
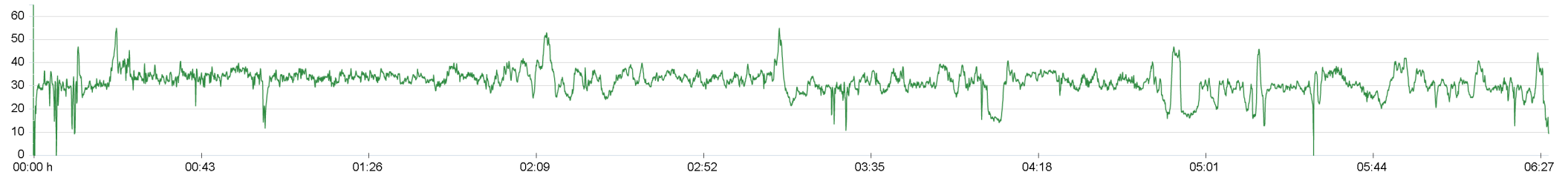


ACTIVITY - GRAPHS

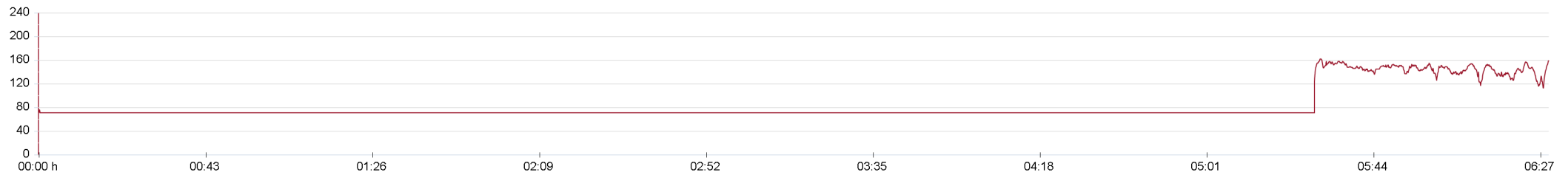
 Зерноград=200км

Герасимов / Bike 1 / 29.04.2017 - 08:00

Speed [km/h]



Heart rate [bpm]



Altitude [m]



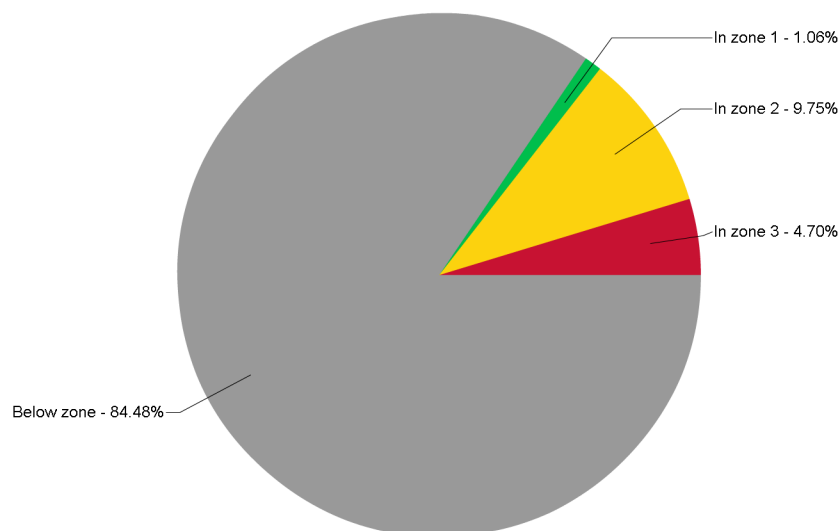
ACTIVITY - VALUES

Зерноград=200км

Герасимов / Bike 1 / 29.04.2017 - 08:00


Training time 06:29:06.1 h 00:45:18.0 00:33:13.5	Distance 205,74 km 20,16 20,49	Speed Ø 31,73 km/h min. 0,00 26,71 37,01 max. 54,85	Altitude ↑ 635 m ↓ 654 min. 266 316 max. 369	Heart rate Ø 82 bpm min. 71 max. 162
Calories 651 kcal	Incline ↑ 1 % ↓ -1 min. -9 max. 8	Rise rate ↑ 6 m/min ↓ -9 min. -65 max. 21	Temperature Ø 26,0 °C min. 16,0 max. 33,0	

Heart rate zones



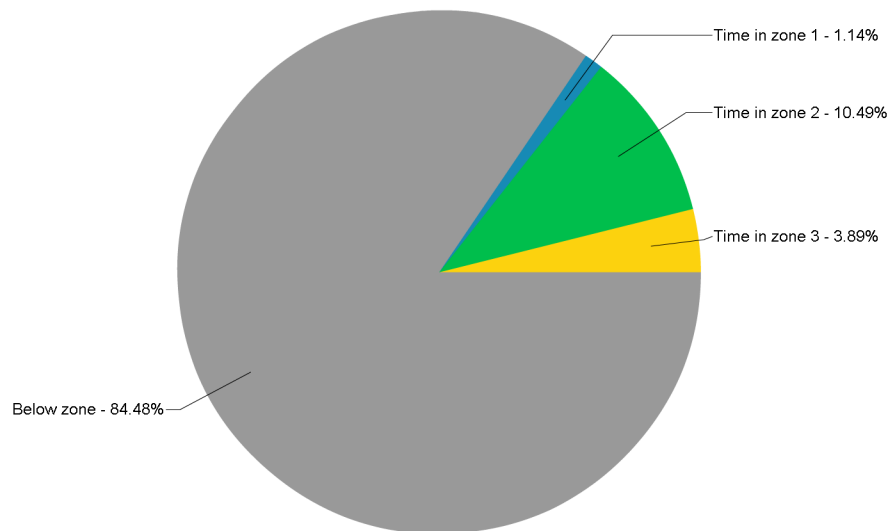
Below zone	05:28:43 h
In zone 1 (103 - < 131 bpm)	00:04:07 h
In zone 2 (131 - < 150 bpm)	00:37:57 h
In zone 3 (150 - < 187 bpm)	00:18:18 h
Above zone	00:00:00 h

ACTIVITY - VALUES

 Зерноград=200км










Герасимов / Bike 1 / 29.04.2017 - 08:00

Intensity zones



Below zone	05:28:43 h
Time in zone 1 (> 112 - 130 bpm)	00:04:25 h
Time in zone 2 (> 130 - 149 bpm)	00:40:48 h
Time in zone 3 (> 149 - 168 bpm)	00:15:09 h
Time in zone 4 (> 168 - 187 bpm)	00:00:00 h
Above zone	00:00:00 h

Notes

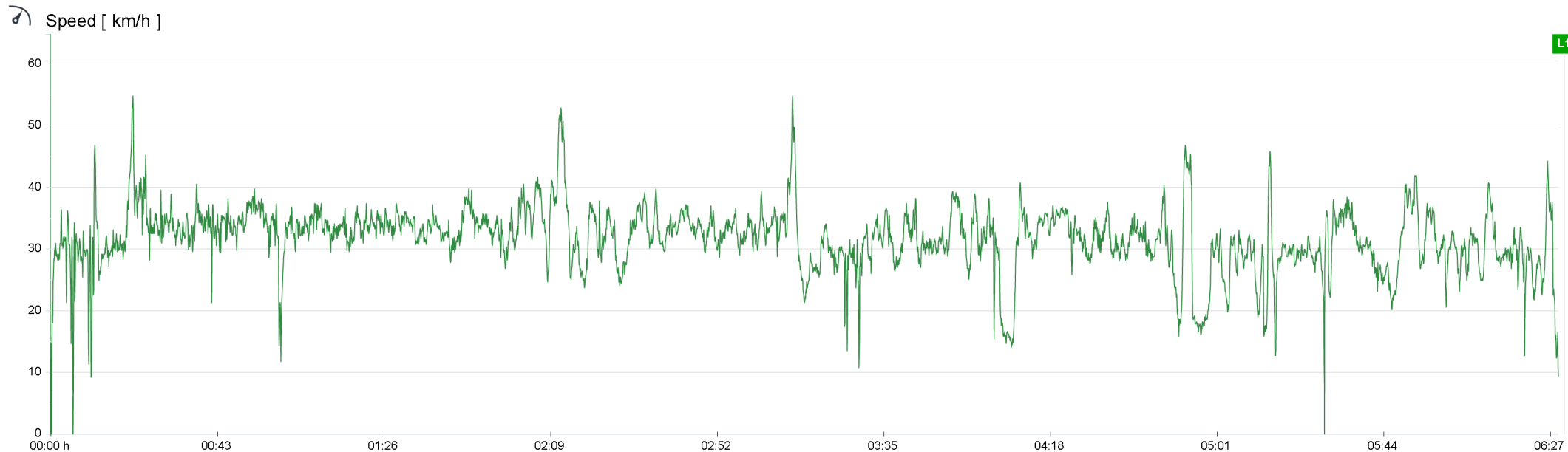
<div>Weather</div> <div> 0 Bft</div>	<div>Trip Profile</div> <div> flat</div>	<div>Feelings</div> <div></div>	<div>Evaluation</div> <div></div>	<div>Description</div> <div>Use this area to enter further details about your training ...</div>
<div>Linked track</div> <div></div>	<div>External link</div> <div></div>			
<div>Training partner</div> <div></div>				
<div>Training type</div> <div></div>				

ACTIVITY - LAPS




Зерноград=200км

Герасимов / Bike 1 / 29.04.2017 - 08:00

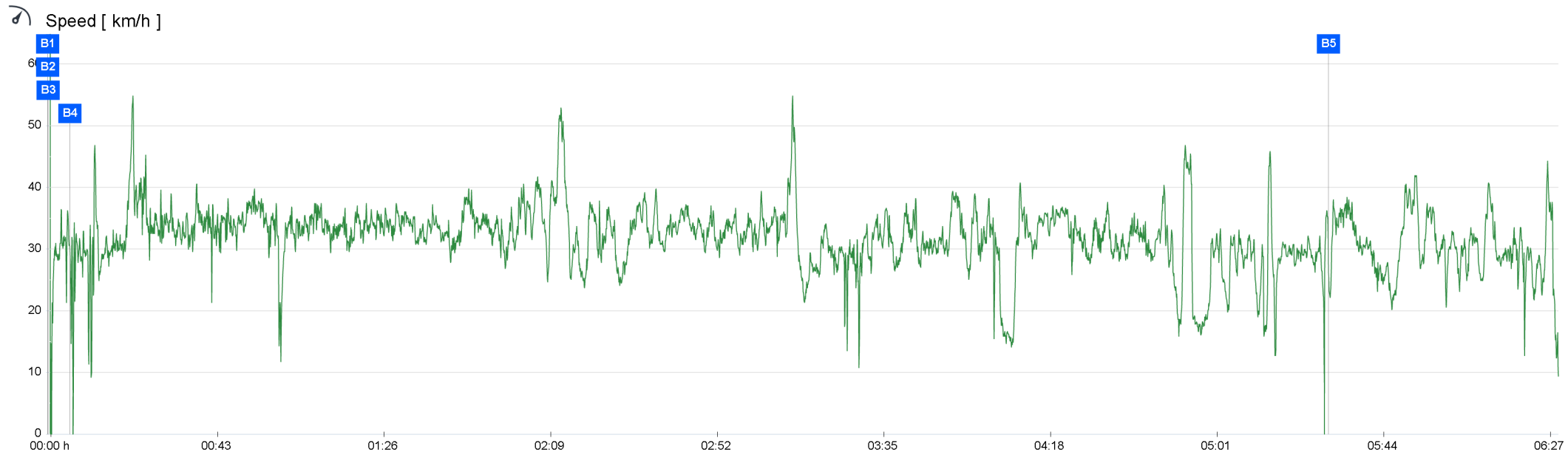


Laps

Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)
1	6:29:06.1	205,74	Avg. 31,73	Avg. 82	652	Avg. 316	635	654	Avg. 1	Avg. -1
	Distance since start	Distance since start	Min. 6,07	Min. 71		Max. 369			Max. 8	Max. -9
	6:29:06.1	205,74	Max. 54,85	Max. 162						
Total	06:29:06.1	205,74			651		635	654		
Avg. lap	06:29:06.1	205,74	31,73	82	651	316	635	654	1	-1
Min.	06:29:06.1	205,74	6,07	71	651		635	654		
Max.	06:29:06.1	205,74	54,85	162	651	369	8	654	8	-9

 Зерноград=200км

Герасимов / Bike 1 / 29.04.2017 - 08:00



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:04.0	0:00:00.0 Time since start: 0:00:00.0	0,00 Distance since start: 0,00
2	0:00:03.0	0:00:04.5 Time since start: 0:00:04.5	0,03 Distance since start: 0,03
3	0:00:11.0	0:00:09.0 Time since start: 0:00:13.6	0,04 Distance since start: 0,07
4	0:01:15.0	0:05:33.0 Time since start: 0:05:46.6	2,63 Distance since start: 2,71
5	0:01:53.0	5:22:57.0 Time since start: 5:28:43.6	172,51 Distance since start: 175,22
Total	00:03:26.0	05:28:43.6	175,22
Avg. break	00:00:41.2	01:05:44.7	35,04
Max.	00:01:53.0	05:22:57.0	172,51