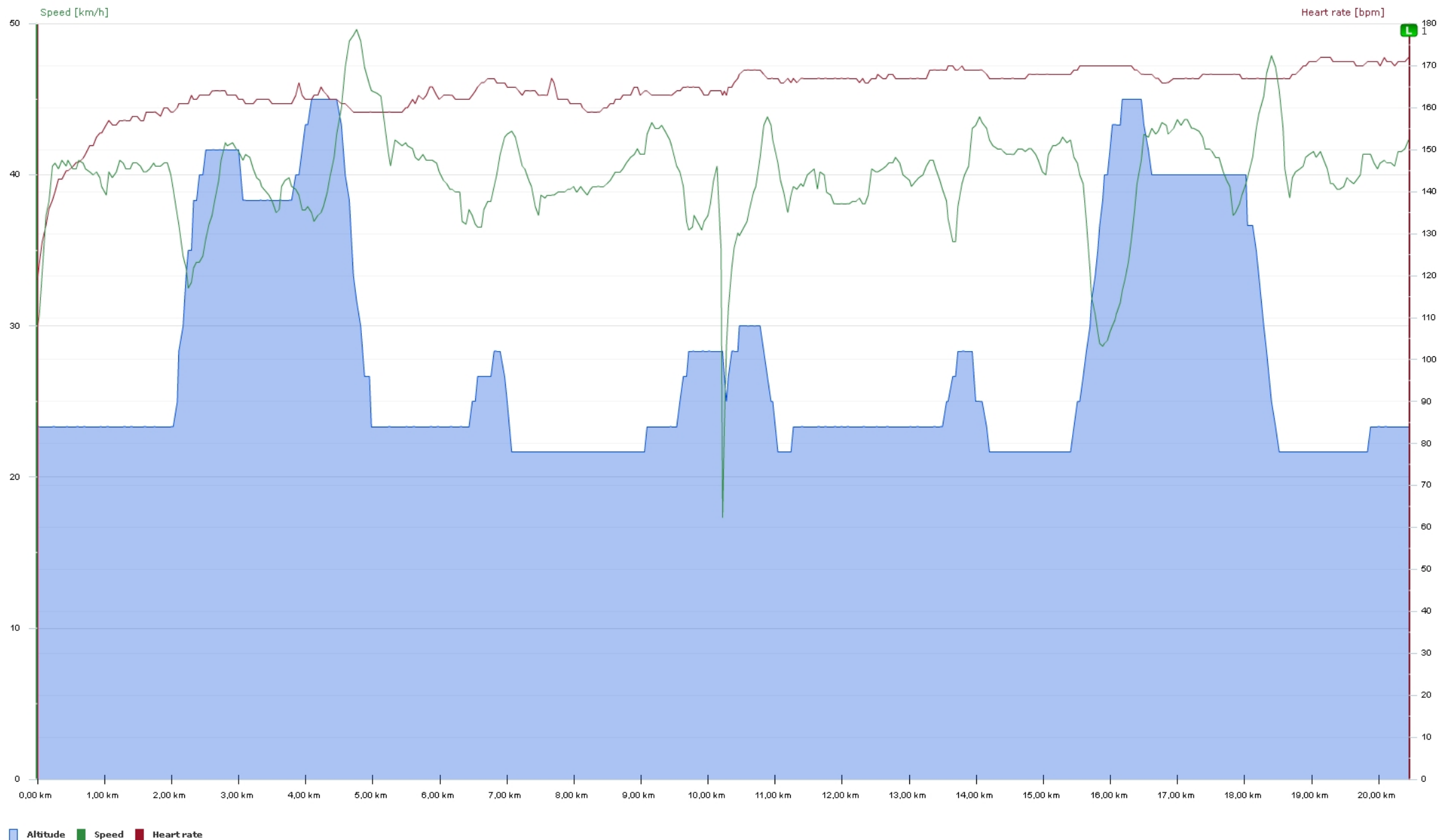


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Новая Азовская=20км(пара)** Date / Time: **10.05.2015 - 10:51** Clock



# LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Новая Азовская=20км(пара)** Date / Time: **10.05.2015 - 10:51 Clock**

## INFO

Start time	10:51 Clock
Date	10.05.2015
Unit	kmh
Bike	Bike 1
Number of log entries	414
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

## AVERAGE

Heart rate	164 bpm
Temperature	24,6 °C
Speed	39,64 km/h
Altitude	16 m
Cadence	90 R/min
Power	307 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-7 m/min

## TOTAL VALUES

Trip distance	20,44 km
Trip time	0:30:58 h
Trip distance uphill	1,79 km
Trip distance downhill	1,72 km
Trip time uphill	0:03:04 h
Trip time downhill	0:02:24 h
Altitude uphill	44 m
Altitude downhill	44 m
Calories	495 kcal

## MIN/MAX VALUES

Heart rate	119 / 172 bpm
Temperature	20,0 / 34,0 °C
Speed	17,31 / 49,63 km/h
Altitude	13 / 27 m
Power	0 / 501 Watt
Cadence	0 / 106 R/min
Incline	-1 / 1 %
Rate of ascent	-8 / 6 m/min

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Новая Азовская=20км(пара)** Date / Time: **10.05.2015 - 10:51 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	00:30:58 Since start: 00:30:58	20,44 Since start: 20,44	Avg. 39,64 Min. 17,31 Max. 49,63	Avg. 164 Min. 119 Max. 172	494	Avg. 16 Max. 27	44	44	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 90 Max. 106	Avg. 308 Max. 501
<b>Total</b>	00:30:58	20,44			494		44	44				
<b>Avg. Lap</b>	00:30:58	20,44	39,64	164	494	16	44	44	1	-1	90	308
<b>Min.</b>	00:30:58	20,44	17,31	119	494		44	44				
<b>Max.</b>	00:30:58	20,44	49,63	172	494	27	44	44	1	-1	106	501

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Новая Азовская=20км(пара) Date / Time: 10.05.2015 - 10:51 Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



18 пар

Trip distance profile:

flat



Training type:

ТЯЖКО

Description:

Овощной-Азов-Овощной=20км, почти без ветра, время=30:58мин.

External link:

<http://>

Linked track:

# LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Новая Азовская=20км(пара) Date / Time: 10.05.2015 - 10:51 Clock

## Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - < 125 bpm)	0:00:04 h
In zone 2 (125 - < 143 bpm)	0:00:22 h
In zone 3 (143 - < 179 bpm)	0:30:31 h
Over zones	0:00:00 h



## Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 107 - 125 bpm)	0:00:04 h
In zone 2 (> 125 - 143 bpm)	0:00:31 h
In zone 3 (> 143 - 161 bpm)	0:06:09 h
In zone 4 (> 161 - 179 bpm)	0:24:13 h
Over zones	0:00:00 h



## Power Zones