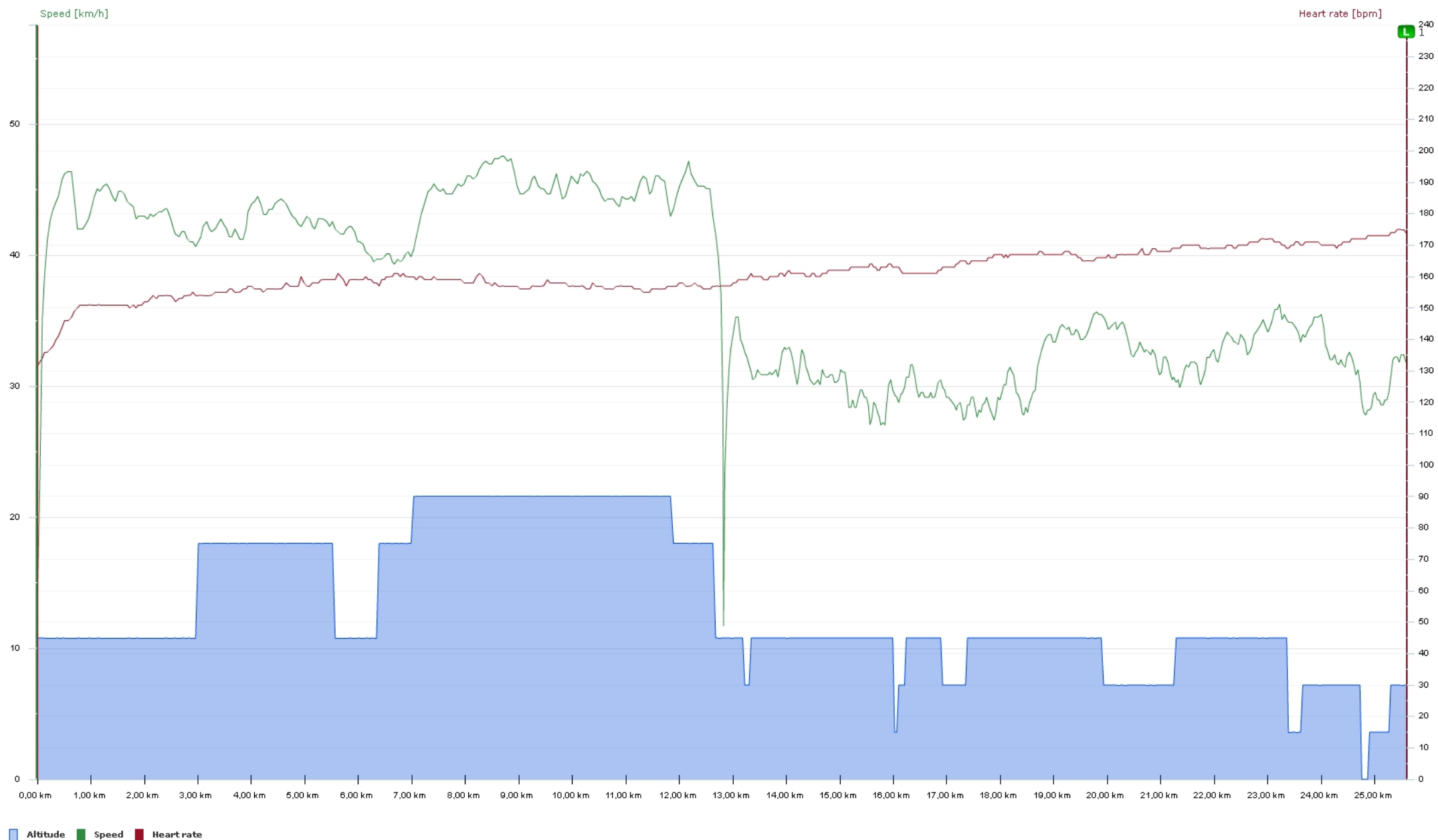


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25км** Date / Time: **07.06.2014 - 10:58 Clock**



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25км** Date / Time: **07.06.2014 - 10:58 Clock**

INFO

Start time	10:58 Clock
Date	07.06.2014
Unit	kmh
Bike	Bike 1
Number of log entries	564
Wheel size	2110 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

AVERAGE

Heart rate	161 bpm
Temperature	37,2 °C
Speed	36,35 km/h
Altitude	4 m
Cadence	83 R/min
Power	257 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-5 m/min

TOTAL VALUES

Trip distance:	25,58 km
Trip time	0:42:13 h
Trip distance uphill	0,45 km
Trip distance downhill	0,38 km
Trip time uphill	0:00:49 h
Trip time downhill	0:00:40 h
Altitude uphill:	13 m
Altitude downhill:	14 m
Calories	658 kcal

MIN/MAX VALUES

Heart rate	131 / 175 bpm
Temperature	32,0 / 43,0 °C
Speed	11,70 / 47,57 km/h
Altitude	1 / 7 m
Power	0 / 562 Watt
Cadence	0 / 98 R/min
Incline	-1 / 1 %
Rate of ascent	-5 / 5 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25км** Date / Time: **07.06.2014 - 10:58 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	00:42:13 Since start: 00:42:13	25,58 Since start: 25,58	Avg. 36,36 Min. 11,70 Max. 47,56	Avg. 161 Min. 131 Max. 175	657	Avg. 4 Max. 7	13	14	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 83 Max. 98	Avg. 257 Max. 562
Total	00:42:13	25,58			657		13	14				
Avg. Lap	00:42:13	25,58	36,36	161	657	4	13	14	1	-1	83	257
Min.	00:42:13	25,58	11,70	131	657		13	14				
Max.	00:42:13	25,58	47,56	175	657	7	13	14	1	-1	98	562

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Рогожкино=25км Date / Time: 07.06.2014 - 10:58 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



strong wind



Training partner:



28 мэнов и 1 фемина

Trip distance profile:

flat



Training type:

Разделка - интенсивно.

Description:

Городище - Рогожкино и обратно=25,58км, жарко, сильный восточный ветер около 8м/с, время=42:17мин, слабость на фоне бронхита...

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Рогожкино=25km Date / Time: 07.06.2014 - 10:58 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)	0:00:40 h
In zone 3 (142 - 178 bpm)	0:41:33 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)	0:00:40 h
In zone 3 (142 - 160 bpm)	0:19:12 h
In zone 4 (160 - 178 bpm)	0:22:21 h
Over zones	0:00:00 h



Power Zones