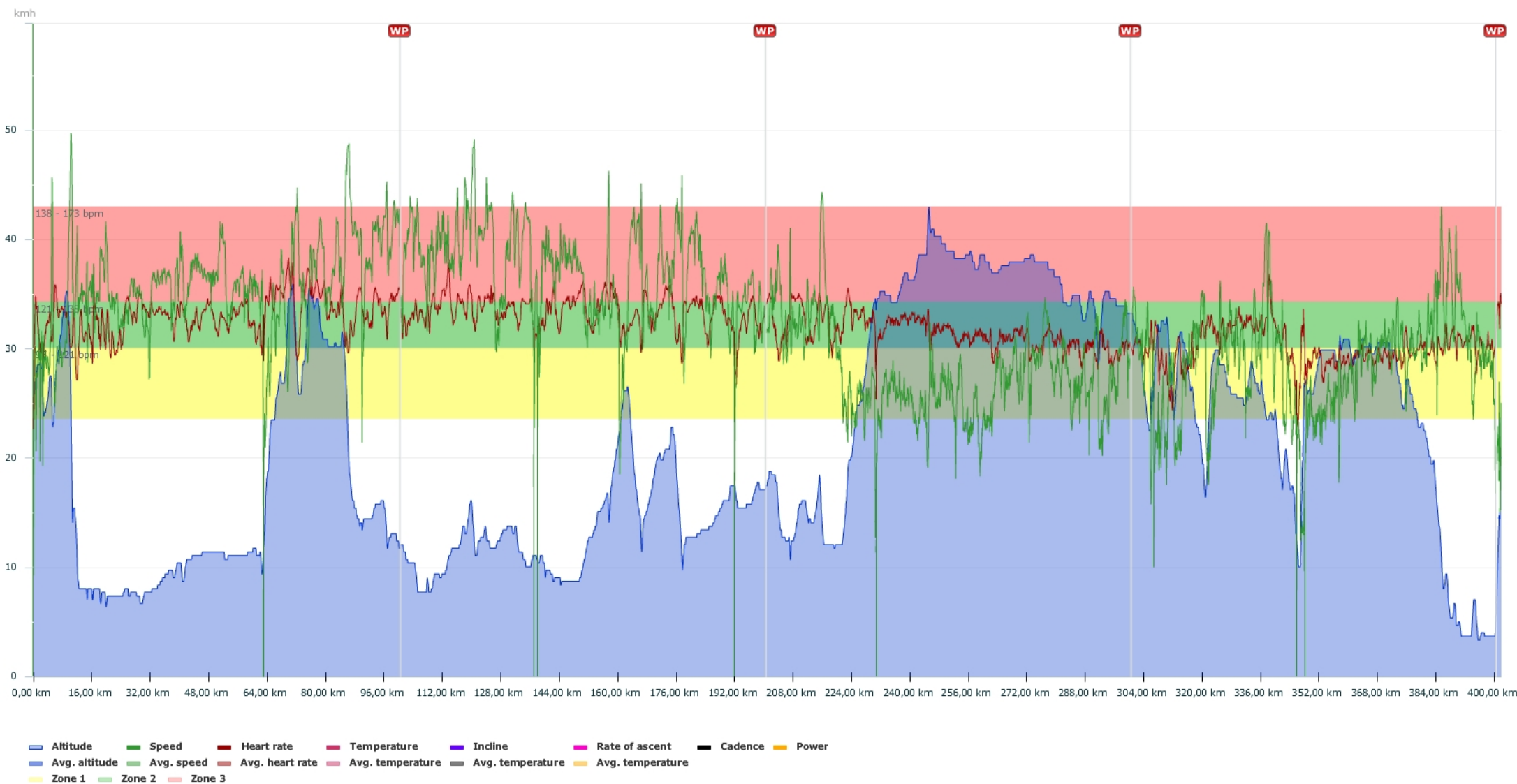


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Stepnoy=400km** Date / Time: **27.05.2012 - 05:07 - 19:18**



LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Stepnoy=400km** Date / Time: **27.05.2012 - 05:07 - 19:18**



NOTES

Rating:



Weather:



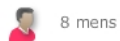
Trip distance profile:



Training type:

Heavy

Training partner:



Description:

Do Salska
100km=2:53
200km=5:51
300km=10:13
400km=14:10

MARKERS

1. 

2.  100km
time=2:53

3. 

4. 

5. 

6.  200km
time=5:51


LOG


Computer / bike: **ADRIANO / Bike 1** Name: **Stepnoy=400km** Date / Time: **27.05.2012 - 05:07 - 19:18**

MARKERS

7. 

13. 

8.  300km
time=10:13

14.  400km
time=14:10

9. 

10. 

11. 

12. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Stepnoy=400km** Date / Time: **27.05.2012 - 05:07 - 19:18**

INFO

Date	27.05.2012
Start time	05:07 Clock
Stopp time	19:18 Clock
Bike	Bike 1
Wheel size	2122 mm
Unit	kmh
Calories	8166 kcal
Number of log entries	4609
Log time interval	10 s

TOTAL VALUES

Trip distance	401,93 km
Trip distance uphill	59,19 km
Distance downhill	56,66 km
Trip time	12:57:07 h
Trip time uphill	02:07:44 h
Trip time downhill	01:38:32 h
Meters uphill	907 m
Meters downhill	917 m
Break time	01:07:59 h

MIN/MAX VALUES

Heart rate	89/154 bpm
Temperature	12,0/27,0 °C
Speed	0,00/49,77 kmh
Altitude	51/169 m
Incline	-6/6 %
Rate of ascent	-46/16 m/min
Cadence	0/106 R/min
Power	0/493 Watt

AVERAGE VALUES

Heart rate	128 bpm
Temperature	17,5 °C
Speed	31,08 kmh
Altitude	107 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	158 Watt
Cadence	75 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Stepnoy=400km** Date / Time: **27.05.2012 - 05:07 - 19:18**



HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	02:36:54 h
Time in Zone 2:	08:29:02 h
Time in Zone 3:	01:50:21 h
Outside	00:00:48 h

