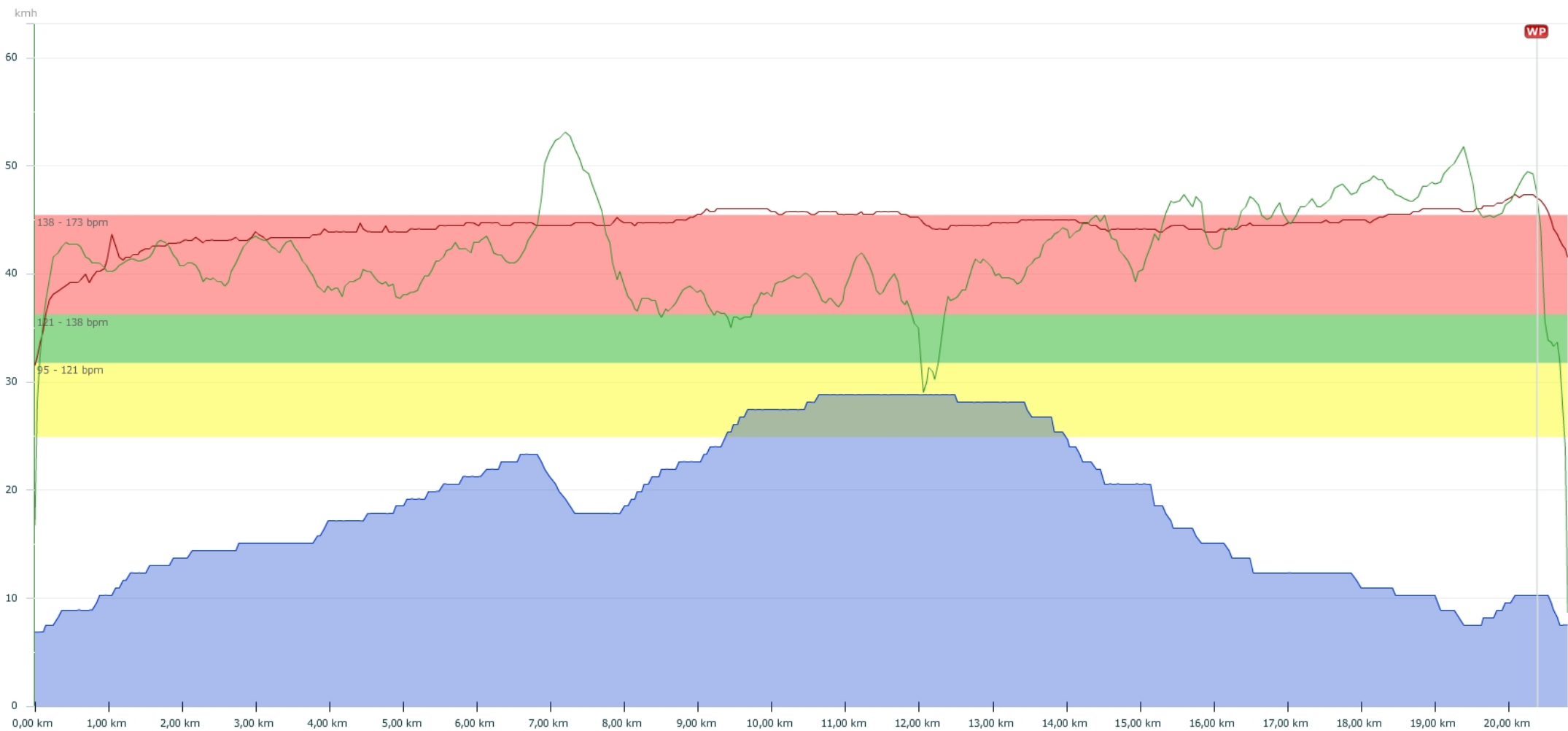


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Para=20km** Date / Time: **12.06.2012 - 09:13 - 09:43**



Altitude Speed Heart rate Temperature Incline Rate of ascent Cadence Power
 Avg. altitude Avg. speed Avg. heart rate Avg. temperature Avg. temperature Avg. temperature
 Zone 1 Zone 2 Zone 3

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Para=20km** Date / Time: **12.06.2012 - 09:13 - 09:43**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Hard porno

Training partner:



Feema + Andri...

Description:

Salsky_Q-14km_pereezd-Malodubravnyi=20,37km
v=41,73km/h

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Para=20km** Date / Time: **12.06.2012 - 09:13 - 09:43**

INFO

Date	12.06.2012
Start time	09:13 Clock
Stopp time	09:43 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	483 kcal
Number of log entries	403
Log time interval	5 s

TOTAL VALUES

Trip distance	20,79 km
Trip distance uphill	2,13 km
Distance downhill	2,02 km
Trip time	00:30:09 h
Trip time uphill	00:03:18 h
Trip time downhill	00:02:46 h
Meters uphill	44 m
Meters downhill	43 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	120/180 bpm
Temperature	28,0/40,0 °C
Speed	8,66/53,14 kmh
Altitude	61/93 m
Incline	-1/1 %
Rate of ascent	-8/6 m/min
Cadence	0/107 R/min
Power	0/650 Watt

AVERAGE VALUES

Heart rate	168 bpm
Temperature	32,6 °C
Speed	41,39 kmh
Altitude	77 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	346 Watt
Cadence	91 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Para=20km** Date / Time: **12.06.2012 - 09:13 - 09:43**



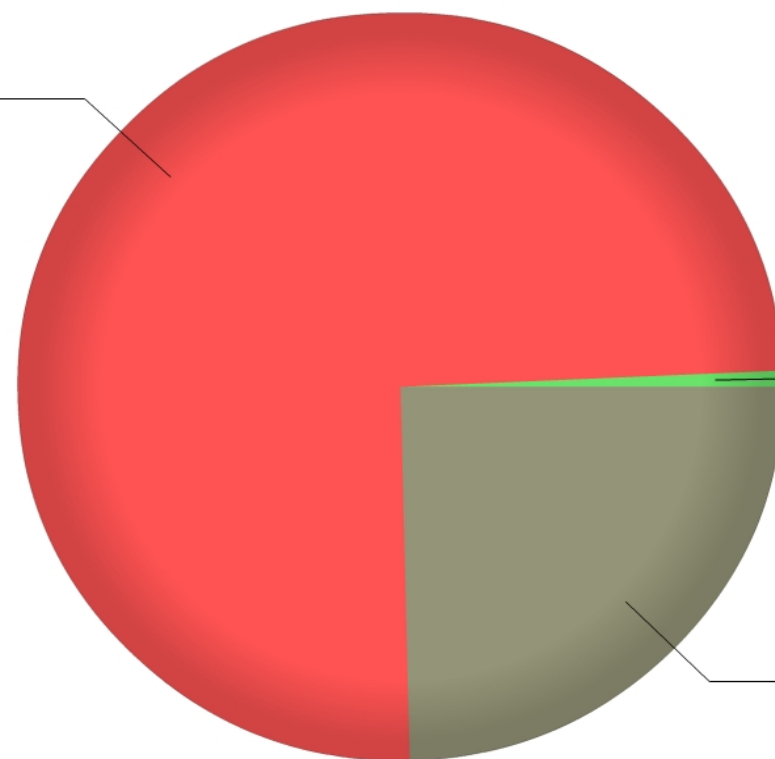
HEART RATE ZONES

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:	00:22:30 h

Outside	00:07:25 h
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Zone 3:
74.6%



Zone 2:
0.7%

Outside:
24.6%

Time in zone 1: 0.0%