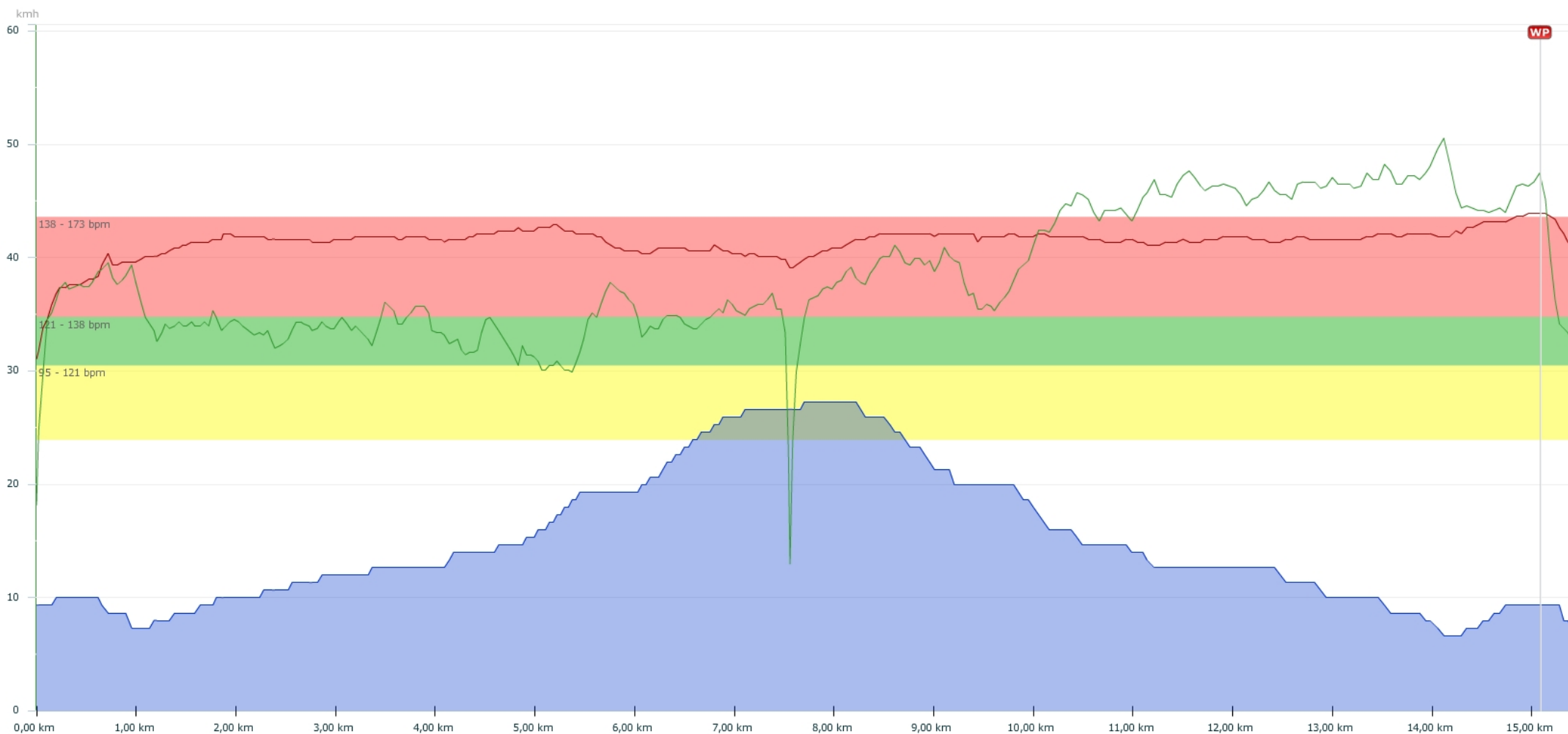


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Parnaya gonka=15km** Date / Time: **08.05.2012 - 10:33 - 10:58**



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

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Parnaya gonka=15km** Date / Time: **08.05.2012 - 10:33 - 10:58**



NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



Fima, Andriano

Description:

Malodubravnyi

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Parnaya gonka=15km** Date / Time: **08.05.2012 - 10:33 - 10:58**

INFO

Date	08.05.2012
Start time	10:33 Clock
Stopp time	10:58 Clock
Bike	Bike 1
Wheel size	2122 mm
Unit	kmh
Calories	393 kcal
Number of log entries	329
Log time interval	5 s

TOTAL VALUES

Trip distance	15,45 km
Trip distance uphill	1,53 km
Distance downhill	1,91 km
Trip time	00:24:36 h
Trip time uphill	00:02:37 h
Trip time downhill	00:02:42 h
Meters uphill	35 m
Meters downhill	39 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	123/174 bpm
Temperature	23,0/29,0 °C
Speed	12,35/50,54 kmh
Altitude	47/78 m
Incline	-2/1 %
Rate of ascent	-10/5 m/min
Cadence	0/106 R/min
Power	0/602 Watt

AVERAGE VALUES

Heart rate	164 bpm
Temperature	25,1 °C
Speed	37,69 kmh
Altitude	59 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	7 m/min
Power	276 Watt
Cadence	89 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Parnaya gonka=15km** Date / Time: **08.05.2012 - 10:33 - 10:58**



HEART RATE ZONES

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

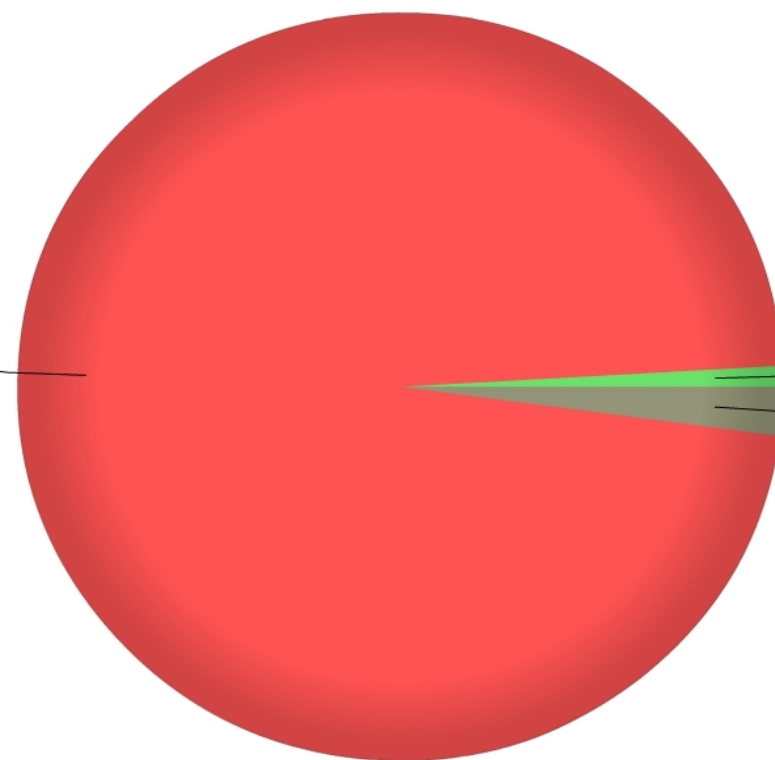
Time in Zone 1: 00:00:00 h

Time in Zone 2: 00:00:13 h

Time in Zone 3: 00:23:51 h

Outside: 00:00:31 h

Zone 3:
97.0%



Zone 2:
0.9%

Outside:
2.1%

Time in zone 1: 0.0%