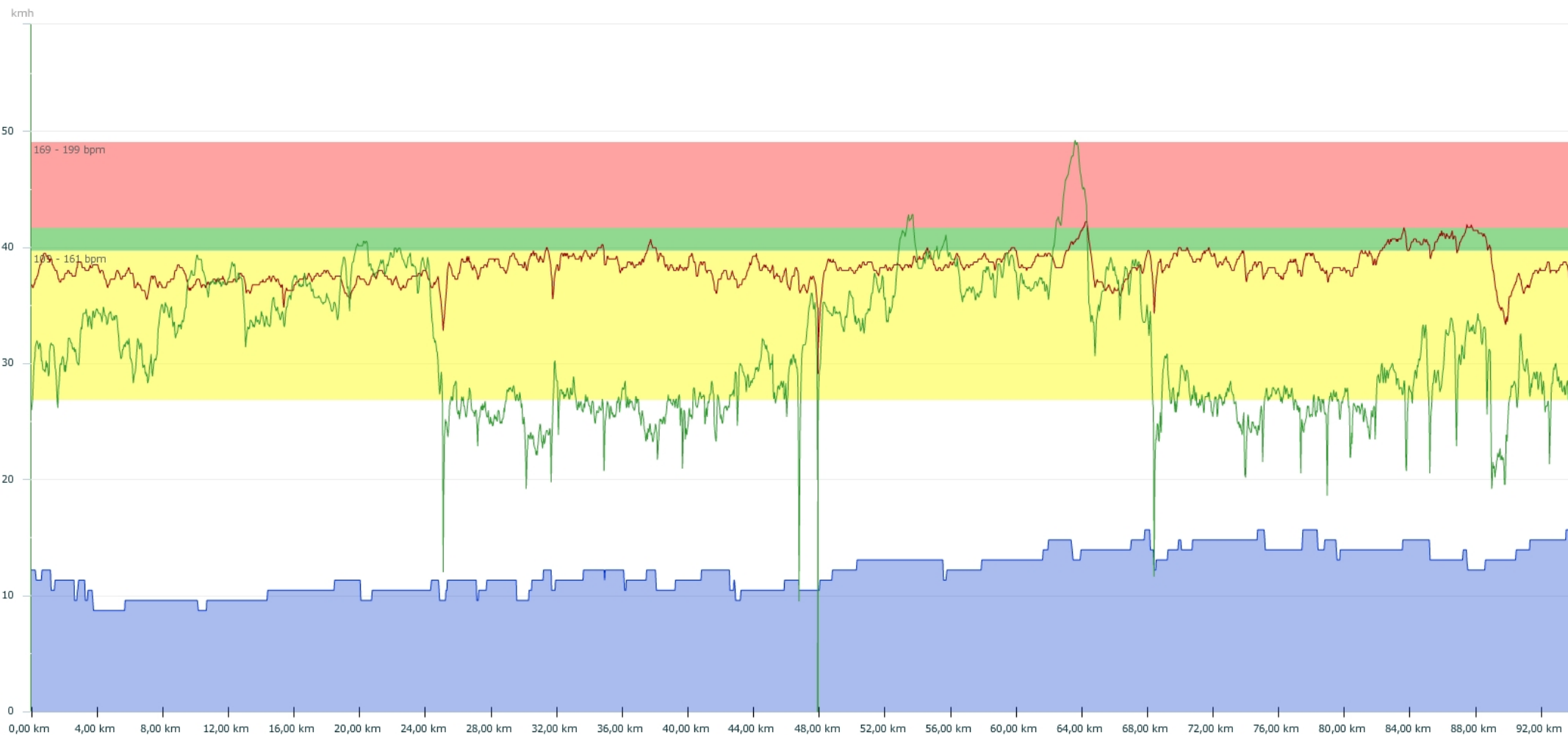


LOG

Computer / bike: valeradi / Bike 1 Name: polumarafonchik. rogozhkino. Date / Time: 27.02.2015 - 09:33 - 12:43



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: polumarafonchik. rogozhkino. Date / Time: 27.02.2015 - 09:33 - 12:43



NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

7-8 /

MARKERS

1. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **polumarafonchik. rogozhkino.** Date / Time: **27.02.2015 - 09:33 - 12:43**

INFO

Date	27.02.2015
Start time	09:33 Clock
Stopp time	12:43 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	2426 kcal
Number of log entries	2468
Log time interval	5 s

TOTAL VALUES

Trip distance	94,10 km
Trip distance uphill	1,98 km
Distance downhill	1,47 km
Trip time	03:04:58 h
Trip time uphill	00:03:58 h
Trip time downhill	00:03:00 h
Meters uphill	53 m
Meters downhill	50 m
Break time	00:05:17 h

MIN/MAX VALUES

Heart rate	126/171 bpm
Temperature	1,0/8,0 °C
Speed	0,00/49,25 kmh
Altitude	220/228 m
Incline	-2/1 %
Rate of ascent	-11/7 m/min
Cadence	0/133 R/min
Power	0/573 Watt

AVERAGE VALUES

Heart rate	155 bpm
Temperature	4,0 °C
Speed	30,52 kmh
Altitude	224 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	6 m/min
Power	127 Watt
Cadence	85 R/min

LOG

Computer / bike: valeradi / Bike 1 Name: polumarafonchik. rogozhkino. Date / Time: 27.02.2015 - 09:33 - 12:43



HEART RATE ZONES

Zone 1	109 - 161 bpm
Zone 2	161 - 169 bpm
Zone 3	169 - 199 bpm

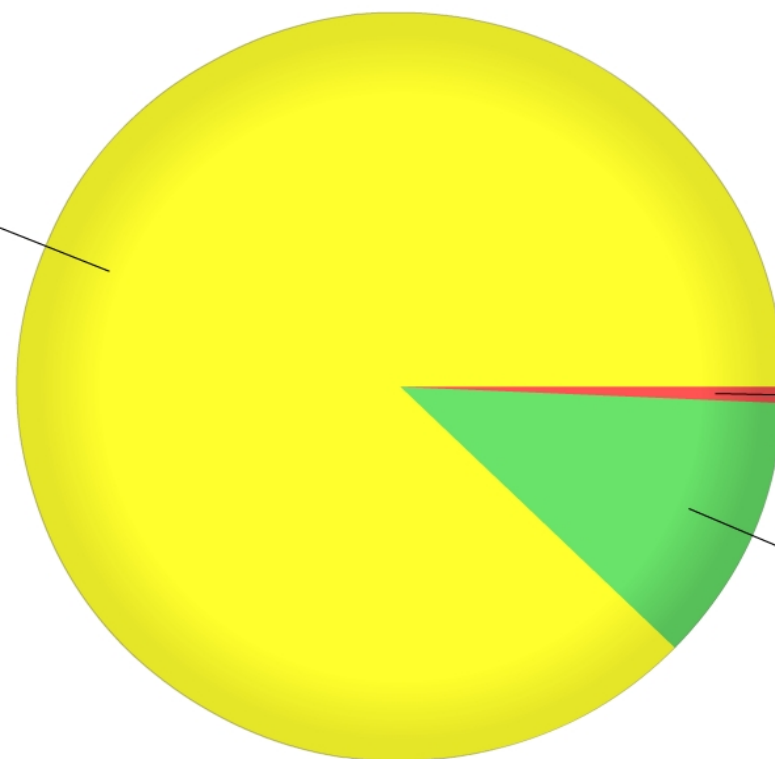
Time in Zone 1: 02:42:19 h

Time in Zone 2: 00:21:22 h

Time in Zone 3: 00:01:16 h

Outside 00:00:00 h

Zone 1:
87.8%



Zone 3:
0.7%

Zone 2:
11.6%

Outside: 0.0%