

TRAINING DATA

Computer / bike: **ADRIANO / Bike 1**
Name: **Yujnoe_koltso-600km**
Date / Time: **16.06.2012 - 06:56**



NOTES

Rating:



Weather:

light rain



strong wind



Trip distance profile:

flat



Training type:

Hard porno

Training partner:



5 mens

Description:

Rostov-Azov-Kugey-Kagalnitskaya-Peschanokopskoe-Proletarsk-Semikarakorsk-Uzman-Rostov=600km

TRAINING DATA

Computer / bike: **ADRIANO / Bike 1**
 Name: **Yujnoe_koltso-600km**
 Date / Time: **16.06.2012 - 06:56**

TRIP DISTANCE & TIME

Trip distance: **604,52 km**
 Avg. speed: **28,66 kmh**
 Trip distance +: **604,52 km**
 Avg. Power: **119 Watt**

Trip time: **21:05:23 h**
 Max. speed: **57,96 kmh**
 Trip distance -: **0,00 km**
 Max. power: **868 Watt**

CADENCE

Avg. cadence: **77 R/min**
 Avg. Expansion: **5,9 m/R**

Max. cadence: **112 R/min**

HEART RATE

Avg. heart rate: **123 bpm**
 Zone 1: **10:07:58 h**
 Zone 2: **08:18:34 h**
 Zone 3: **02:23:16 h**
 Calories: **11757 kcal**

Max. heart rate: **161 bpm**
 % in zone 1: **48 %**
 % in zone 2: **39 %**
 % in zone 3: **11 %**

UPHILL

Trip distance: **36,65 km**
 Avg. speed: **26,79 kmh**
 Avg. incline: **2 %**
 Max. altitude: **114 m**

Trip time: **01:22:05 h**
 Altitude: **1390 m**
 Max. incline: **5 %**
 Avg. Expansion: **5,7 m/R**

DOWNHILL

Trip distance: **42,94 km**
 Avg. speed: **34,14 kmh**
 Avg. incline: **2 %**

Trip time: **01:15:27 h**
 Altitude: **1430 m**
 Max. incline: **4 %**

TEMPERATURE

Minimum: **14,8 °C**

Maximum: **37,6 °C**