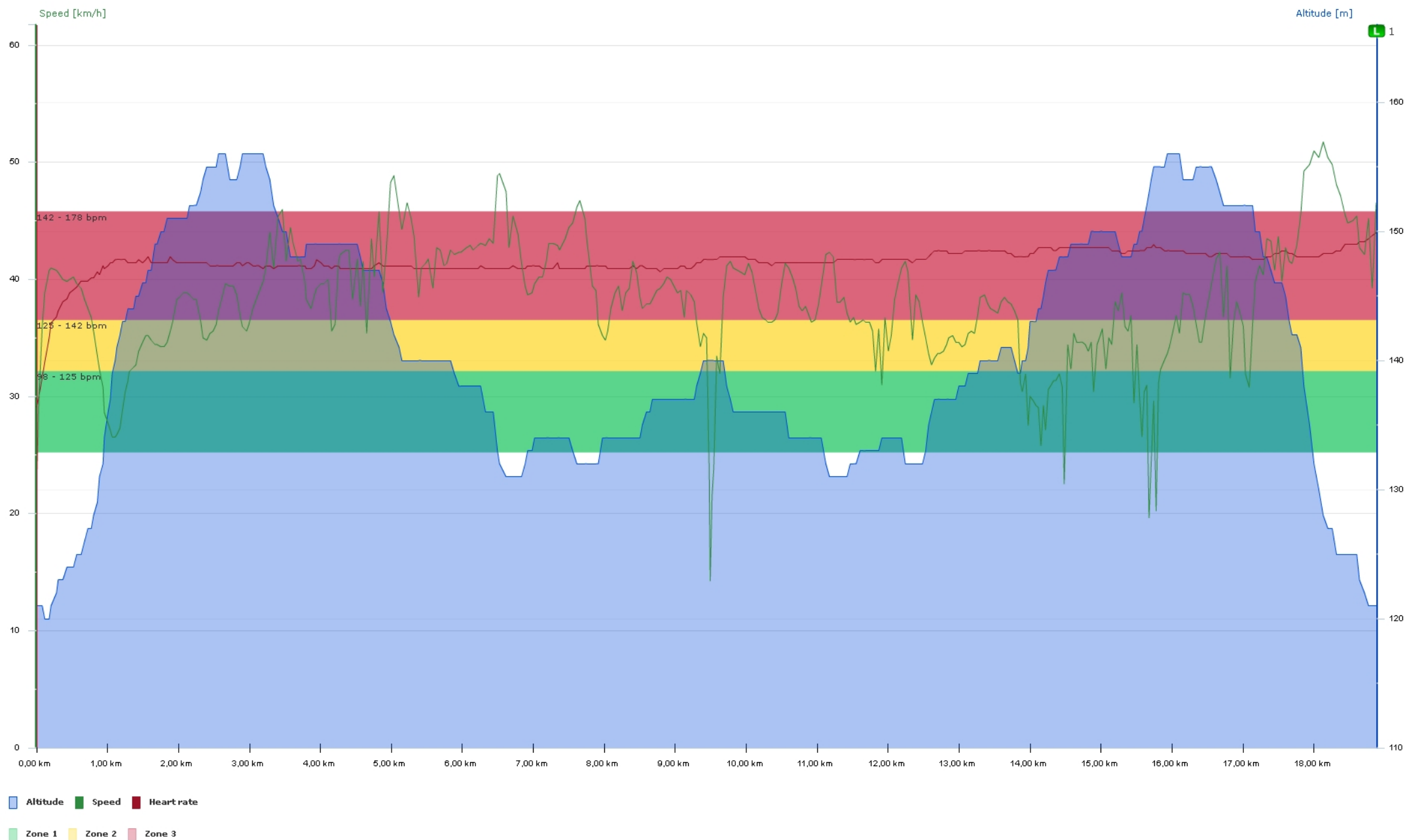


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Каменск=19км** Date / Time: **14.05.2014 - 13:33** Clock



LOG



Device / Bike: **ADRIANO / Bike 1** Name: Каменск=19км Date / Time: **14.05.2014 - 13:33 Clock**

INFO

Start time	13:33 Clock
Date	14.05.2014
Unit	kmh
Bike	Bike 1
Number of log entries	402
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

AVERAGE

Heart rate	161 bpm
Temperature	35,6 °C
Speed	37,70 km/h
Altitude	140 m
Cadence	79 R/min
Power	281 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-9 m/min

TOTAL VALUES

Trip distance:	18,87 km
Trip time	0:30:04 h
Trip distance uphill	3,00 km
Trip distance downhill	3,07 km
Trip time uphill	0:05:33 h
Trip time downhill	0:04:16 h
Altitude uphill:	82 m
Altitude downhill:	82 m
Calories	468 kcal

MIN/MAX VALUES

Heart rate	113 / 171 bpm
Temperature	32,0 / 41,0 °C
Speed	14,23 / 51,75 km/h
Altitude	120 / 156 m
Power	0 / 494 Watt
Cadence	0 / 104 R/min
Incline	-4 / 4 %
Rate of ascent	-33 / 18 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Каменск=19км** Date / Time: **14.05.2014 - 13:33 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	00:30:04 Since start: 00:30:04	18,87 Since start: 18,87	Avg. 37,70 Min. 14,23 Max. 51,75	Avg. 161 Min. 113 Max. 171	466	Avg. 140 Max. 156	82	82	Avg. 1 Max. 4	Avg. -1 Max. -4	Avg. 79 Max. 104	Avg. 282 Max. 494
Total	00:30:04	18,87			466		82	82				
Avg. Lap	00:30:04	18,87	37,70	161	466	140	82	82	1	-1	79	282
Min.	00:30:04	18,87	14,23	113	466		82	82				
Max.	00:30:04	18,87	51,75	171	466	156	82	82	4	-4	104	494

Device / Bike: **ADRIANO** / Bike 1 Name: Каменск=19км Date / Time: 14.05.2014 - 13:33 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



9 чуваков

Trip distance profile:

slightly hilly



Training type:

Разделка - интенсивно

Description:

Хутор Филиппенков - вишневецкое шоссе - разворот и обратно=18,87 км, время=30:05 мин, Vcp=37,7 км/ч, легкий встречный обратно, душноовато...

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Каменск=19км** Date / Time: **14.05.2014 - 13:33 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - 125 bpm)	0:00:09 h
In zone 2 (125 - 142 bpm)	0:00:13 h
In zone 3 (142 - 178 bpm)	0:29:42 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (107 - 125 bpm)	0:00:09 h
In zone 2 (125 - 142 bpm)	0:00:13 h
In zone 3 (142 - 160 bpm)	0:10:52 h
In zone 4 (160 - 178 bpm)	0:18:49 h
Over zones	0:00:00 h



Power Zones