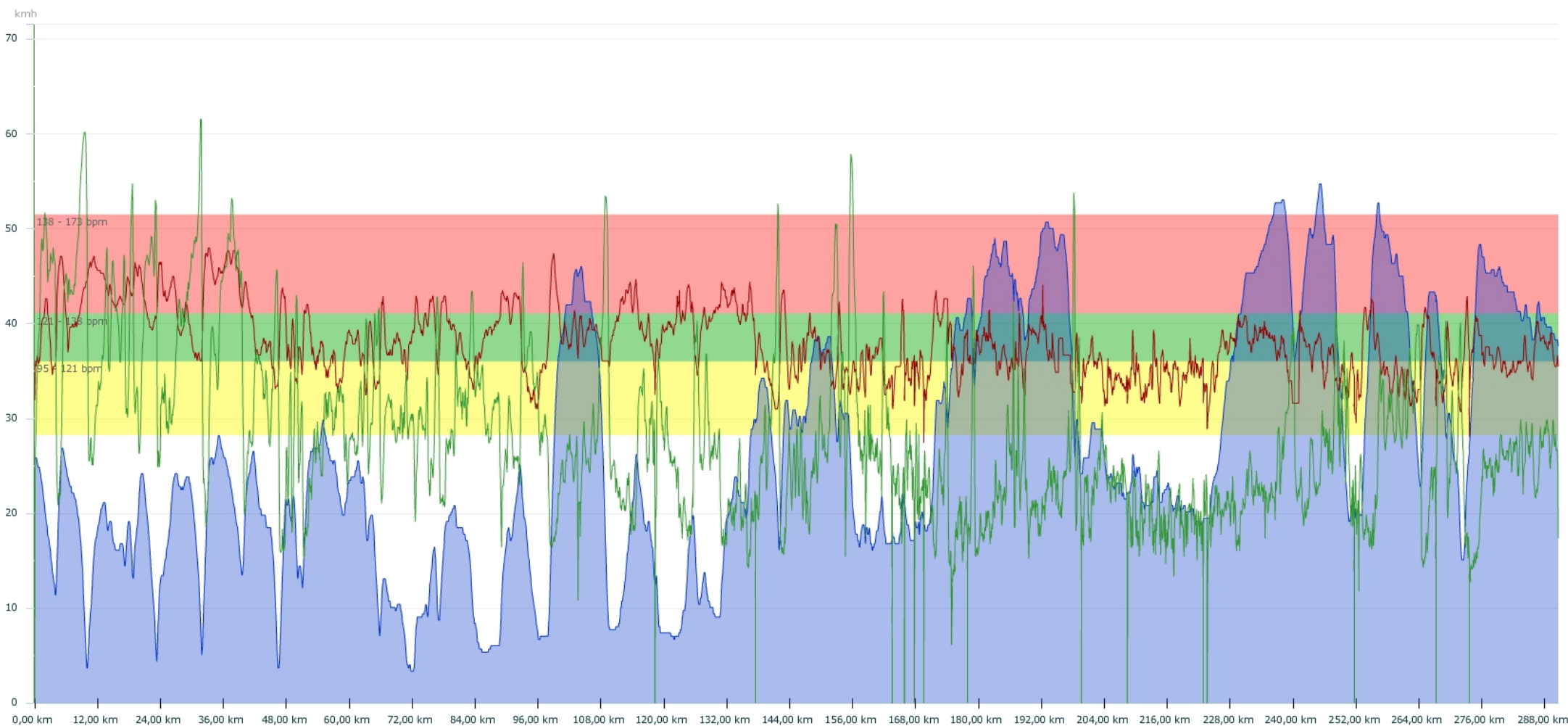


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraine2=300km** Date / Time: **13.05.2012 - 07:38 - 20:32**



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: **Ukraine2=300km** Date / Time: **13.05.2012 - 07:38 - 20:32**



NOTES

Rating:



Weather:

light cloud



strong wind



Trip distance profile:

hilly



Training type:

Hard porno

Training partner:



14 mens

Description:

Dps Rostov-Sambek-M.Kurgan-tamozhnya1-tamozhnya2-Bolshekreпка-Rodionovka-DPS Rostov

MARKERS

1. WP

2. WP

3. WP

4. P





















5. P

6. WP

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraine2=300km** Date / Time: **13.05.2012 - 07:38 - 20:32**

MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	
10. 	16. 	22. 	
11. 	17. 	23. 	
12. 	18. 	24. 	

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraine2=300km** Date / Time: **13.05.2012 - 07:38 - 20:32**

INFO

Date	13.05.2012
Start time	07:38 Clock
Stopp time	20:32 Clock
Bike	Bike 1
Wheel size	2122 mm
Unit	kmh
Calories	7135 kcal
Number of log entries	4048
Log time interval	10 s

TOTAL VALUES

Trip distance	290,58 km
Trip distance uphill	78,34 km
Distance downhill	86,16 km
Trip time	11:22:29 h
Trip time uphill	03:41:06 h
Trip time downhill	02:33:10 h
Meters uphill	1877 m
Meters downhill	1842 m
Break time	01:15:41 h

MIN/MAX VALUES

Heart rate	96/161 bpm
Temperature	20,0/43,0 °C
Speed	0,00/61,54 kmh
Altitude	50/203 m
Incline	-7/6 %
Rate of ascent	-62/22 m/min
Cadence	0/101 R/min
Power	0/700 Watt

AVERAGE VALUES

Heart rate	128 bpm
Temperature	30,2 °C
Speed	25,62 kmh
Altitude	121 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	9 m/min
Power	107 Watt
Cadence	69 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Ukraine2=300km** Date / Time: **13.05.2012 - 07:38 - 20:32**



HEART RATE ZONES

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

Time in Zone 1:	03:28:45 h
Time in Zone 2:	05:39:24 h
Time in Zone 3:	02:14:19 h

Outside	00:00:00 h
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