

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Parnaya gonka-25km** Date / Time: **22.05.2011 - 10:23 - 11:06**



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: **Parnaya gonka-25km** Date / Time: **22.05.2011 - 10:23 - 11:06**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



Team AA:Povajny-Popov



6 par


Description:

razdelka 25,11km:B.Log-Starocher-B.Log
time Team AA=40:34

MARKERS

1.  Start

2.  Razvorot

3.  Finish-25,11km time 40:34

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Parnaya gonka-25km** Date / Time: **22.05.2011 - 10:23 - 11:06**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	574
Calories	674 kcal
Bike	Bike 1
Stopp time	11:06 Clock
Start time	10:23 Clock
Date	22.05.2011

TOTAL VALUES

Trip distance	26,00 km
Trip time	00:42:58 h
Break time	00:00:00 h
Distance uphill	1,30 km
Trip time uphill	00:02:19 h
Meters uphill	35 m
Distance downhill	1,35 km
Trip time downhill	00:02:10 h
Meters downhill	39 m

MIN. / MAX VALUES

Speed	10,40/45,83 kmh
Heart rate	108/176 bpm
Temperature	23,0/31,0 °C
Altitude	6/16 °C
Incline	-2/3 %
Rate of ascent	-14/15 m/min

AVERAGE VALUES

Speed	36,29 kmh
Heart rate	163 bpm
Temperature	25,5 °C
Altitude	9 m
Incline	-1 %
Rate of ascent	0 m

LOG

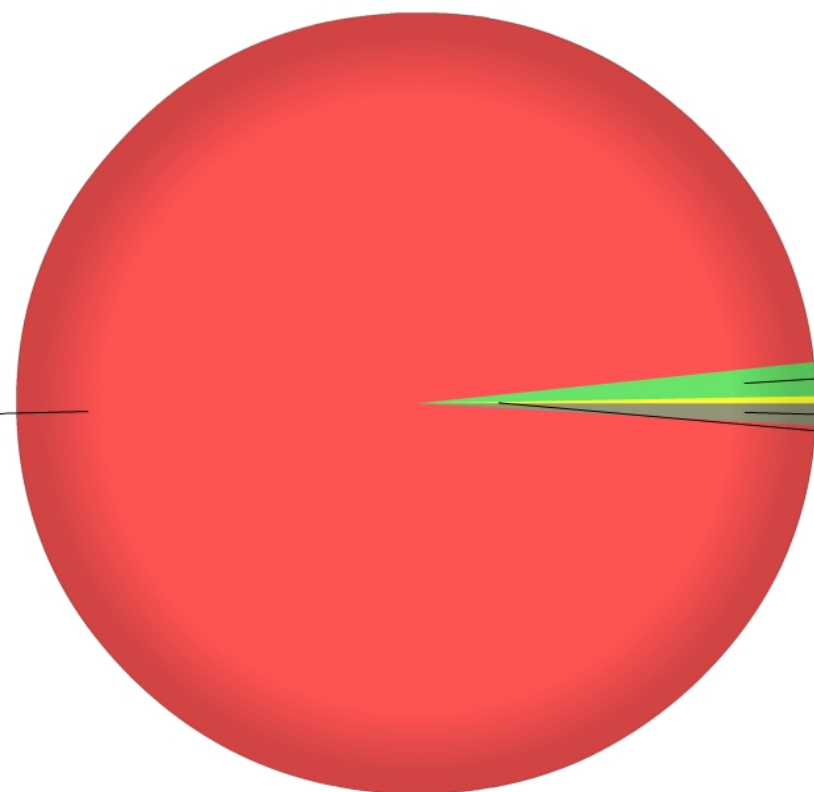
Computer / bike: **ANDRIANO / Bike 1** Name: **Parnaya gonka-25km** Date / Time: **22.05.2011 - 10:23 - 11:06**



HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm
Time in Zone 1:	00:00:09 h
Time in Zone 2:	00:00:36 h
Time in Zone 3:	00:41:51 h
Outside	00:00:22 h

Zone 3:
97.4%



Zone 2:
1.4%

Zone 1:
0.3%

Outside:
0.9%