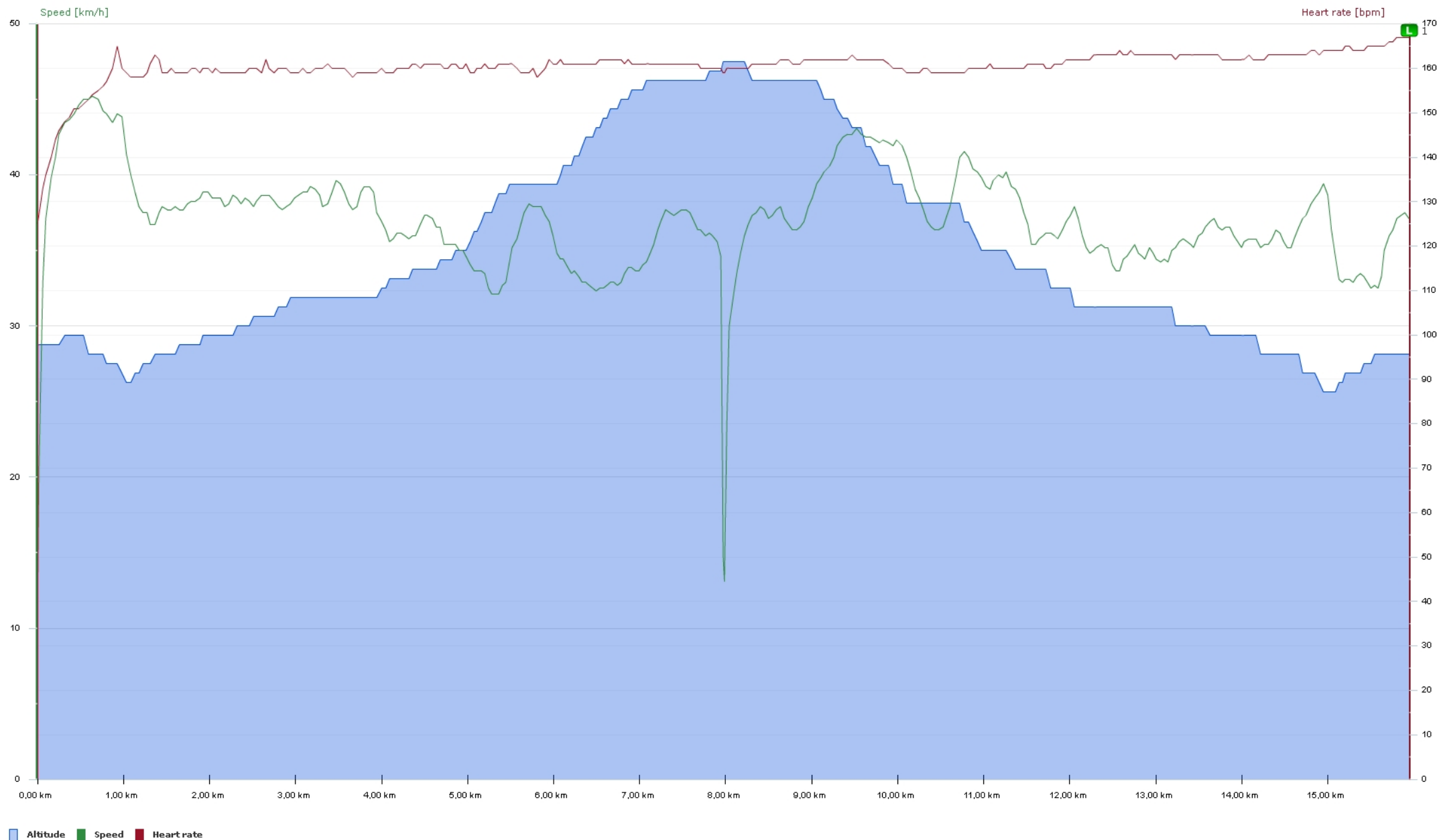


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=16км** Date / Time: **01.05.2015 - 10:44 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Малолюбавный=16км Date / Time: **01.05.2015 - 10:44 Clock**

INFO

Start time	10:44 Clock
Date	01.05.2015
Unit	kmh
Bike	Bike 1
Number of log entries	348
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

AVERAGE

Heart rate	160 bpm
Temperature	14,1 °C
Speed	36,72 km/h
Altitude	55 m
Cadence	80 R/min
Power	250 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	15,94 km
Trip time	0:26:01 h
Trip distance uphill	1,70 km
Trip distance downhill	1,52 km
Trip time uphill	0:02:55 h
Trip time downhill	0:02:15 h
Altitude uphill	39 m
Altitude downhill	40 m
Calories	403 kcal

MIN/MAX VALUES

Heart rate	125 / 167 bpm
Temperature	14,0 / 15,0 °C
Speed	10,00 / 45,21 km/h
Altitude	41 / 76 m
Power	0 / 439 Watt
Cadence	0 / 99 R/min
Incline	-1 / 1 %
Rate of ascent	-7 / 5 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=16км** Date / Time: **01.05.2015 - 10:44 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	00:26:01 Since start: 00:26:01	15,94 Since start: 15,94	Avg. 36,72 Min. 10,00 Max. 45,21	Avg. 160 Min. 125 Max. 167	402	Avg. 55 Max. 76	39	40	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 80 Max. 99	Avg. 251 Max. 439
Total	00:26:01	15,94			402		39	40				
Avg. Lap	00:26:01	15,94	36,72	160	402	55	39	40	1	-1	80	251
Min.	00:26:01	15,94	10,00	125	402		39	40				
Max.	00:26:01	15,94	45,21	167	402	76	39	40	1	-1	99	439

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Малодубравный=16км Date / Time: 01.05.2015 - 10:44 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



light wind



Training partner:



32 участника

Trip distance profile:

flat



Training type:

разделка

Description:

нормал для начала сезона!

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=16км** Date / Time: **01.05.2015 - 10:44 Clock**

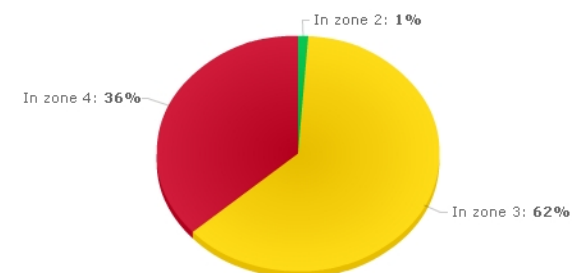
Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - < 125 bpm)	0:00:00 h
In zone 2 (125 - < 143 bpm)	0:00:18 h
In zone 3 (143 - < 179 bpm)	0:25:43 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 - 143 bpm)	0:00:18 h
In zone 3 (> 143 - 161 bpm)	0:16:12 h
In zone 4 (> 161 - 179 bpm)	0:09:31 h
Over zones	0:00:00 h



Power Zones