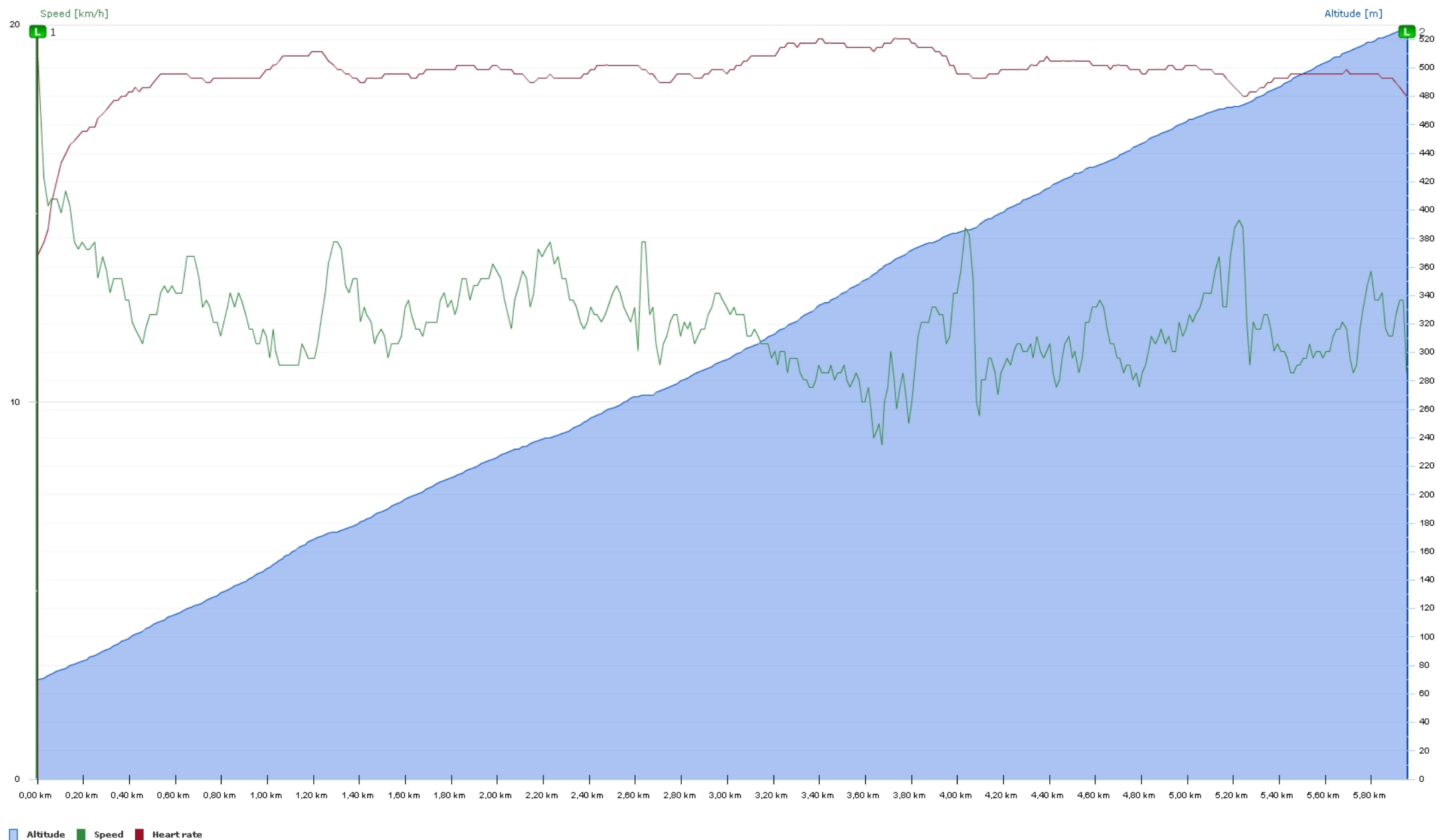


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Андреевский UP=6км** Date / Time: **11.09.2013 - 17:48** Clock



LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Андреевский** **UP=6км** Date / Time: **11.09.2013 - 17:48** Clock

INFO

Start time	17:48 Clock
Date	11.09.2013
Unit	kmh
Bike	Bike 1
Number of log entries	393
Wheel size	2118 mm
Log time interval	5 s
Number of laps	2
Number of pauses	0

AVERAGE

Heart rate	159 bpm
Temperature	20,4 °C
Speed	12,07 km/h
Altitude	306 m
Cadence	68 R/min
Power	220 Watt
Inclination uphill	6 %
Inclination downhill	0 %
Inclination rate uphill	13 m/min
Inclination rate downhill	0 m/min

TOTAL VALUES

Trip distance	5,95 km
Trip time	0:29:24 h
Trip distance uphill	5,58 km
Trip distance downhill	0,00 km
Trip time uphill	0:27:40 h
Trip time downhill	0:00:00 h
Altitude uphill	458 m
Altitude downhill	0 m
Calories	431 kcal

MIN/MAX VALUES

Heart rate	118 / 167 bpm
Temperature	18,0 / 22,0 °C
Speed	8,86 / 19,45 km/h
Altitude	70 / 526 m
Power	1 / 305 Watt
Cadence	51 / 85 R/min
Incline	0 / 12 %
Rate of ascent	0 / 20 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Андреевский UP=6км** Date / Time: **11.09.2013 - 17:48 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	00:00:00 Since start: 00:00:00	0,00 Since start: 0,00	Avg. 19,45 Min. 19,45 Max. 19,45	Avg. 118 Min. 118 Max. 118	0	Avg. 44 Max. 44	0	0	Avg. 2 Max. 2	Avg. -1 Max. -4	Avg. 65 Max. 65	Avg. 191 Max. 191
2	00:29:24 Since start: 00:29:24	5,95 Since start: 5,95	Avg. 12,05 Min. 8,86 Max. 15,98	Avg. 159 Min. 121 Max. 167	430	Avg. 280 Max. 500	456	0	Avg. 6 Max. 12	Avg. 0 Max. 0	Avg. 68 Max. 85	Avg. 221 Max. 305
Total	00:29:24	5,95			430		456	0				
Avg. Lap	00:14:42	2,97	15,75	138	215	162	228	0	4	0	66	206
Min.	00:00:00	0,00	8,86	118	0		0	0				
Max.	00:29:24	5,95	19,45	167	430	500	456	0	12	-4	85	305

Device / Bike: **ADRIANO** / Bike 1 Name: Андреевский UP=6км Date / Time: 11.09.2013 - 17:48 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



Андреано

Trip distance profile:

steep



Training type:

Напряжно

Description:

От поста ДПС в Новороссе до верхней башни=6км, набор h=450м, Vcp=12км/ч, время=29:24мин, ср.градиент=8%, макс.градиент=12%...

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Андреевский UP=6км** Date / Time: **11.09.2013 - 17:48** Clock

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - < 127 bpm)	0:00:09 h
In zone 2 (127 - < 145 bpm)	0:00:27 h
In zone 3 (145 - < 181 bpm)	0:28:48 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 109 - 127 bpm)	0:00:09 h
In zone 2 (> 127 - 145 bpm)	0:00:31 h
In zone 3 (> 145 - 163 bpm)	0:24:27 h
In zone 4 (> 163 - 181 bpm)	0:04:16 h
Over zones	0:00:00 h



Power Zones