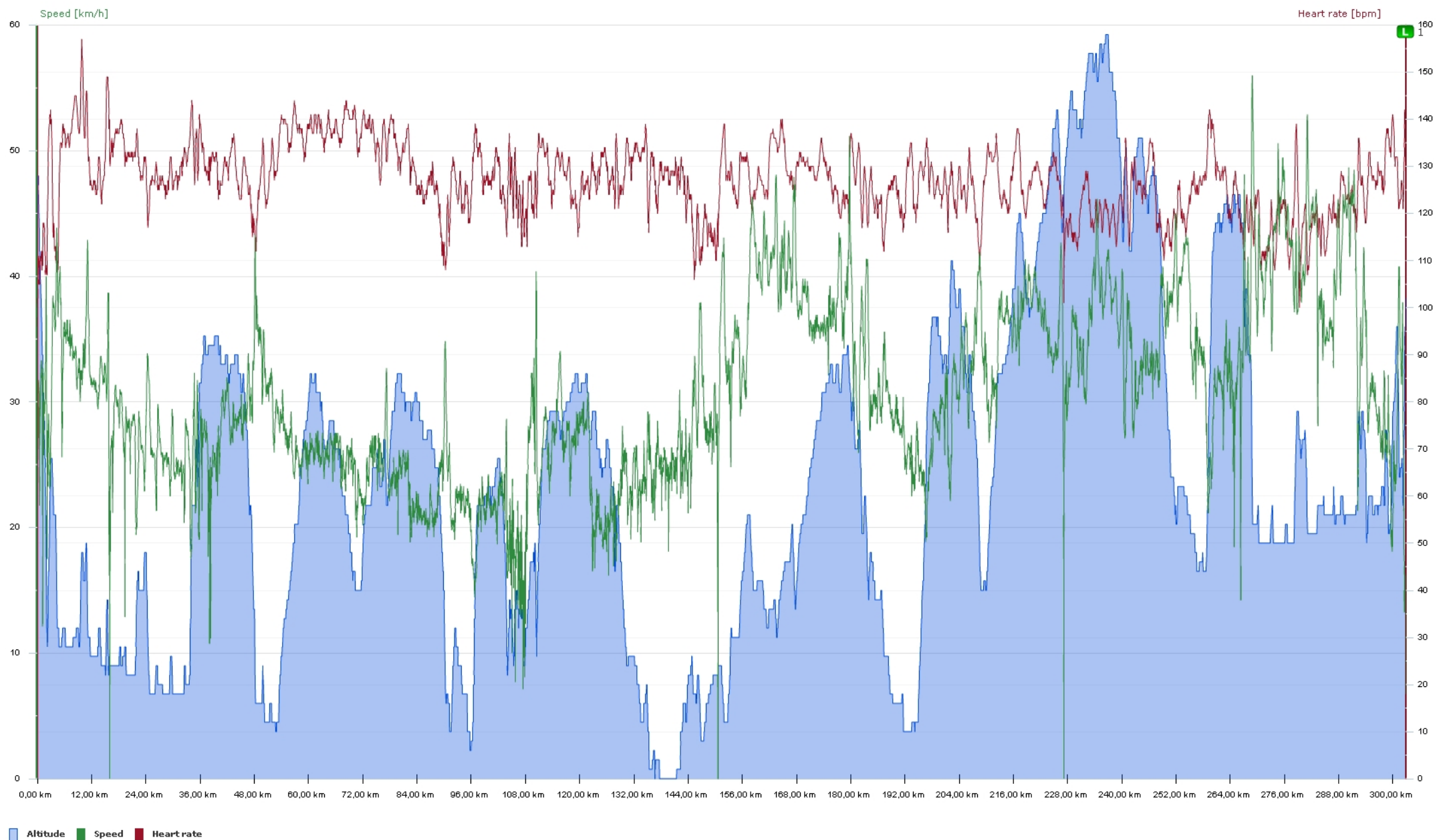


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **17.05.2015 - 07:03 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Ейск=300км Date / Time: **17.05.2015 - 07:03 Clock**

INFO

Start time	07:03 Clock
Date	17.05.2015
Unit	kmh
Bike	Bike 1
Number of log entries	8311
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	5

AVERAGE

Heart rate	127 bpm
Temperature	23,1 °C
Speed	29,13 km/h
Altitude	30 m
Cadence	78 R/min
Power	132 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	302,68 km
Trip time	10:23:04 h
Trip distance uphill	27,16 km
Trip distance downhill	26,13 km
Trip time uphill	0:59:41 h
Trip time downhill	0:47:24 h
Altitude uphill	847 m
Altitude downhill	863 m
Calories	6512 kcal

MIN/MAX VALUES

Heart rate	92 / 157 bpm
Temperature	14,0 / 31,0 °C
Speed	0,00 / 55,98 km/h
Altitude	0 / 79 m
Power	0 / 671 Watt
Cadence	0 / 107 R/min
Incline	-5 / 5 %
Rate of ascent	-46 / 18 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Ейск=300км Date / Time: **17.05.2015 - 07:03 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	10:23:04 Since start: 10:23:04	302,68 Since start: 302,68	Avg. 29,13 Min. 0,00 Max. 55,98	Avg. 127 Min. 92 Max. 157	6511	Avg. 28 Max. 77	847	863	Avg. 1 Max. 5	Avg. -1 Max. -5	Avg. 73 Max. 107	Avg. 133 Max. 671
Total	10:23:04	302,68			6511		847	863				
Avg. Lap	10:23:04	302,68	29,13	127	6511	28	847	863	1	-1	73	133
Min.	10:23:04	302,68	0,00	92	6511		847	863				
Max.	10:23:04	302,68	55,98	157	6511	77	847	863	5	-5	107	671

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **17.05.2015 - 07:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:21	00:00:15 Since start: 00:00:15	0,04 Since start: 0,04	Avg. 9,81 Min. 0,00 Max. 16,93	Avg. 98 Min. 92 Max. 102	2	Avg. 64 Max. 65	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
2	00:00:03	00:29:24 Since start: 00:29:39	15,85 Since start: 15,89	Avg. 32,29 Min. 0,00 Max. 43,86	Avg. 129 Min. 96 Max. 157	318	Avg. 19 Max. 63	50	103	Avg. 1 Max. 3	Avg. -1 Max. -4	Avg. 70 Max. 106	Avg. 151 Max. 431
3	00:00:09	00:00:29 Since start: 00:30:08	0,13 Since start: 16,03	Avg. 14,59 Min. 0,00 Max. 23,28	Avg. 136 Min. 132 Max. 140	6	Avg. 10 Max. 10	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 42 Max. 80	Avg. 28 Max. 71
4	00:02:05	05:26:50 Since start: 05:56:59	134,60 Since start: 150,64	Avg. 24,69 Min. 0,00 Max. 43,28	Avg. 129 Min. 106 Max. 144	3507	Avg. 22 Max. 45	342	343	Avg. 1 Max. 5	Avg. -1 Max. -5	Avg. 74 Max. 103	Avg. 84 Max. 402
5	00:12:08	02:16:34 Since start: 08:13:33	76,52 Since start: 227,16	Avg. 33,63 Min. 0,00 Max. 51,17	Avg. 127 Min. 107 Max. 140	1414	Avg. 30 Max. 69	222	173	Avg. 1 Max. 3	Avg. -1 Max. -2	Avg. 73 Max. 107	Avg. 186 Max. 521
Total	00:14:46	08:13:33	227,16			5248		614	619				
Avg. Pause	00:02:57	01:38:42	45,43	23,00	123	1049	29	122	123	0	0	52	90
Min.	00:00:03	00:00:15	0,04	0,00	92	2		0	0				
Max.	00:12:08	05:26:50	134,60	51,17	157	3507	69	342	343	5	-5	107	521

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Ейск=300км Date / Time: **17.05.2015 - 07:03 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



strong wind



Training partner:



29 участников

Trip distance profile:

slightly hilly



Training type:

марафон - бодро

Description:

Львы-Кагальник-х.Любимов-Ейское Укрепление-Староминская-Гвардейская площадь(танк)
=300км, западный=7м/с, время=10:38ч

External link:

<http://>

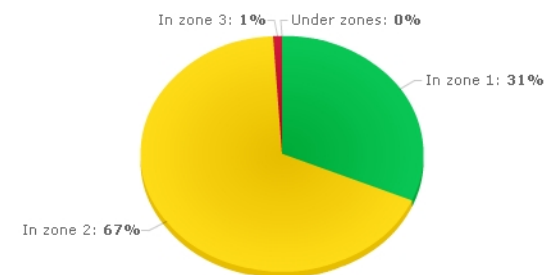
Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **17.05.2015 - 07:03 Clock**

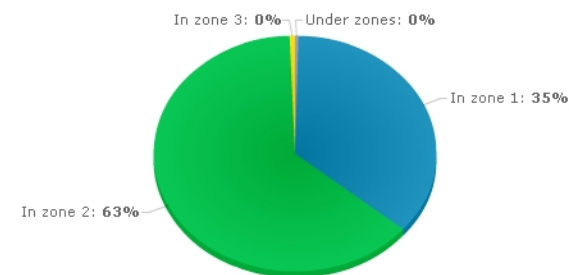
Pulse Zones

Under zones	0:00:04 h
In zone 1 (98 - < 125 bpm)	3:16:04 h
In zone 2 (125 - < 143 bpm)	7:00:38 h
In zone 3 (143 - < 179 bpm)	0:06:18 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:02:21 h
In zone 1 (> 107 - 125 bpm)	3:42:35 h
In zone 2 (> 125 - 143 bpm)	6:34:14 h
In zone 3 (> 143 - 161 bpm)	0:03:54 h
In zone 4 (> 161 - 179 bpm)	0:00:00 h
Over zones	0:00:00 h



Power Zones