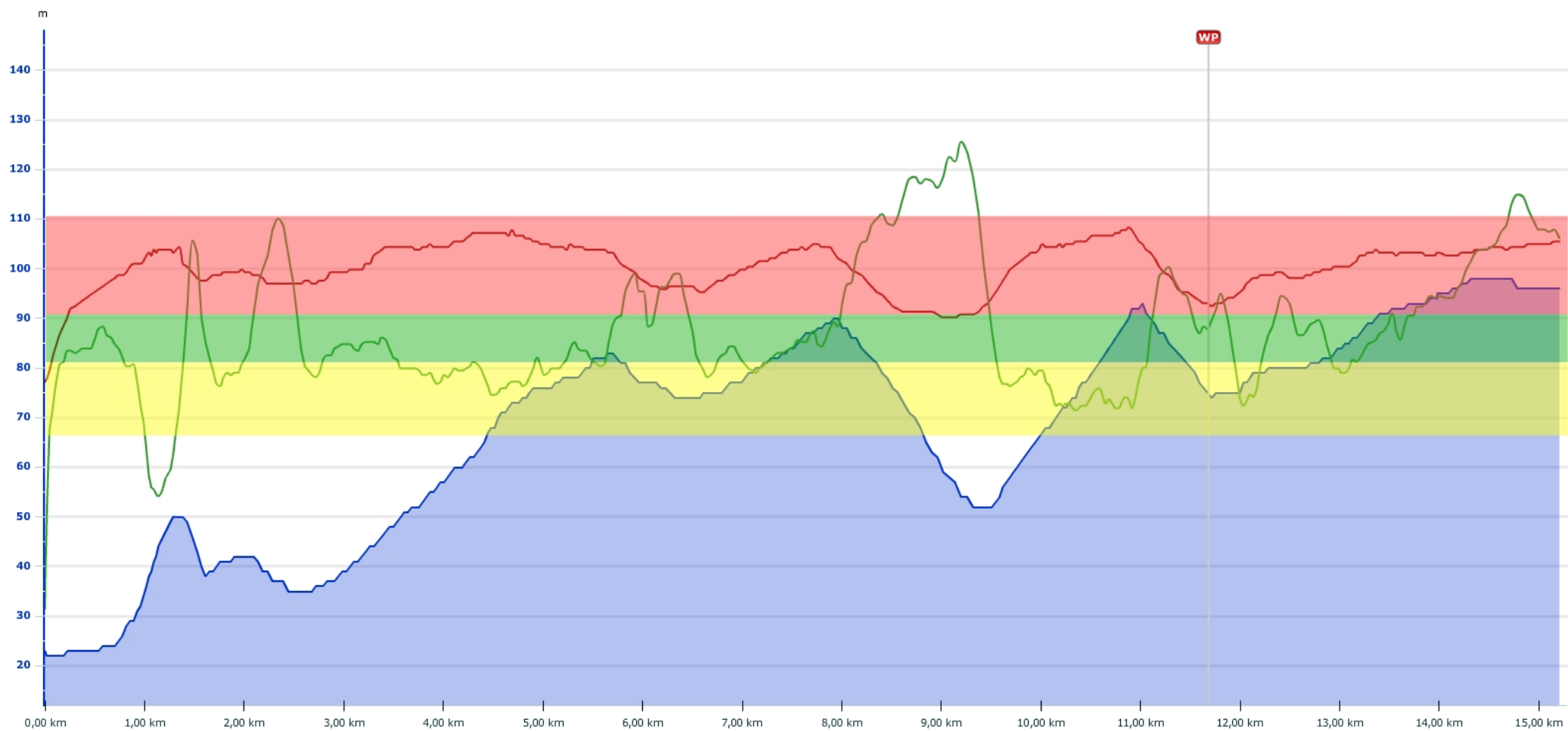


# LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Gornaya razdelka[trenirovka]**    Date / Time: **02.06.2011 - 12:25 - 12:53**



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: **Gornaya razdelka(trenirovka)**    Date / Time: **02.06.2011 - 12:25 - 12:53**



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

strong

Training partner:




Alik,Dima,Sanya Nikolae

Description:

vostochny veter 7m/s

### MARKERS

1.  Berezovaya

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Gornaya razdelka(trenirovka)**    Date / Time: **02.06.2011 - 12:25 - 12:53**

### INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	381
Calories	418 kcal
Bike	Bike 1
Stopp time	12:53 Clock
Start time	12:25 Clock
Date	02.06.2011

### TOTAL VALUES

Trip distance	15,20 km
Trip time	00:28:30 h
Break time	00:00:00 h
Distance uphill	5,25 km
Trip time uphill	00:11:01 h
Meters uphill	161 m
Distance downhill	2,70 km
Trip time downhill	00:04:12 h
Meters downhill	88 m

### MIN. / MAX VALUES

Speed	8,47/49,29 kmh
Heart rate	115/170 bpm
Temperature	37,0/39,0 °C
Altitude	22/98 °C
Incline	-5/7 %
Rate of ascent	-32/24 m/min

### AVERAGE VALUES

Speed	31,97 kmh
Heart rate	156 bpm
Temperature	37,9 °C
Altitude	67 m
Incline	0 %
Rate of ascent	2 m

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Gornaya razdelka[trenirovka]**    Date / Time: **02.06.2011 - 12:25 - 12:53**



### 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: 00:27:45 h

Outside: 00:00:00 h

