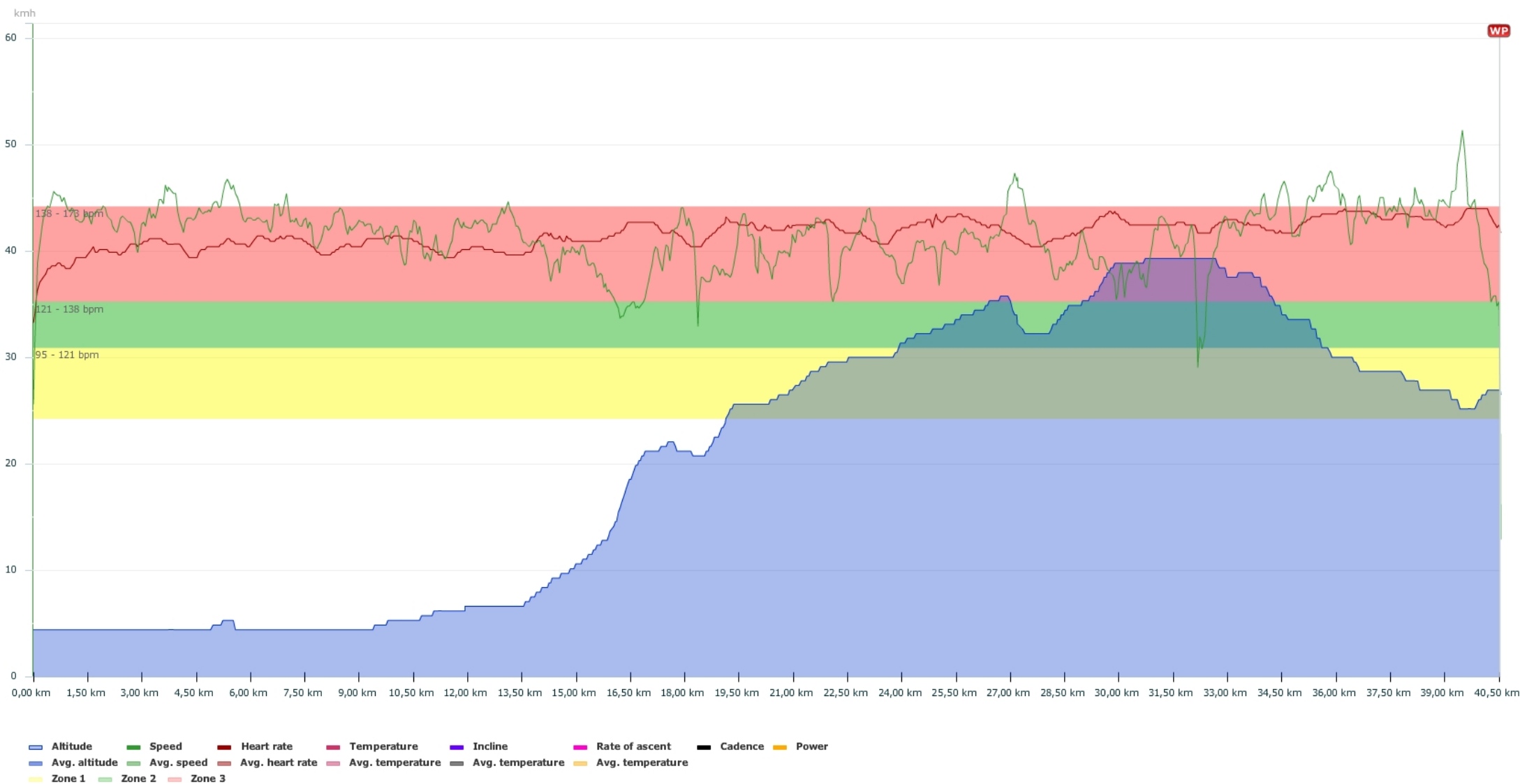


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team race=40km** Date / Time: **10.06.2012 - 09:37 - 10:36**



LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team race=40km** Date / Time: **10.06.2012 - 09:37 - 10:36**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



Vadik,Vasya,...

Description:

Aksay_most-Dorozhnyi-Salsky_O-14km_pereezd-Malodubravnyi

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team race=40km** Date / Time: **10.06.2012 - 09:37 - 10:36**

INFO

Date	10.06.2012
Start time	09:37 Clock
Stopp time	10:36 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	895 kcal
Number of log entries	788
Log time interval	5 s

TOTAL VALUES

Trip distance	40,55 km
Trip distance uphill	4,77 km
Distance downhill	1,98 km
Trip time	00:59:01 h
Trip time uphill	00:07:12 h
Trip time downhill	00:02:37 h
Meters uphill	97 m
Meters downhill	47 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	130/172 bpm
Temperature	28,0/34,0 °C
Speed	12,90/51,41 kmh
Altitude	30/109 m
Incline	-1/2 %
Rate of ascent	-7/11 m/min
Cadence	0/74 R/min
Power	0/298 Watt

AVERAGE VALUES

Heart rate	163 bpm
Temperature	31,3 °C
Speed	41,25 kmh
Altitude	67 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	8 m/min
Power	0 Watt
Cadence	0 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Team race=40km** Date / Time: **10.06.2012 - 09:37 - 10:36**



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: 00:00:04 h

Time in Zone 3: 00:58:57 h

Outside 00:00:00 h

Zone 3: 99.9% Zone 2: 0.1%

Time in zone 1: 0.0% Outside: 0.0%