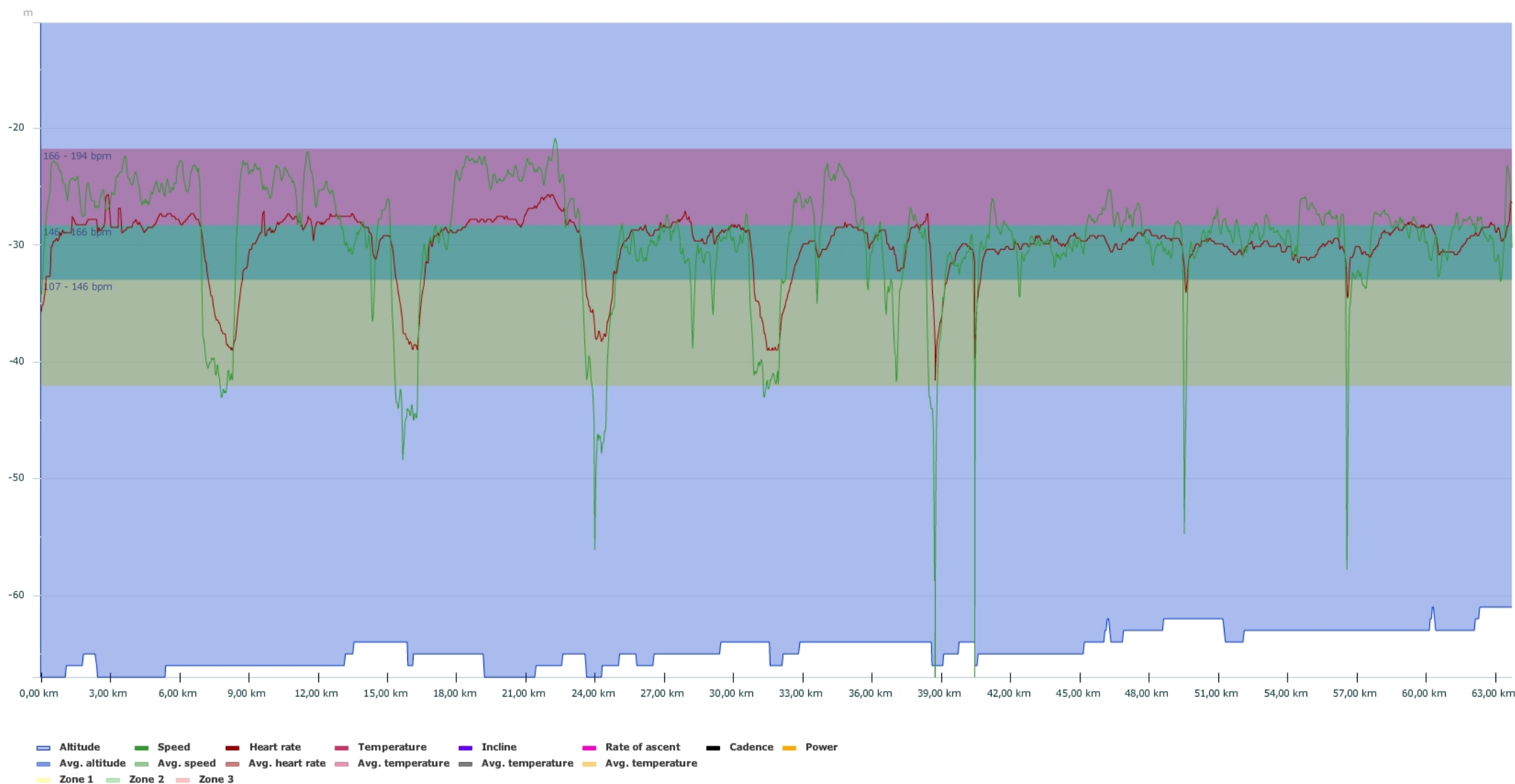


LOG

Computer / bike: valeradi / Bike 1 Name: skorostnie intervaly. rogozhkino Date / Time: 19.08.2015 - 11:15 - 13:12



LOG

Computer / bike: valeradi / Bike 1 Name: skorostnie intervaly. rogozhkino Date / Time: 19.08.2015 - 11:15 - 13:12



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter vost 3-4 m/s

MARKERS

1. 

2. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **skorostnie intervaly. rogozhkino** Date / Time: **19.08.2015 - 11:15 - 13:12**

INFO

Date	19.08.2015
Start time	11:15 Clock
Stopp time	13:12 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1284 kcal
Number of log entries	1379
Log time interval	5 s

TOTAL VALUES

Trip distance	63,71 km
Trip distance uphill	1,25 km
Distance downhill	0,65 km
Trip time	01:43:12 h
Trip time uphill	00:02:01 h
Trip time downhill	00:01:07 h
Meters uphill	27 m
Meters downhill	19 m
Break time	00:08:28 h

MIN/MAX VALUES

Heart rate	110/177 bpm
Temperature	26,0/34,0 °C
Speed	0,00/46,73 kmh
Altitude	-67/-61 m
Incline	-1/1 %
Rate of ascent	-6/5 m/min
Cadence	0/104 R/min
Power	0/393 Watt

AVERAGE VALUES

Heart rate	157 bpm
Temperature	29,1 °C
Speed	37,07 kmh
Altitude	-64 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	6 m/min
Power	214 Watt
Cadence	77 R/min

LOG

Computer / bike: valeradi / Bike 1 Name: skorostnie intervaly. rogozhkino Date / Time: 19.08.2015 - 11:15 - 13:12



HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm

Time in Zone 1: 00:15:31 h

Time in Zone 2: 01:05:33 h

Time in Zone 3: 00:22:07 h

Outside 00:00:00 h

