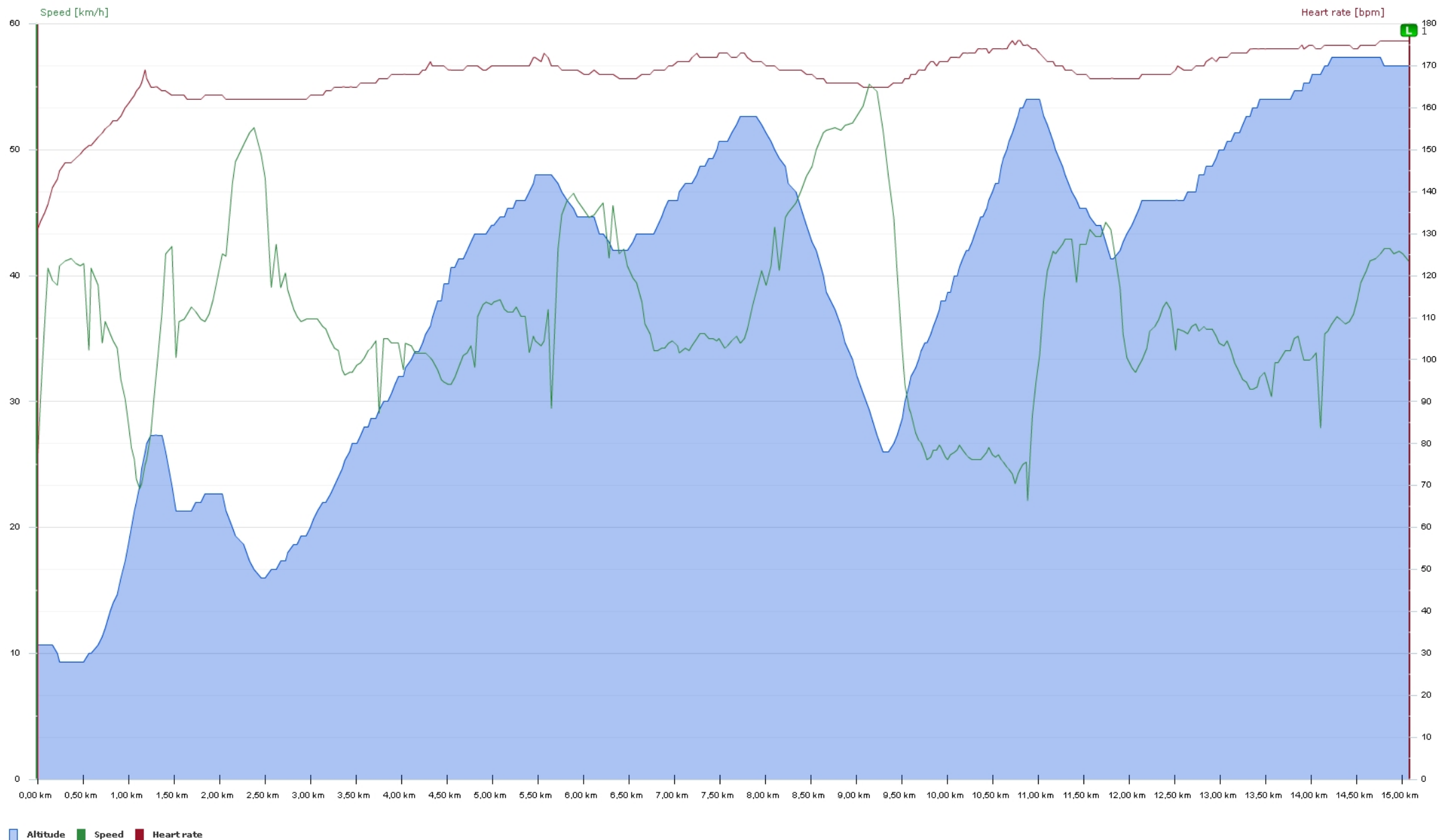


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Березовая=15км Date / Time: 05.09.2015 - 10:26 Clock



LOG

Device / Bike: **ADRIANO / Bike 1** Name: Березовая=15км Date / Time: **05.09.2015 - 10:26 Clock**

INFO

| | |
|-----------------------|-------------|
| Start time | 10:26 Clock |
| Date | 05.09.2015 |
| Unit | kmh |
| Bike | Bike 1 |
| Number of log entries | 337 |
| Wheel size | 2116 mm |
| Log time interval | 5 s |
| Number of laps | 1 |
| Number of pauses | 0 |

AVERAGE

| | |
|---------------------------|------------|
| Heart rate | 167 bpm |
| Temperature | 40,0 °C |
| Speed | 35,95 km/h |
| Altitude | 58 m |
| Cadence | 82 R/min |
| Power | 286 Watt |
| Inclination uphill | 1 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 7 m/min |
| Inclination rate downhill | -11 m/min |

TOTAL VALUES

| | |
|------------------------|-----------|
| Trip distance | 15,07 km |
| Trip time | 0:25:12 h |
| Trip distance uphill | 5,56 km |
| Trip distance downhill | 3,20 km |
| Trip time uphill | 0:10:34 h |
| Trip time downhill | 0:04:16 h |
| Altitude uphill | 159 m |
| Altitude downhill | 90 m |
| Calories | 395 kcal |

MIN/MAX VALUES

| | |
|----------------|--------------------|
| Heart rate | 131 / 176 bpm |
| Temperature | 39,0 / 44,0 °C |
| Speed | 22,12 / 55,21 km/h |
| Altitude | 14 / 86 m |
| Power | 0 / 536 Watt |
| Cadence | 0 / 102 R/min |
| Incline | -5 / 5 % |
| Rate of ascent | -28 / 20 m/min |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Березовая=15км Date / Time: **05.09.2015 - 10:26 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 | 00:25:12 Since start: 00:25:12 | 15,07 Since start: 15,07 | Avg. 35,95 Min. 22,12 Max. 55,21 | Avg. 167 Min. 131 Max. 176 | 394 | Avg. 58 Max. 86 | 159 | 90 | Avg. 1 Max. 5 | Avg. -1 Max. -5 | Avg. 81 Max. 102 | Avg. 287 Max. 536 |
| Total | 00:25:12 | 15,07 | | | 394 | | 159 | 90 | | | | |
| Avg. Lap | 00:25:12 | 15,07 | 35,95 | 167 | 394 | 58 | 159 | 90 | 1 | -1 | 81 | 287 |
| Min. | 00:25:12 | 15,07 | 22,12 | 131 | 394 | | 159 | 90 | | | | |
| Max. | 00:25:12 | 15,07 | 55,21 | 176 | 394 | 86 | 159 | 90 | 5 | -5 | 102 | 536 |

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Березовая=15км Date / Time: 05.09.2015 - 10:26 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



43 участника

Trip distance profile:

hilly



Training type:

разделка - интенсивно

Description:

Новонаталино-Березовая Роща-сальская трасса=15км, легкий встречно-боковой, время=25:14мин.

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Березовая=15км Date / Time: 05.09.2015 - 10:26 Clock

Pulse Zones

| | |
|-----------------------------|-----------|
| Under zones | 0:00:00 h |
| In zone 1 (99 - < 126 bpm) | 0:00:00 h |
| In zone 2 (126 - < 144 bpm) | 0:00:22 h |
| In zone 3 (144 - < 180 bpm) | 0:24:49 h |
| Over zones | 0:00:00 h |



Intensity Zones

| | |
|-----------------------------|-----------|
| Under zones | 0:00:00 h |
| In zone 1 (> 108 - 126 bpm) | 0:00:00 h |
| In zone 2 (> 126 - 144 bpm) | 0:00:22 h |
| In zone 3 (> 144 - 162 bpm) | 0:02:55 h |
| In zone 4 (> 162 - 180 bpm) | 0:21:54 h |
| Over zones | 0:00:00 h |



Power Zones