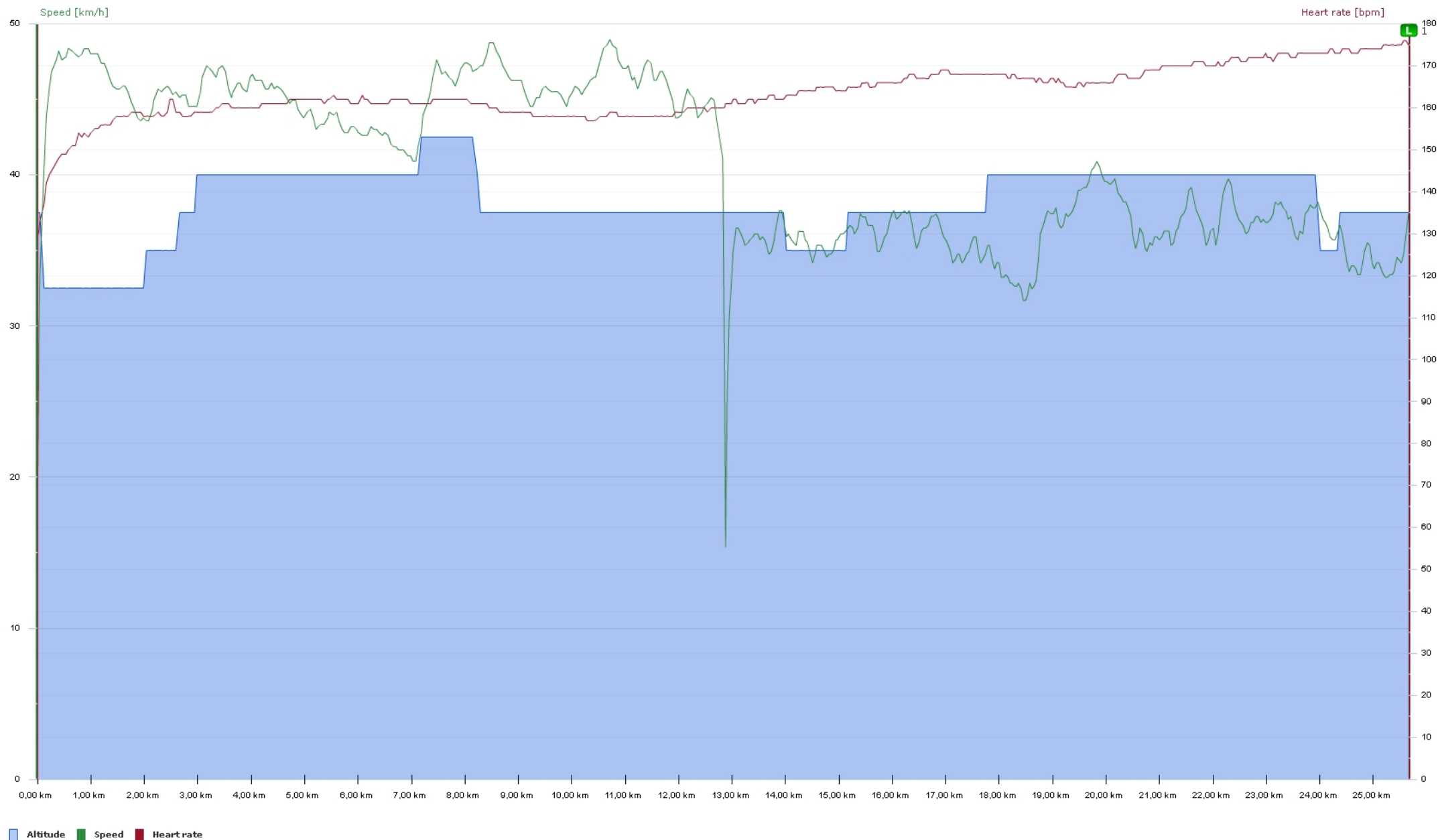


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25км** Date / Time: **04.07.2015 - 11:00 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Рогожкино=25km Date / Time: **04.07.2015 - 11:00 Clock**

INFO

Start time	11:00 Clock
Date	04.07.2015
Unit	kmh
Bike	Bike 1
Number of log entries	514
Wheel size	2112 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

AVERAGE

Heart rate	163 bpm
Temperature	35,7 °C
Speed	40,03 km/h
Altitude	15 m
Cadence	83 R/min
Power	325 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	25,66 km
Trip time	0:38:28 h
Trip distance uphill	0,37 km
Trip distance downhill	0,38 km
Trip time uphill	0:00:31 h
Trip time downhill	0:00:27 h
Altitude uphill	7 m
Altitude downhill	7 m
Calories	591 kcal

MIN/MAX VALUES

Heart rate	129 / 176 bpm
Temperature	29,0 / 41,0 °C
Speed	15,36 / 48,96 km/h
Altitude	13 / 17 m
Power	0 / 552 Watt
Cadence	0 / 94 R/min
Incline	-1 / 1 %
Rate of ascent	-6 / 5 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Рогожкино=25км** Date / Time: **04.07.2015 - 11:00 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	00:38:28 Since start: 00:38:28	25,66 Since start: 25,66	Avg. 40,03 Min. 15,36 Max. 48,96	Avg. 163 Min. 129 Max. 176	590	Avg. 15 Max. 17	7	7	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 83 Max. 94	Avg. 325 Max. 552
Total	00:38:28	25,66			590		7	7				
Avg. Lap	00:38:28	25,66	40,03	163	590	15	7	7	1	-1	83	325
Min.	00:38:28	25,66	15,36	129	590		7	7				
Max.	00:38:28	25,66	48,96	176	590	17	7	7	1	-1	94	552

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Рогожкино=25км Date / Time: **04.07.2015 - 11:00 Clock**

NOTES

Rating: ★★★★★

Weather:

cloudless



light wind



Training partner:



35 участников

Trip distance profile:

flat



Training type:

разделка - выложился

Description:

Городище-Рогожкино(разворот)-Городище=25км, северо-восточный 4-5м/с, время=38:28мин.

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Рогожкино=25км Date / Time: 04.07.2015 - 11:00 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)	0:38:10 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)	0:14:10 h
In zone 4 (> 161 - 179 bpm)	0:24:00 h
Over zones	0:00:00 h



Power Zones