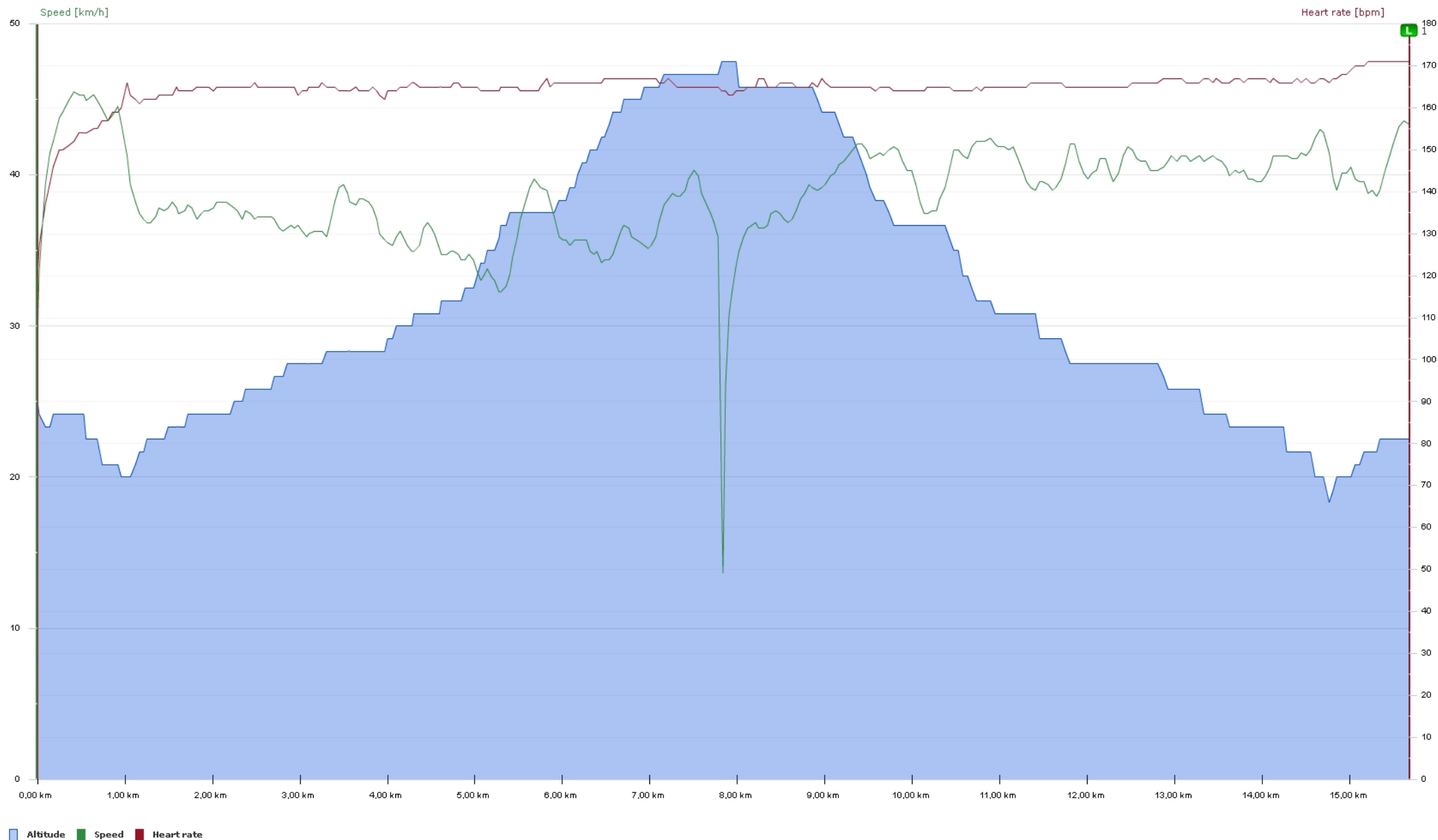


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15,7км** Date / Time: **01.05.2014 - 10:54** Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Малолюбавный=15,7км Date / Time: **01.05.2014 - 10:54 Clock**

INFO

Start time	10:54 Clock
Date	01.05.2014
Unit	kmh
Bike	Bike 1
Number of log entries	327
Wheel size	2112 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

AVERAGE

Heart rate	164 bpm
Temperature	22,4 °C
Speed	38,46 km/h
Altitude	38 m
Cadence	83 R/min
Power	285 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	15,67 km
Trip time	0:24:27 h
Trip distance uphill	1,65 km
Trip distance downhill	1,65 km
Trip time uphill	0:02:55 h
Trip time downhill	0:02:28 h
Altitude uphill	39 m
Altitude downhill	42 m
Calories	393 kcal

MIN/MAX VALUES

Heart rate	120 / 171 bpm
Temperature	20,0 / 28,0 °C
Speed	13,63 / 45,50 km/h
Altitude	22 / 57 m
Power	0 / 463 Watt
Cadence	0 / 101 R/min
Incline	-1 / 1 %
Rate of ascent	-7 / 6 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15,7км** Date / Time: **01.05.2014 - 10:54 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	00:24:27 Since start: 00:24:27	15,67 Since start: 15,67	Avg. 38,46 Min. 13,63 Max. 45,50	Avg. 164 Min. 120 Max. 171	392	Avg. 38 Max. 57	39	42	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 83 Max. 101	Avg. 286 Max. 463
Total	00:24:27	15,67			392		39	42				
Avg. Lap	00:24:27	15,67	38,46	164	392	38	39	42	1	-1	83	286
Min.	00:24:27	15,67	13,63	120	392		39	42				
Max.	00:24:27	15,67	45,50	171	392	57	39	42	1	-1	101	463

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Малодубравный=15,7км Date / Time: 01.05.2014 - 10:54 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



no wind



Training partner:



25 чубаков

Trip distance profile:

flat



Training type:

Интенсивно

Description:

Малодубравный-жд переезд(разворот) и обратно=15,67км, время=24:27мин, Vcp=38,46км/ч, почти без ветра...

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Малодубравный=15,7км** Date / Time: **01.05.2014 - 10:54 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - < 125 bpm)	0:00:00 h
In zone 2 (125 - < 142 bpm)	0:00:09 h
In zone 3 (142 - < 178 bpm)	0:24:18 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 107 - 125 bpm)	0:00:00 h
In zone 2 (> 125 - 142 bpm)	0:00:13 h
In zone 3 (> 142 - 160 bpm)	0:01:07 h
In zone 4 (> 160 - 178 bpm)	0:23:06 h
Over zones	0:00:00 h



Power Zones