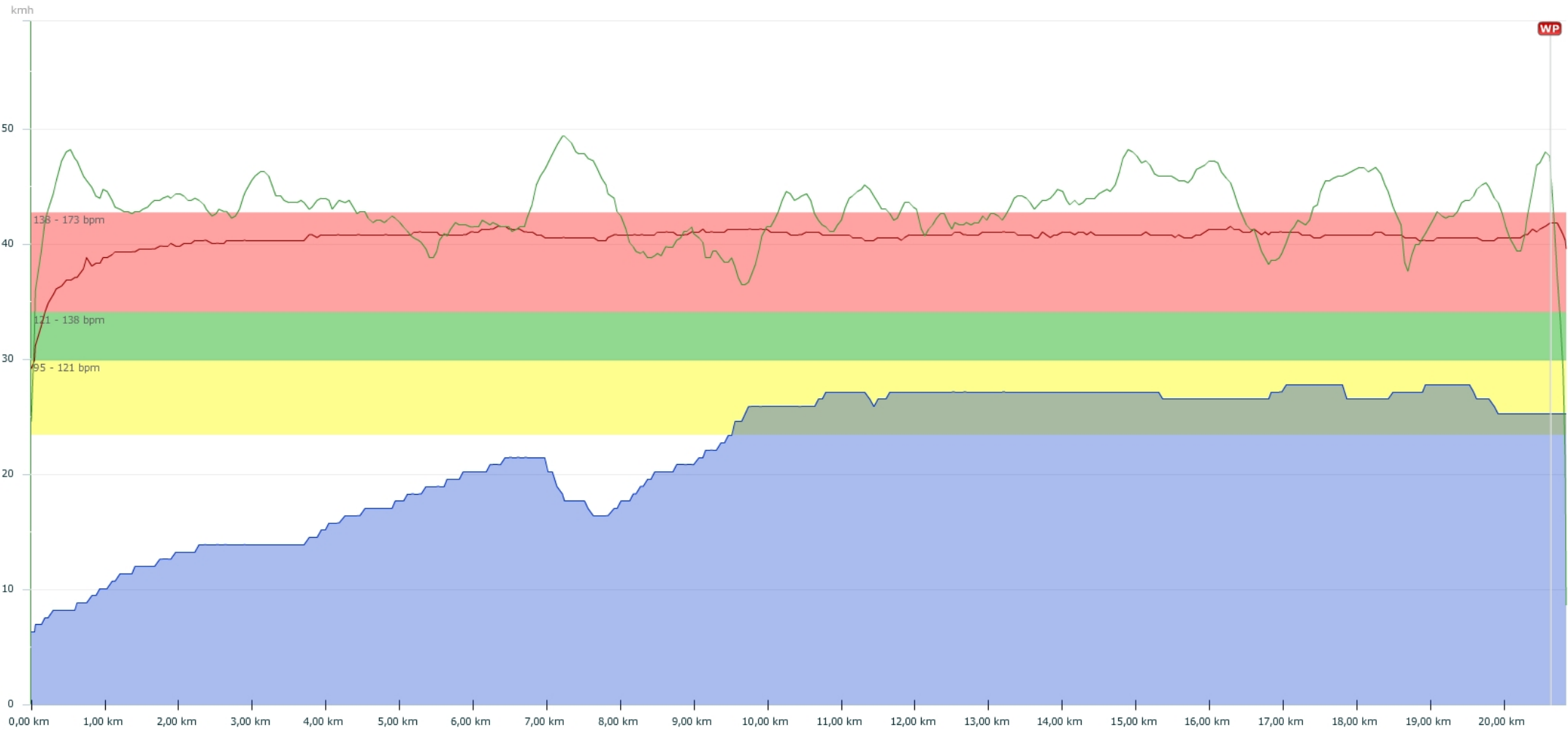


LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Razdelka=20km(do Kirovskoy)** Date / Time: **03.06.2012 - 10:05 - 10:35**



■ 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 2** Name: **Razdelka=20km(do Kirovskoy)** Date / Time: **03.06.2012 - 10:05 - 10:35**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



21 mens

Description:

Salsky D - Kirovskaya

MARKERS

1. **WP**

LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Razdelka=20km(do Kirovskoy)** Date / Time: **03.06.2012 - 10:05 - 10:35**

INFO

Date	03.06.2012
Start time	10:05 Clock
Stopp time	10:35 Clock
Bike	Bike 2
Wheel size	2113 mm
Unit	kmh
Calories	468 kcal
Number of log entries	391
Log time interval	5 s

TOTAL VALUES

Trip distance	20,84 km
Trip distance uphill	2,52 km
Distance downhill	0,79 km
Trip time	00:29:15 h
Trip time uphill	00:03:27 h
Trip time downhill	00:01:03 h
Meters uphill	47 m
Meters downhill	17 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	118/169 bpm
Temperature	27,0/32,0 °C
Speed	8,64/49,37 kmh
Altitude	122/156 m
Incline	-1/1 %
Rate of ascent	-8/7 m/min
Cadence	0/0 R/min
Power	0/0 Watt

AVERAGE VALUES

Heart rate	164 bpm
Temperature	27,9 °C
Speed	42,75 kmh
Altitude	146 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	8 m/min
Power	0 Watt
Cadence	0 R/min

LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Razdelka=20km(do Kirovskoy)** Date / Time: **03.06.2012 - 10:05 - 10:35**

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:	00:29:01 h
Outside	00:00:00 h

