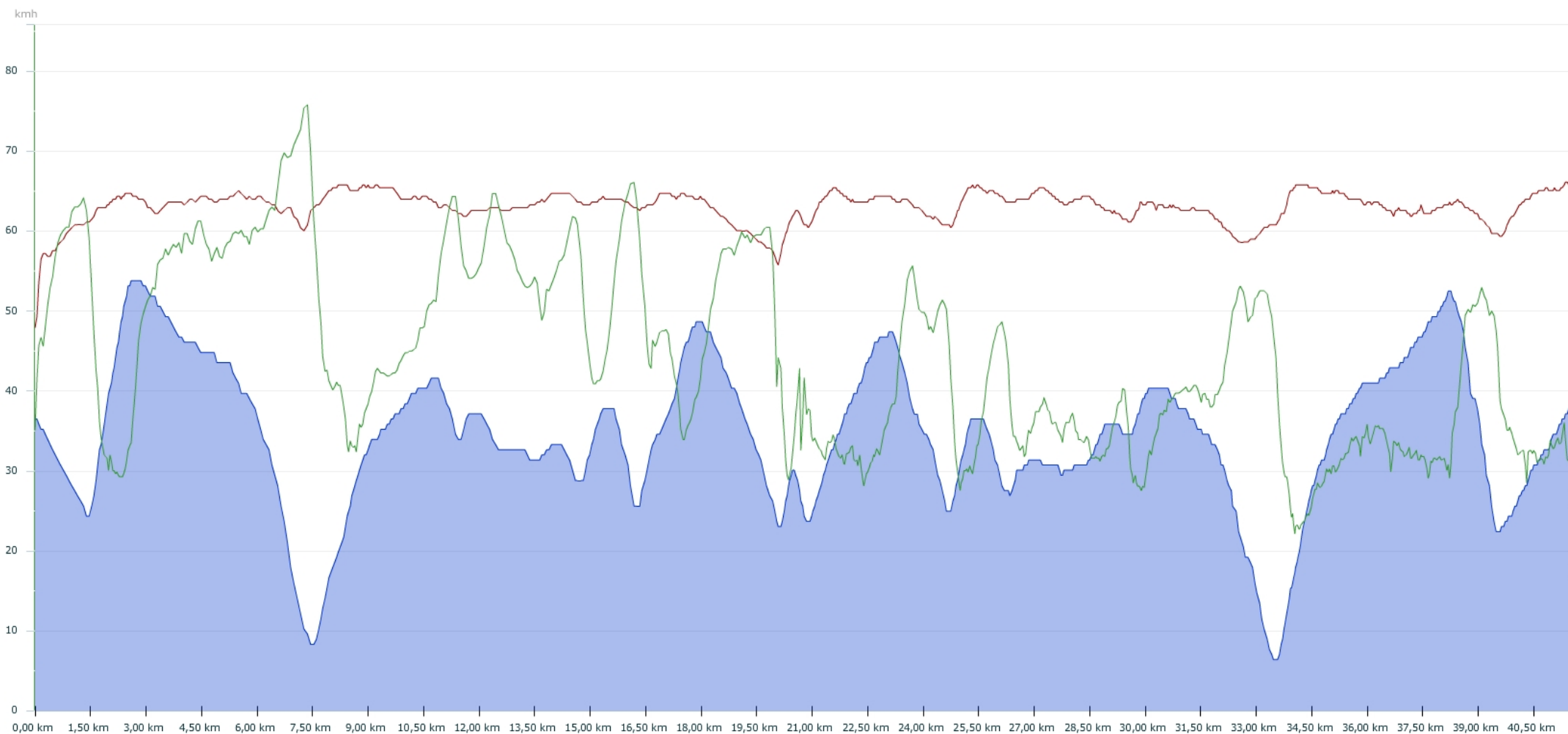


LOG

Computer / bike: valeradi / Bike 1 Name: komandnaia gonka 40 km. tanais. Date / Time: 31.05.2014 - 10:20 - 11:20



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

LOG

Computer / bike: valeradi / Bike 1 Name: komandnaia gonka 40 km. tanais. Date / Time: 31.05.2014 - 10:20 - 11:20



NOTES

Rating:



Weather:

cloudless



gale



Trip distance profile:

hilly



Training type:

Training partner:



Efremov Alexei



Shevchenko ...



Korotkov Ale...

Description:

veter sost 7-9 m/s

MARKERS

LOG

Computer / bike: **valeradi / Bike 1** Name: **komandnaia gonka 40 km. tanais.** Date / Time: **31.05.2014 - 10:20 - 11:20**

INFO

Date	31.05.2014
Start time	10:20 Clock
Stopp time	11:20 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	965 kcal
Number of log entries	808
Log time interval	5 s

TOTAL VALUES

Trip distance	41,63 km
Trip distance uphill	12,28 km
Distance downhill	13,79 km
Trip time	01:00:31 h
Trip time uphill	00:21:31 h
Trip time downhill	00:15:45 h
Meters uphill	346 m
Meters downhill	342 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	134/185 bpm
Temperature	22,0/25,0 °C
Speed	8,92/75,82 kmh
Altitude	130/204 m
Incline	-4/3 %
Rate of ascent	-37/21 m/min
Cadence	0/136 R/min
Power	0/1134 Watt

AVERAGE VALUES

Heart rate	177 bpm
Temperature	22,5 °C
Speed	41,33 kmh
Altitude	174 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	13 m/min
Power	334 Watt
Cadence	87 R/min

LOG

Computer / bike: valeradi / Bike 1 Name: komandnaia gonka 40 km. tanais. Date / Time: 31.05.2014 - 10:20 - 11:20



HEART RATE ZONES

Zone 1	107 - 151 bpm
Zone 2	151 - 156 bpm
Zone 3	156 - 195 bpm

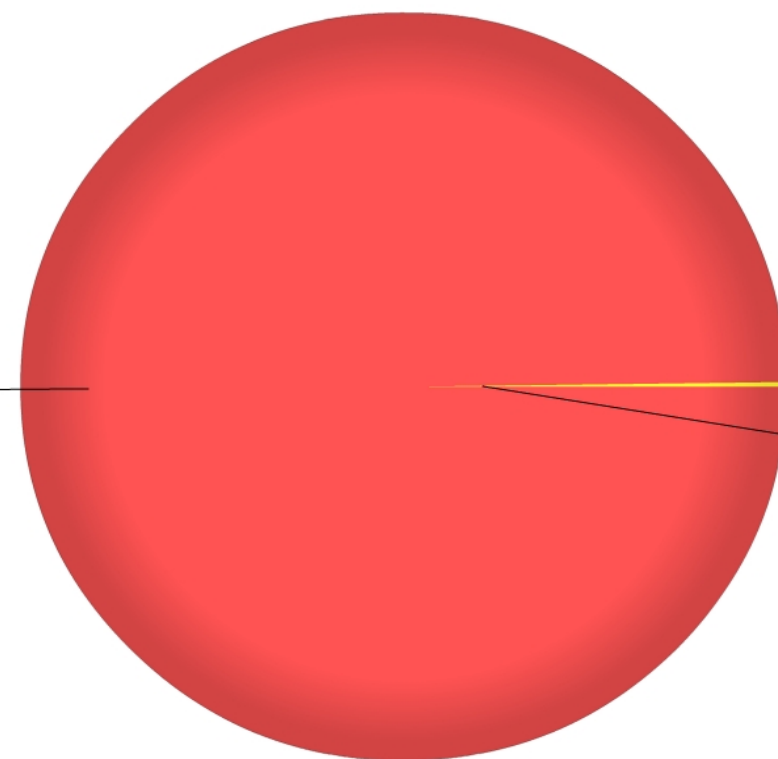
Time in Zone 1: 00:00:09 h

Time in Zone 2: 00:00:00 h

Time in Zone 3: 01:00:22 h

Outside 00:00:00 h

Zone 3:
99.7%



Zone 1:
0.2%

Time in zone 2: 0.0% | Outside: 0.0%