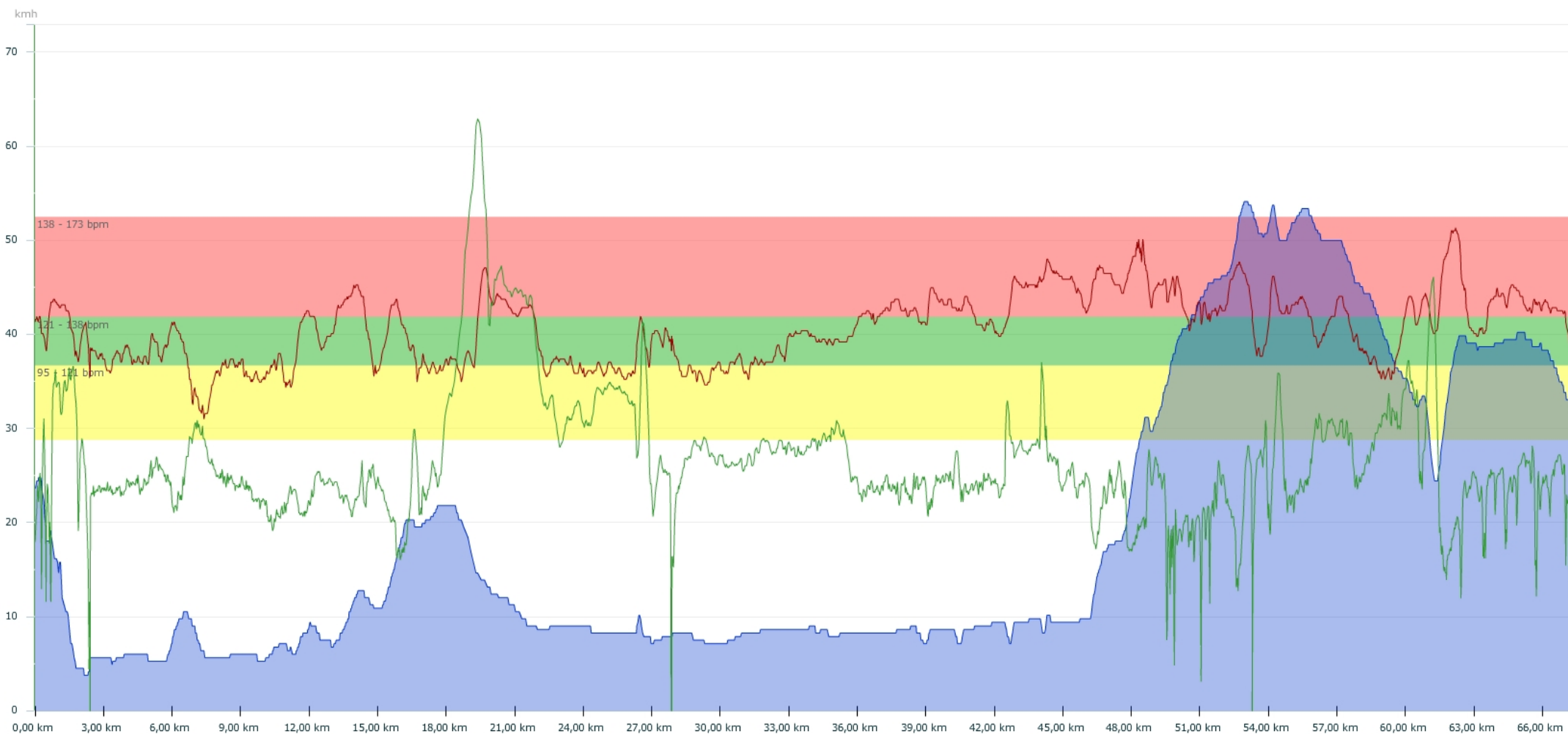


# LOG

Computer / bike: **ADRIANO / Bike 2** Name: **L`vy-Salsky O-Dorozhny-Olginka-Mega-Centr** Date / Time: **21.03.2012 - 11:50 - 14:53**



Altitude Speed Heart rate Temperature Incline Rate of ascent Cadence Power  
 Avg. altitude Avg. speed Avg. heart rate Avg. temperature Avg. temperature Avg. temperature  
 Zone 1 Zone 2 Zone 3

## LOG

Computer / bike: **ADRIANO / Bike 2** Name: **L`vy-Salsky O-Dorozhny-Olginka-Mega-Centr** Date / Time: **21.03.2012 - 11:50 - 14:53**



### NOTES

Rating:



Weather:



Trip distance profile:

slightly hilly



Training type:

normal

Training partner:



Description:

L`vy-Salsky O-Dorozhny-Olginka-Mega-Centr

### MARKERS

1. 

2. 

3. 

4. 

## LOG

Computer / bike: **ADRIANO / Bike 2** Name: **L`vy-Salsky O-Dorozhny-Olginka-Mega-Centr** Date / Time: **21.03.2012 - 11:50 - 14:53**

### INFO

Date	21.03.2012
Start time	11:50 Clock
Stopp time	14:53 Clock
Bike	Bike 2
Wheel size	2122 mm
Unit	kmh
Calories	1848 kcal
Number of log entries	2140
Log time interval	5 s

### TOTAL VALUES

Trip distance	67,46 km
Trip distance uphill	7,78 km
Distance downhill	7,75 km
Trip time	02:40:12 h
Trip time uphill	00:22:25 h
Trip time downhill	00:15:00 h
Meters uphill	322 m
Meters downhill	305 m
Break time	00:10:34 h

### MIN/MAX VALUES

Heart rate	102/169 bpm
Temperature	7,0/19,0 °C
Speed	0,00/62,89 kmh
Altitude	34/168 m
Incline	-11/6 %
Rate of ascent	-58/17 m/min
Cadence	0/146 R/min
Power	0/627 Watt

### AVERAGE VALUES

Heart rate	134 bpm
Temperature	12,9 °C
Speed	25,25 kmh
Altitude	75 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	6 m/min
Inclination rate downhill	9 m/min
Power	84 Watt
Cadence	68 R/min

## LOG

Computer / bike: **ADRIANO / Bike 2** Name: **L`vy-Salsky O-Dorozhny-Olginka-Mega-Centr** Date / Time: **21.03.2012 - 11:50 - 14:53**



### HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm

Time in Zone 1: 00:23:46 h

Time in Zone 2: 01:05:33 h

Time in Zone 3: 01:10:52 h

Outside: 00:00:00 h

