
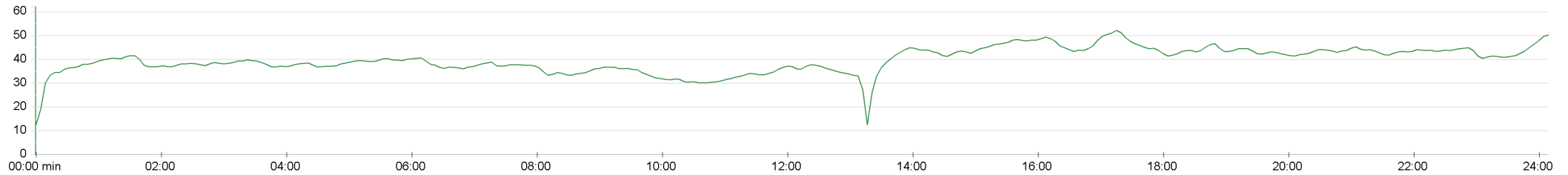


# ACTIVITY - GRAPHS

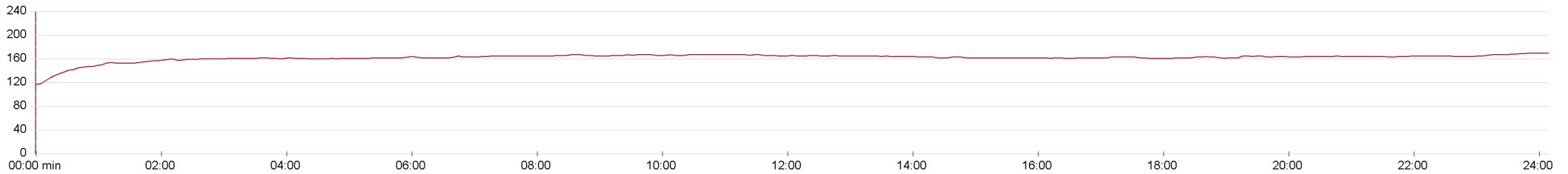
 Малолюбравный=16км

Анриано / Bike 1 / 03.05.2016 - 11:11

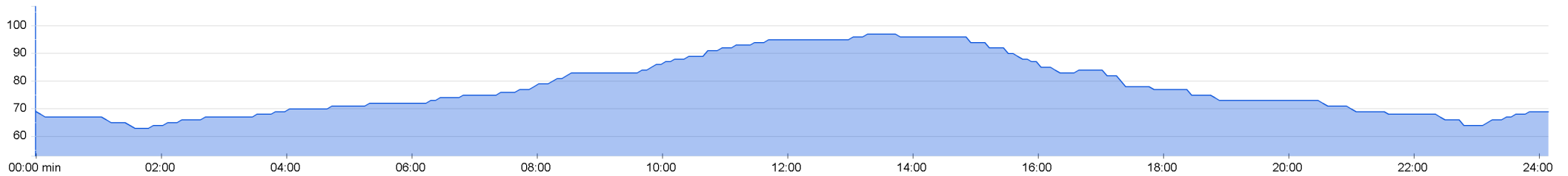
## Speed [km/h]



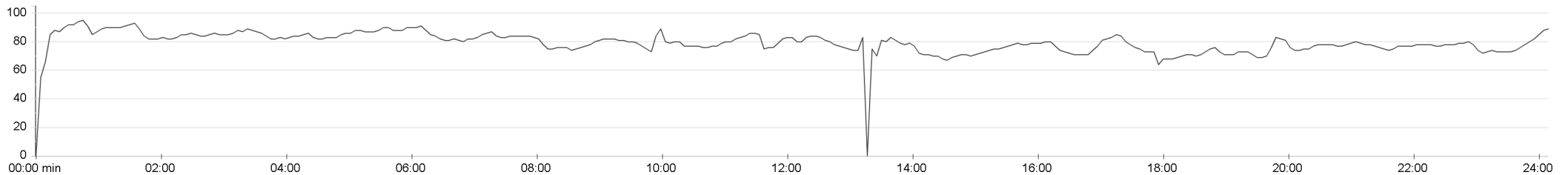
## Heart rate [bpm]



## Altitude [m]



## Cadence [rpm]



ACTIVITY - VALUES

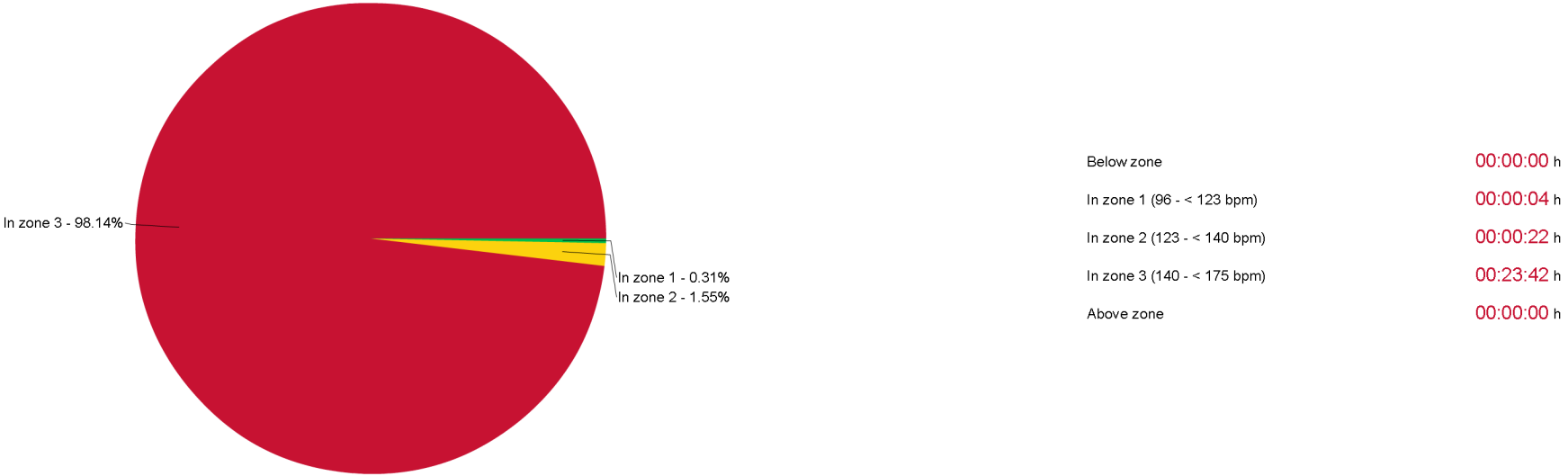


Малодубравный=16км

Анриано / Bike 1 / 03.05.2016 - 11:11

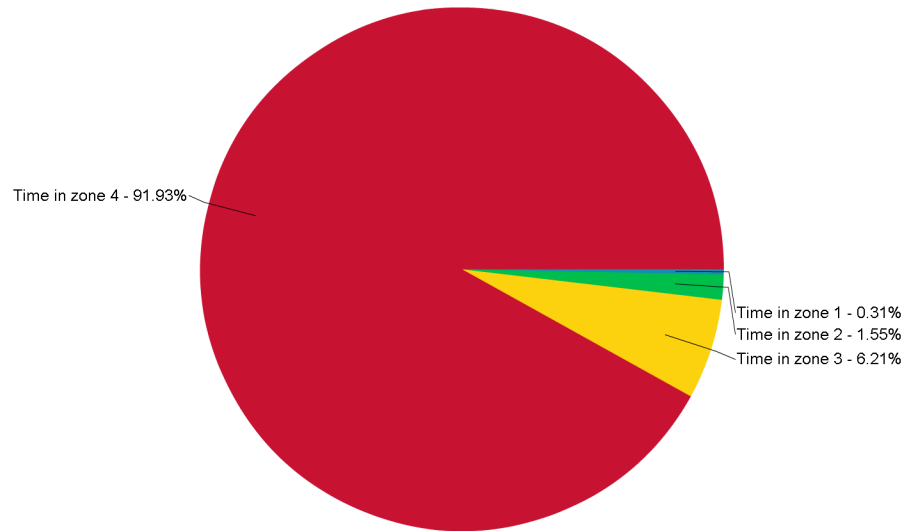
<div> Training time</div> <div>00:24:09.0 h</div> <div><div> 00:02:55.5</div><div> 00:02:19.5</div></div>	<div> Distance</div> <div>15,95 km</div> <div><div> 1,70</div><div> 1,66</div></div>	<div> Speed</div> <div>Ø 39,63 km/h</div> <div><div>min. 12,50</div><div> 34,94</div><div> 42,92</div><div>max. 52,13</div></div>	<div> Altitude</div> <div><div> 40 m</div><div> 40</div></div> <div><div>min. 63</div><div>Ø 77</div><div>max. 97</div></div>	<div> Heart rate</div> <div>Ø 162 bpm</div> <div><div>min. 117</div><div></div><div>max. 170</div></div>
<div> Calories</div> <div>368 kcal</div>	<div> Incline</div> <div><div> 1 %</div><div> -1</div></div> <div><div>min. -1</div><div></div><div>max. 1</div></div>	<div> Rise rate</div> <div><div> 5 m/min</div><div> -7</div></div> <div><div>min. -8</div><div></div><div>max. 5</div></div>	<div> Cadence</div> <div>Ø 79 rpm</div> <div><div>min. 0</div><div></div><div>max. 95</div></div>	<div> Power</div> <div>Ø 318 Watt</div> <div><div>min. 0</div><div></div><div>max. 596</div></div>
<div> Temperature</div> <div>Ø 25,2 °C</div> <div><div>min. 20,0</div><div></div><div>max. 29,0</div></div>				

Heart rate zones



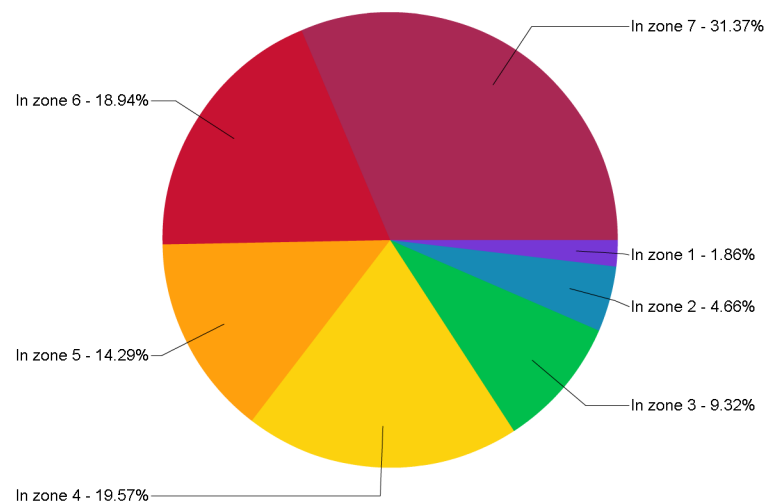


## Intensity zones



Below zone	00:00:00 h
Time in zone 1 (> 105 - 122 bpm)	00:00:04 h
Time in zone 2 (> 122 - 140 bpm)	00:00:22 h
Time in zone 3 (> 140 - 157 bpm)	00:01:30 h
Time in zone 4 (> 157 - 175 bpm)	00:22:12 h
Above zone	00:00:00 h

## Power zones



In zone 1 (0 - 140 Watt)	00:00:27 h
In zone 2 (> 140 - 190 Watt)	00:01:07 h
In zone 3 (> 190 - 227 Watt)	00:02:15 h
In zone 4 (> 227 - 265 Watt)	00:04:43 h
In zone 5 (> 265 - 302 Watt)	00:03:27 h
In zone 6 (> 302 - 377 Watt)	00:04:34 h
In zone 7 (> 377 - 2000 Watt)	00:07:34 h
















# ACTIVITY - VALUES



Малодубравный=16км

Андриано / Bike 1 / 03.05.2016 - 11:11

## Notes

 Weather   3 Bft	 Trip Profile  flat	 Feelings 	 Evaluation 	 Description нормас для начала сезона, плюс потерял секунд 5-7 на старте замешкался...
 Linked track	 External link			
 Training partner  35 участ...				
 Training type разделка				

ACTIVITY - LAPS

Малодубравный=16км

Анриано / Bike 1 / 03.05.2016 - 11:11



Laps

Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)	Cadence (rpm)	Power (Watt)
1	0:24:09.0	15,95	Avg. 39,61	Avg. 162	369	Avg. 77	40	40	Avg. 1	Avg. -1	Avg. 79	Avg. 316
	Distance since start	Distance since start	Min. 12,50	Min. 117		Max. 97			Max. 1	Max. -1	Max. 95	Max. 596
	0:24:09.0	15,95	Max. 52,13	Max. 170								
Total	00:24:09.0	15,95			368		40	40				
Avg. lap	00:24:09.0	15,95	39,61	162	368	77	40	40	1	-1	79	316
Min.	00:24:09.0	15,95	12,50	117	368		40	40				
Max.	00:24:09.0	15,95	52,13	170	368	97	1	40	1	-1	95	596