
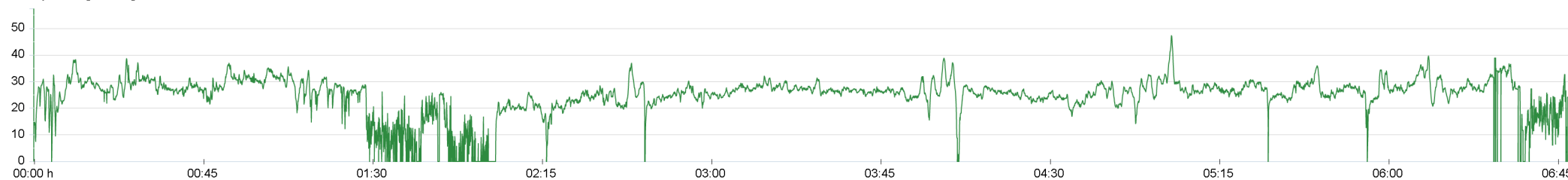



ACTIVITY - GRAPHS

 Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17

 Speed [km/h]




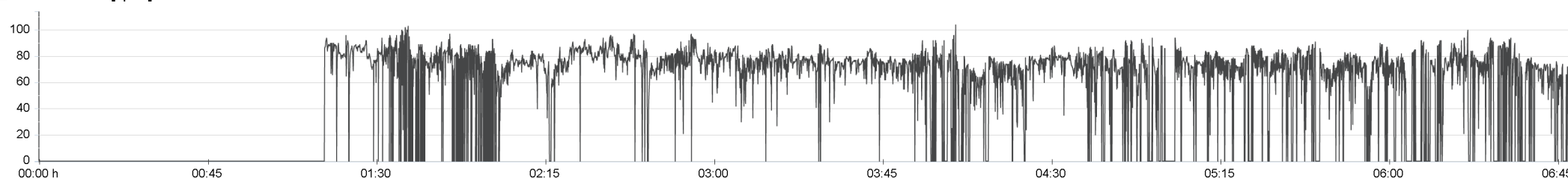
 Heart rate [bpm]



 Altitude [m]



 Cadence [rpm]



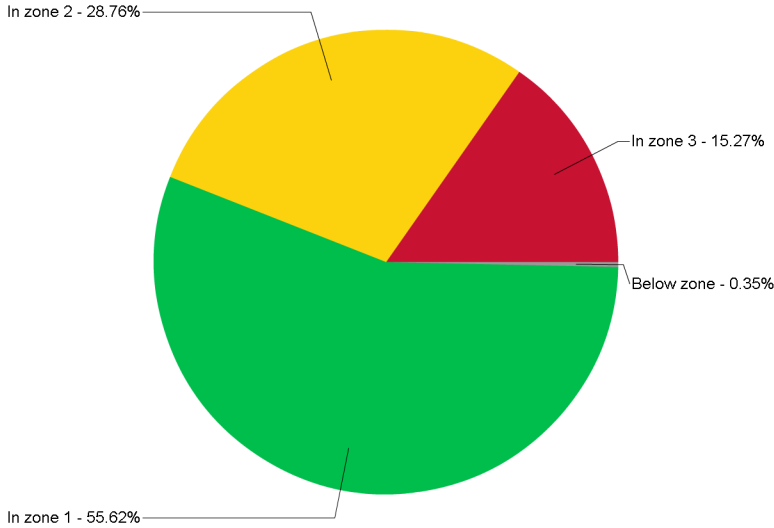
ACTIVITY - VALUES

Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17


<div><div></div><div>Training time</div><div>06:49:15.1 h</div></div> <div><div></div><div>00:32:37.9</div><div>00:28:43.7</div></div>	<div><div></div><div>Distance</div><div>169,29 km</div></div> <div><div></div><div>12,66</div><div>13,21</div></div>	<div><div></div><div>Speed</div><div>Ø 24,82 km/h</div></div> <div><div></div><div>min. 0,00</div><div>23,28 27,60</div><div>max. 47,32</div></div>	<div><div></div><div>Altitude</div><div>↑ 460 m</div><div>↓ 511</div></div> <div><div></div><div>min. 0</div><div>30</div><div>max. 65</div></div>	<div><div></div><div>Heart rate</div><div>Ø 121 bpm</div></div> <div><div></div><div>min. 92</div><div></div><div>max. 155</div></div>
<div><div></div><div>Calories</div><div>3854 kcal</div></div>	<div><div></div><div>Incline</div><div>↑ 1 %</div><div>↓ -1</div></div> <div><div></div><div>min. -6</div><div></div><div>max. 4</div></div>	<div><div></div><div>Rise rate</div><div>↑ 5 m/min</div><div>↓ -5</div></div> <div><div></div><div>min. -23</div><div></div><div>max. 16</div></div>	<div><div></div><div>Cadence</div><div>Ø 74 rpm</div></div> <div><div></div><div>min. 0</div><div></div><div>max. 104</div></div>	<div><div></div><div>Power</div><div>Ø 86 Watt</div></div> <div><div></div><div>min. 0</div><div></div><div>max. 306</div></div>
<div><div></div><div>Temperature</div><div>Ø 21,1 °C</div></div> <div><div></div><div>min. 15,0</div><div></div><div>max. 32,0</div></div>				

Heart rate zones



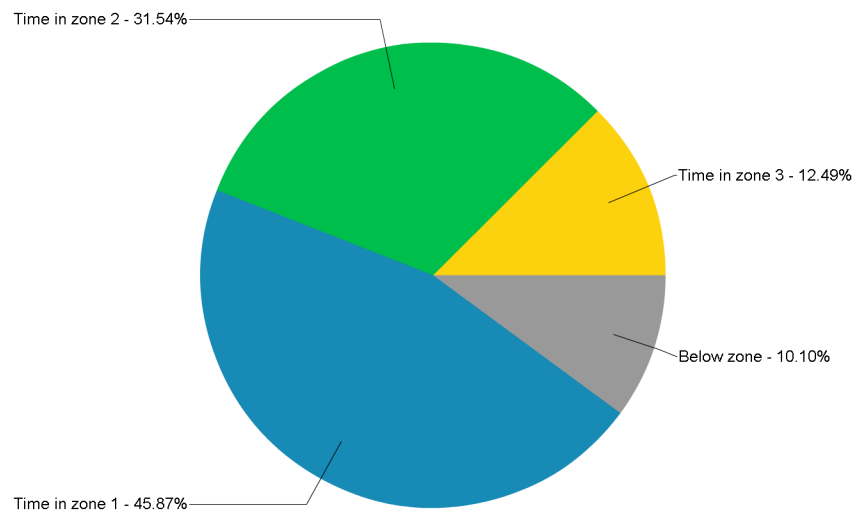
Below zone	00:01:25 h
In zone 1 (96 - < 123 bpm)	03:47:37 h
In zone 2 (123 - < 140 bpm)	01:57:41 h
In zone 3 (140 - < 175 bpm)	01:02:30 h
Above zone	00:00:00 h

ACTIVITY - VALUES

 Ейцк=300км

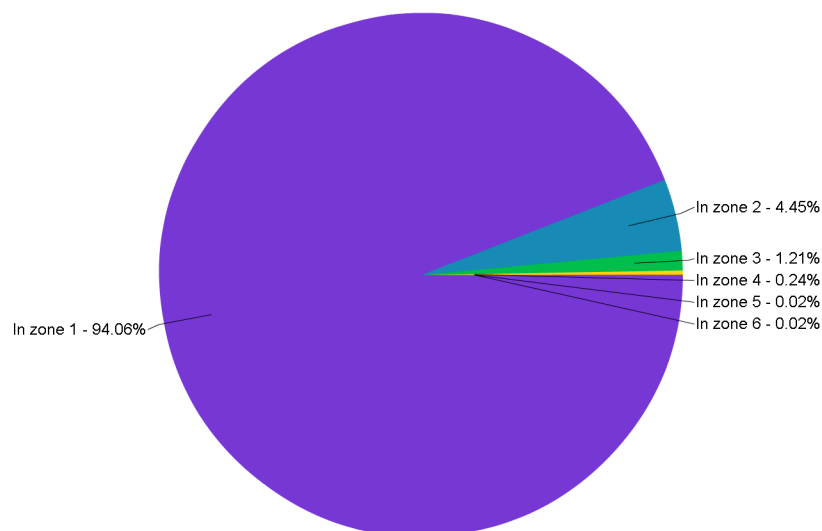
Андриано / Bike 1 / 14.05.2016 - 07:17

Intensity zones




Below zone	00:41:19 h
Time in zone 1 (> 105 - 122 bpm)	03:07:43 h
Time in zone 2 (> 122 - 140 bpm)	02:09:05 h
Time in zone 3 (> 140 - 157 bpm)	00:51:06 h
Time in zone 4 (> 157 - 175 bpm)	00:00:00 h
Above zone	00:00:00 h

Power zones








In zone 1 (0 - 140 Watt)	06:24:57 h
In zone 2 (> 140 - 190 Watt)	00:18:13 h
In zone 3 (> 190 - 227 Watt)	00:04:57 h
In zone 4 (> 227 - 265 Watt)	00:00:58 h
In zone 5 (> 265 - 302 Watt)	00:00:04 h
In zone 6 (> 302 - 377 Watt)	00:00:04 h
In zone 7 (> 377 - 2000 Watt)	00:00:00 h

ACTIVITY - VALUES

 Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17

Notes

<div>Weather</div> <div> 5 Bft</div>	<div>Trip Profile</div> <div> flat</div>	<div>Feelings</div> <div></div>	<div>Evaluation</div> <div></div>	<div>Description</div> <div>ливень на старте, встречный 5мс полпути, 4км пешкодрала по говнам, взрыв покрыхи, что еще надо чтобы получить удовольствие!</div>
<div>Linked track</div> <div></div>	<div>External link</div> <div></div>			
<div>Training partner</div> <div> 19 участ...</div>				
<div>Training type</div> <div>марафон спокойно</div>				

ACTIVITY - LAPS



Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17



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	6:49:15.1	169,29	Avg. 24,82	Avg. 124	3855	Avg. 30	460	511	Avg. 1	Avg. -1	Avg. 53	Avg. 59
	Distance since start	Distance since start	Min. 2,69	Min. 92		Max. 65			Max. 4	Max. -6	Max. 104	Max. 306
	6:49:15.1	169,29	Max. 47,32	Max. 155								
Total	06:49:15.1	169,29			3854		460	511				
Avg. lap	06:49:15.1	169,29	24,82	124	3854	30	460	511	1	-1	53	59
Min.	06:49:15.1	169,29	2,69	92	3854		460	511			104	306
Max.	06:49:15.1	169,29	47,32	155	3854	65	4	511	4	-6		

ACTIVITY - BREAKES



Андреано / Bike 1 / 14.05.2016 - 07:17

Ейцк=300км



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:03.0	0:04:39.0 Time since start: 0:04:39.0	1,75 Distance since start: 1,75
2	0:00:01.0	1:24:27.0 Time since start: 1:29:06.0	39,90 Distance since start: 41,66
3	0:00:02.0	0:01:16.5 Time since start: 1:30:22.5	0,22 Distance since start: 41,89
4	0:00:01.0	0:01:07.5 Time since start: 1:31:30.0	0,15 Distance since start: 42,04
5	0:00:03.0	0:01:48.0 Time since start: 1:33:18.0	0,30 Distance since start: 42,35
6	0:00:03.0	0:00:27.0 Time since start: 1:33:45.0	0,08 Distance since start: 42,43

ACTIVITY - BREAKES

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
7	0:00:05.0	0:00:18.0 Time since start: 1:34:03.0	0,02 Distance since start: 42,46
8	0:00:03.0	0:00:18.0 Time since start: 1:34:21.0	0,04 Distance since start: 42,50
9	0:00:02.0	0:01:34.5 Time since start: 1:35:55.5	0,17 Distance since start: 42,67
10	0:00:03.0	0:00:18.0 Time since start: 1:36:13.6	0,04 Distance since start: 42,72
11	0:00:03.0	0:01:03.0 Time since start: 1:37:16.6	0,18 Distance since start: 42,91
12	0:00:02.0	0:00:18.0 Time since start: 1:37:34.6	0,06 Distance since start: 42,97
13	0:00:03.0	0:00:09.0 Time since start: 1:37:43.6	0,04 Distance since start: 43,01
14	0:00:05.0	0:00:04.5 Time since start: 1:37:48.2	0,00 Distance since start: 43,01
15	0:00:01.0	0:00:09.0 Time since start: 1:37:57.2	0,03 Distance since start: 43,05
16	0:00:01.0	0:00:49.5 Time since start: 1:38:46.7	0,14 Distance since start: 43,19
17	0:00:13.0	0:00:04.5 Time since start: 1:38:51.2	0,00 Distance since start: 43,19
18	0:00:03.0	0:00:09.0 Time since start: 1:39:00.3	0,02 Distance since start: 43,22
19	0:00:11.0	0:00:09.0 Time since start: 1:39:09.3	0,02 Distance since start: 43,25

ACTIVITY - BREAKES



Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
20	0:00:10.0	0:00:09.0 Time since start: 1:39:18.3	0,01 Distance since start: 43,26
21	0:00:09.0	0:00:13.5 Time since start: 1:39:31.9	0,02 Distance since start: 43,29
22	0:00:04.0	0:00:45.0 Time since start: 1:40:16.9	0,09 Distance since start: 43,39
23	0:00:22.0	0:00:22.5 Time since start: 1:40:39.5	0,06 Distance since start: 43,46
24	0:00:03.0	0:00:04.5 Time since start: 1:40:44.0	0,00 Distance since start: 43,46
25	0:00:57.0	0:00:09.0 Time since start: 1:40:53.0	0,00 Distance since start: 43,46
26	0:00:38.0	0:00:04.5 Time since start: 1:40:57.5	0,02 Distance since start: 43,49
27	0:00:42.0	0:00:04.5 Time since start: 1:41:02.1	0,00 Distance since start: 43,49
28	0:00:22.0	0:00:04.5 Time since start: 1:41:06.6	0,03 Distance since start: 43,52
29	0:00:01.0	0:00:04.5 Time since start: 1:41:11.1	0,00 Distance since start: 43,52
30	0:00:02.0	0:00:22.5 Time since start: 1:41:33.6	0,03 Distance since start: 43,55
31	0:00:01.0	0:00:13.5 Time since start: 1:41:47.2	0,00 Distance since start: 43,55
32	0:00:10.0	0:00:09.0 Time since start: 1:41:56.2	0,00 Distance since start: 43,56

ACTIVITY - BREAKES

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
33	0:00:02.0	0:00:22.5 Time since start: 1:42:18.7	0,02 Distance since start: 43,58
34	0:01:11.0	0:00:09.0 Time since start: 1:42:27.8	0,02 Distance since start: 43,61
35	0:00:33.0	0:00:09.0 Time since start: 1:42:36.8	0,00 Distance since start: 43,61
36	0:01:18.0	0:00:04.5 Time since start: 1:42:41.3	0,00 Distance since start: 43,62
37	0:08:44.0	0:00:04.5 Time since start: 1:42:45.9	0,10 Distance since start: 43,72
38	0:28:01.0	0:04:30.0 Time since start: 1:47:15.9	1,26 Distance since start: 44,98
39	0:24:21.0	0:00:22.5 Time since start: 1:47:38.5	0,00 Distance since start: 44,99
40	0:00:01.0	0:02:28.5 Time since start: 1:50:07.0	0,82 Distance since start: 45,81
41	0:00:07.0	0:00:04.5 Time since start: 1:50:11.5	0,01 Distance since start: 45,82
42	0:00:04.0	0:00:13.5 Time since start: 1:50:25.0	0,04 Distance since start: 45,86
43	0:00:13.0	0:00:13.5 Time since start: 1:50:38.5	0,04 Distance since start: 45,91
44	0:00:01.0	0:00:27.0 Time since start: 1:51:05.5	0,04 Distance since start: 45,96
45	0:00:11.0	0:00:13.5 Time since start: 1:51:19.1	0,02 Distance since start: 45,98

ACTIVITY - BREAKES

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
46	0:00:03.0	0:00:09.0 Time since start: 1:51:28.1	0,00 Distance since start: 45,99
47	0:00:03.0	0:00:13.5 Time since start: 1:51:41.6	0,01 Distance since start: 46,00
48	0:00:04.0	0:00:09.0 Time since start: 1:51:50.7	0,00 Distance since start: 46,01
49	0:01:13.0	0:00:04.5 Time since start: 1:51:55.2	0,00 Distance since start: 46,01
50	0:00:16.0	0:00:13.5 Time since start: 1:52:08.7	0,01 Distance since start: 46,03
51	0:00:16.0	0:00:04.5 Time since start: 1:52:13.3	0,01 Distance since start: 46,04
52	0:00:12.0	0:00:09.0 Time since start: 1:52:22.3	0,00 Distance since start: 46,04
53	0:00:02.0	0:00:09.0 Time since start: 1:52:31.3	0,01 Distance since start: 46,06
54	0:00:08.0	0:00:09.0 Time since start: 1:52:40.4	0,00 Distance since start: 46,06
55	0:01:10.0	0:00:13.5 Time since start: 1:52:54.0	0,04 Distance since start: 46,11
56	0:00:02.0	0:00:04.5 Time since start: 1:52:58.5	0,00 Distance since start: 46,11
57	0:00:02.0	0:00:04.5 Time since start: 1:53:03.0	0,00 Distance since start: 46,12
58	0:00:05.0	0:00:18.0 Time since start: 1:53:21.0	0,02 Distance since start: 46,14

ACTIVITY - BREAKES



Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
59	0:00:04.0	0:00:04.5 Time since start: 1:53:25.5	0,00 Distance since start: 46,14
60	0:00:02.0	0:00:31.5 Time since start: 1:53:57.0	0,04 Distance since start: 46,19
61	0:00:07.0	0:00:22.5 Time since start: 1:54:19.5	0,03 Distance since start: 46,23
62	0:00:03.0	0:00:45.0 Time since start: 1:55:04.5	0,08 Distance since start: 46,31
63	0:00:02.0	0:00:13.5 Time since start: 1:55:18.0	0,04 Distance since start: 46,35
64	0:00:03.0	0:00:58.5 Time since start: 1:56:16.5	0,13 Distance since start: 46,49
65	0:00:04.0	0:00:18.0 Time since start: 1:56:34.6	0,03 Distance since start: 46,52
66	0:00:04.0	0:00:27.0 Time since start: 1:57:01.6	0,02 Distance since start: 46,54
67	0:00:13.0	0:00:04.5 Time since start: 1:57:06.1	0,01 Distance since start: 46,56
68	0:00:10.0	0:00:04.5 Time since start: 1:57:10.6	0,00 Distance since start: 46,56
69	0:00:12.0	0:00:04.6 Time since start: 1:57:15.2	0,01 Distance since start: 46,58
70	0:00:16.0	0:00:22.5 Time since start: 1:57:37.8	0,00 Distance since start: 46,59
71	0:02:53.0	0:00:18.1 Time since start: 1:57:55.9	0,01 Distance since start: 46,60

ACTIVITY - BREAKES



Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
72	0:00:26.0	0:00:04.5 Time since start: 1:58:00.5	0,04 Distance since start: 46,64
73	0:00:07.0	0:00:22.5 Time since start: 1:58:23.0	0,00 Distance since start: 46,64
74	0:00:03.0	0:00:04.5 Time since start: 1:58:27.5	0,00 Distance since start: 46,65
75	0:00:06.0	0:00:18.0 Time since start: 1:58:45.5	0,01 Distance since start: 46,67
76	0:00:09.0	0:00:04.5 Time since start: 1:58:50.1	0,00 Distance since start: 46,67
77	0:00:02.0	0:00:09.0 Time since start: 1:58:59.1	0,00 Distance since start: 46,68
78	0:00:19.0	0:00:09.0 Time since start: 1:59:08.1	0,02 Distance since start: 46,70
79	0:00:25.0	0:00:18.0 Time since start: 1:59:26.2	0,04 Distance since start: 46,74
80	0:00:13.0	0:00:13.5 Time since start: 1:59:39.8	0,02 Distance since start: 46,77
81	0:00:01.0	0:00:04.5 Time since start: 1:59:44.3	0,00 Distance since start: 46,77
82	0:00:45.0	0:00:04.5 Time since start: 1:59:48.9	0,01 Distance since start: 46,79
83	0:00:04.0	0:00:04.5 Time since start: 1:59:53.4	0,00 Distance since start: 46,79
84	0:00:02.0	0:00:13.5 Time since start: 2:00:06.9	0,02 Distance since start: 46,82

ACTIVITY - BREAKES



Ейцк=300км

Андриано / Bike 1 / 14.05.2016 - 07:17

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
85	0:00:26.0	0:00:09.0 Time since start: 2:00:15.9	0,02 Distance since start: 46,85
86	0:00:03.0	0:00:09.0 Time since start: 2:00:24.9	0,01 Distance since start: 46,86
87	0:00:03.0	0:00:09.0 Time since start: 2:00:33.9	0,00 Distance since start: 46,86
88	0:01:46.0	0:00:09.0 Time since start: 2:00:43.0	0,04 Distance since start: 46,90
89	0:00:57.0	0:00:13.5 Time since start: 2:00:56.5	0,01 Distance since start: 46,91
90	0:01:37.0	0:00:09.0 Time since start: 2:01:05.5	0,01 Distance since start: 46,93
91	0:02:45.0	0:00:22.5 Time since start: 2:01:28.1	0,00 Distance since start: 46,93
92	0:02:24.0	0:00:18.0 Time since start: 2:01:46.1	0,01 Distance since start: 46,94
93	0:00:41.0	0:00:40.5 Time since start: 2:02:26.7	0,00 Distance since start: 46,95
94	1:13:14.0	0:00:04.5 Time since start: 2:02:31.3	0,00 Distance since start: 46,95
95	0:00:22.0	0:00:04.5 Time since start: 2:02:35.8	0,02 Distance since start: 46,97
96	0:00:05.0	0:13:30.0 Time since start: 2:16:05.8	4,53 Distance since start: 51,50
97	0:26:36.0	0:00:04.5 Time since start: 2:16:10.3	0,00 Distance since start: 51,51

ACTIVITY - BREAKES

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
98	0:00:04.0	0:26:06.0 Time since start: 2:42:16.3	10,29 Distance since start: 61,81
99	0:02:34.0	0:00:04.5 Time since start: 2:42:20.8	0,00 Distance since start: 61,81
100	0:00:10.0	1:22:57.0 Time since start: 4:05:17.8	36,58 Distance since start: 98,40
101	0:43:35.0	0:00:04.5 Time since start: 4:05:22.4	0,00 Distance since start: 98,40
102	0:00:01.0	0:00:09.0 Time since start: 4:05:31.4	0,00 Distance since start: 98,40
103	0:00:12.0	0:00:13.5 Time since start: 4:05:44.9	0,01 Distance since start: 98,41
104	0:01:28.0	1:22:12.0 Time since start: 5:27:56.9	35,96 Distance since start: 134,38
105	0:00:04.0	0:26:19.5 Time since start: 5:54:16.4	11,60 Distance since start: 145,98
106	0:01:06.0	0:33:36.0 Time since start: 6:27:52.4	15,64 Distance since start: 161,63
107	0:00:07.0	0:00:31.5 Time since start: 6:28:23.9	0,95 Distance since start: 162,58
108	0:00:08.0	0:00:27.0 Time since start: 6:28:50.9	0,33 Distance since start: 162,91
109	0:00:03.0	0:00:54.0 Time since start: 6:29:44.9	0,37 Distance since start: 163,28
110	0:00:06.0	0:04:34.5 Time since start: 6:34:19.4	2,30 Distance since start: 165,58

ACTIVITY - BREAKES

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
111	0:16:22.0	0:00:36.0 Time since start: 6:34:55.4	0,24 Distance since start: 165,83
112	0:15:06.0	0:00:13.5 Time since start: 6:35:09.0	0,00 Distance since start: 165,83
113	0:15:47.0	0:00:31.5 Time since start: 6:35:40.5	0,03 Distance since start: 165,87
114	0:00:05.0	0:00:31.5 Time since start: 6:36:12.0	0,00 Distance since start: 165,87
115	0:00:07.0	0:01:03.0 Time since start: 6:37:15.0	0,18 Distance since start: 166,05
116	0:00:17.0	0:09:49.5 Time since start: 6:47:04.5	2,72 Distance since start: 168,78
117	0:00:02.0	0:00:18.0 Time since start: 6:47:22.6	0,01 Distance since start: 168,79
118	0:00:35.0	0:00:22.5 Time since start: 6:47:45.1	0,06 Distance since start: 168,86
119	0:00:44.0	0:00:18.0 Time since start: 6:48:03.1	0,00 Distance since start: 168,86
120	0:00:01.0	0:00:18.0 Time since start: 6:48:21.1	0,00 Distance since start: 168,86
121	0:01:44.0	0:00:18.0 Time since start: 6:48:39.1	0,42 Distance since start: 169,29
122	0:01:06.0	0:00:18.0 Time since start: 6:48:57.1	0,00 Distance since start: 169,29
Total	04:52:40.0	06:48:57.1	169,29
Avg. break	00:02:23.9	00:03:21.1	1,38
Max.	01:13:14.0	01:24:27.0	39,90