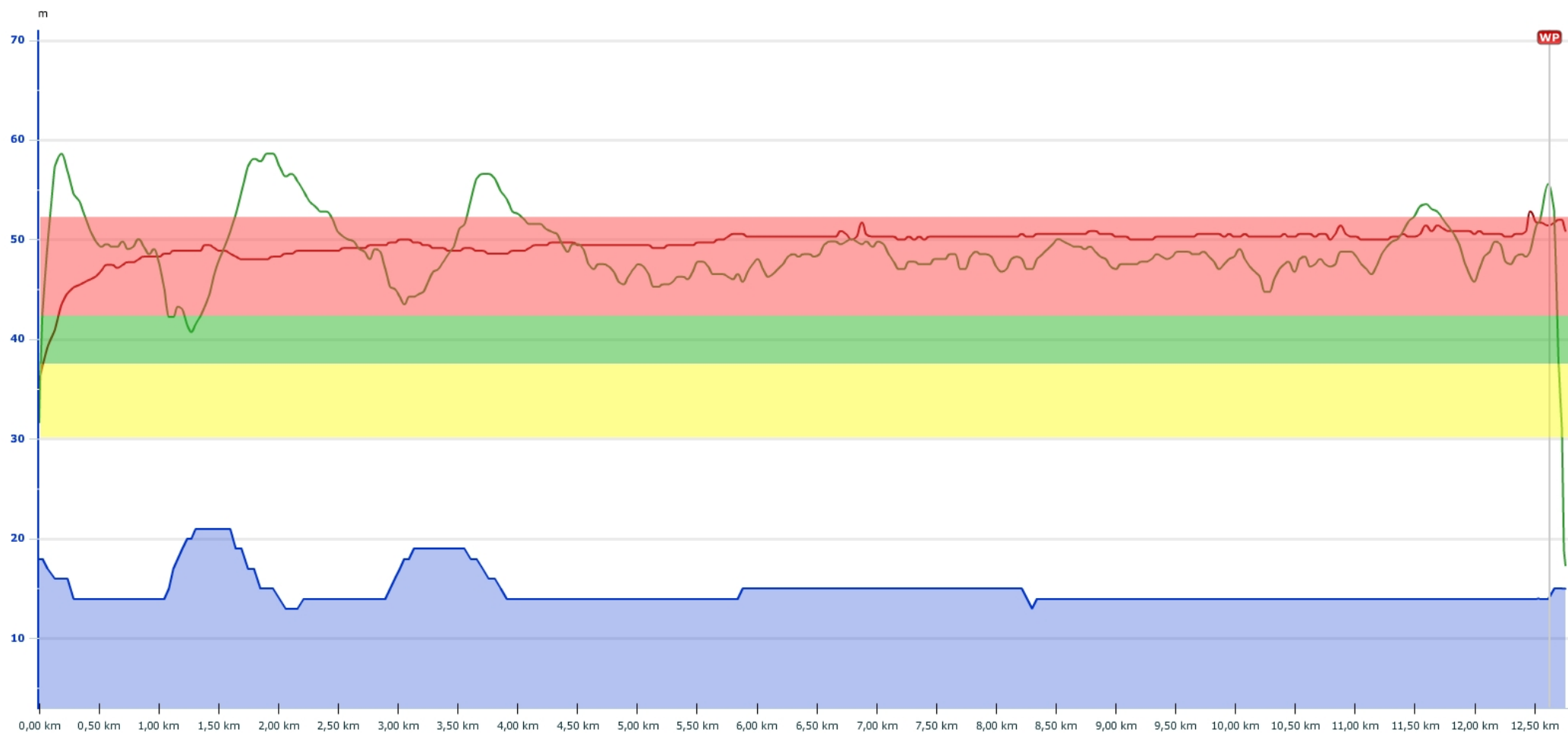


LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka-13km** Date / Time: **14.05.2011 - 10:27 - 10:49**



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

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka-13km** Date / Time: **14.05.2011 - 10:27 - 10:49**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

strong

Training partner:



14 peoples

Description:

Gonka s razdelnym startom(1min) na 12,61km(Bolshoy Log-Starocherkassk)...finish time=21:12,31...

MARKERS

1.  Finish

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka-13km** Date / Time: **14.05.2011 - 10:27 - 10:49**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	294
Calories	350 kcal
Bike	Bike 1
Stopp time	10:49 Clock
Start time	10:27 Clock
Date	14.05.2011

TOTAL VALUES

Trip distance	12,75 km
Trip time	00:21:58 h
Break time	00:00:00 h
Distance uphill	0,60 km
Trip time uphill	00:01:07 h
Meters uphill	16 m
Distance downhill	0,74 km
Trip time downhill	00:01:07 h
Meters downhill	19 m

MIN. / MAX VALUES

Speed	10,98/42,55 kmh
Heart rate	116/176 bpm
Temperature	27,0/31,0 °C
Altitude	13/21 °C
Incline	-2/3 %
Rate of ascent	-14/15 m/min

AVERAGE VALUES

Speed	34,80 kmh
Heart rate	164 bpm
Temperature	27,9 °C
Altitude	14 m
Incline	-1 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka-13km** Date / Time: **14.05.2011 - 10:27 - 10:49**



HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm

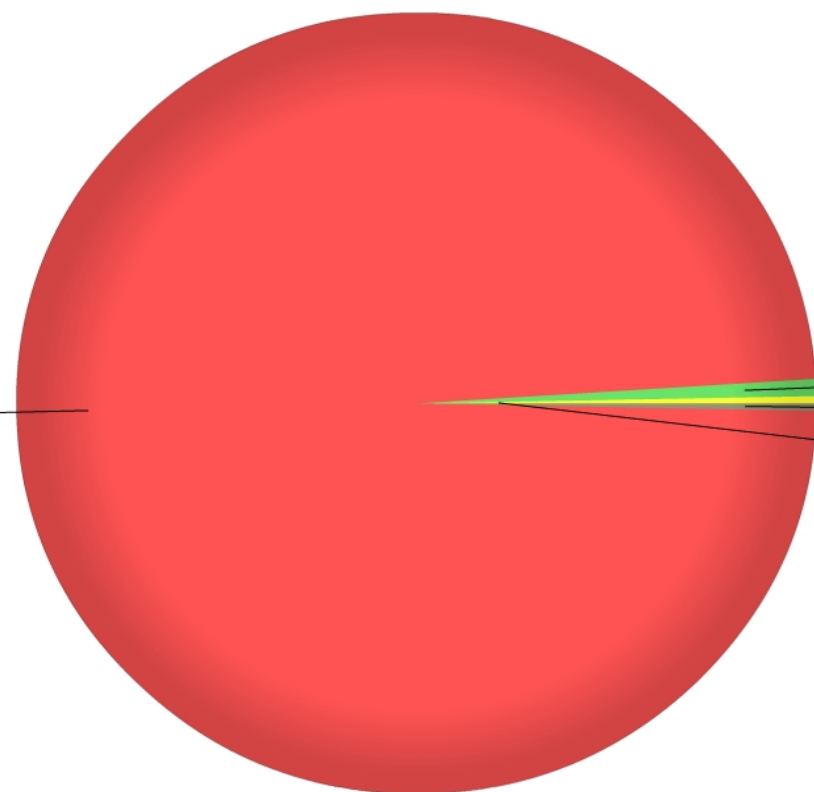
Time in Zone 1: 00:00:04 h

Time in Zone 2: 00:00:09 h

Time in Zone 3: 00:21:40 h

Outside: 00:00:04 h

Zone 3:
98.6%



Zone 2:
0.7%

Zone 1:
0.3%

Outside:
0.3%