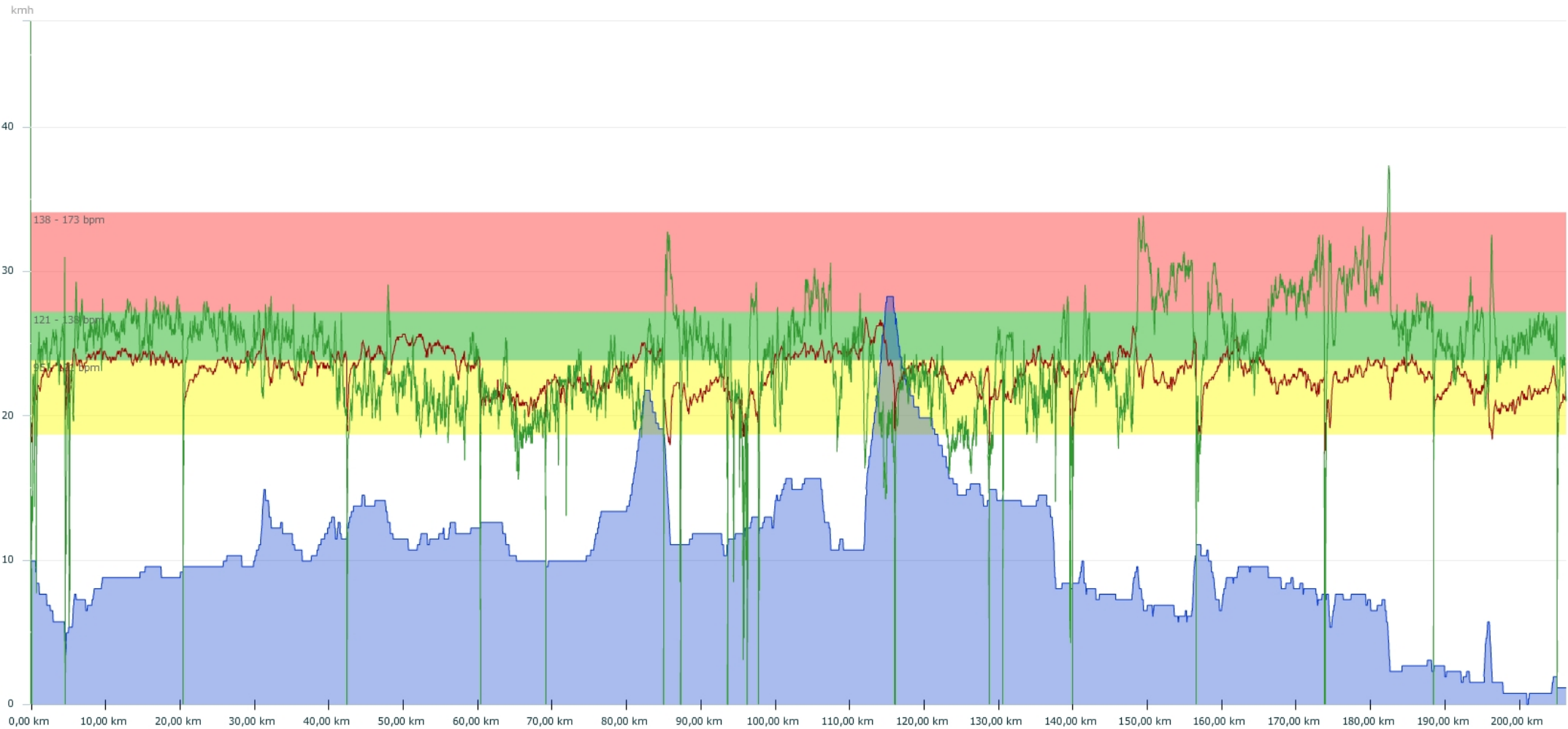


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Proletarsk-Usman_206km_iz_600km** Date / Time: **17.06.2012 - 07:44 - 19:28**



■ 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 1** Name: **Proletarsk-Uzman_206km_iz_600km** Date / Time: **17.06.2012 - 07:44 - 19:28**



NOTES

Rating:



Weather:

light rain



strong wind



Trip distance profile:

flat



Training type:

Hard porno

Training partner:



Haraustenko,...

Description:

Proletarsk-B.Orlovka-Semikarakorsk-Uzman=206km
za 45km do finisha zakonchilas` pamyat` {{

MARKERS

1. **P**

2. **P**

3. **P**

4. **P**

























5. **P**

6. **P**

LOG

Computer / bike: ADRIANO / Bike 1 Name: Proletarsk-Usman_206km_iz_600km Date / Time: 17.06.2012 - 07:44 - 19:28

MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	27. 
10. 	16. 	22. 	28. 
11. 	17. 	23. 	29. 
12. 	18. 	24. 	30. 

LOG

Computer / bike: ADRIANO / Bike 1 Name: Proletarsk-Uzman_206km_iz_600km Date / Time: 17.06.2012 - 07:44 - 19:28

MARKERS

31. 37. 32. 38. 33. 39. 34. 40. 35. 36. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Proletarsk-Usman_206km_iz_600km** Date / Time: **17.06.2012 - 07:44 - 19:28**

INFO

Date	17.06.2012
Start time	07:44 Clock
Stopp time	19:28 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	4396 kcal
Number of log entries	7052
Log time interval	5 s

TOTAL VALUES

Trip distance	206,32 km
Trip distance uphill	7,22 km
Distance downhill	7,06 km
Trip time	08:47:23 h
Trip time uphill	00:19:21 h
Trip time downhill	00:16:26 h
Meters uphill	258 m
Meters downhill	282 m
Break time	02:42:35 h

MIN/MAX VALUES

Heart rate	88/136 bpm
Temperature	14,0/36,0 °C
Speed	0,00/37,35 kmh
Altitude	7/81 m
Incline	-4/4 %
Rate of ascent	-16/12 m/min
Cadence	0/97 R/min
Power	0/298 Watt

AVERAGE VALUES

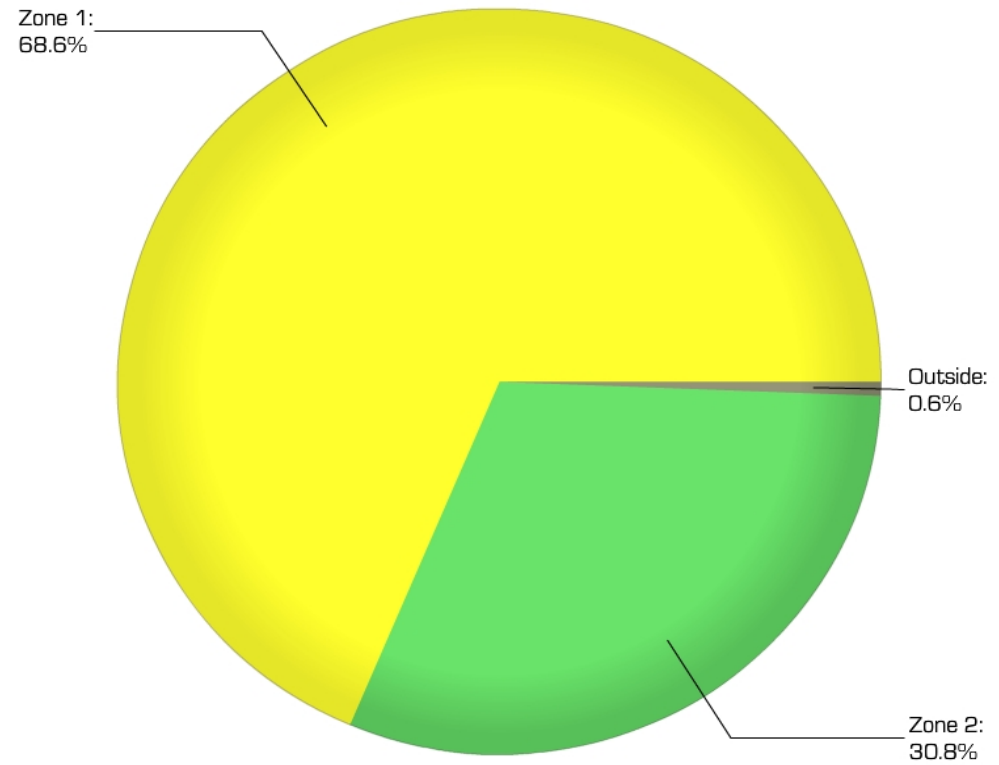
Heart rate	116 bpm
Temperature	24,1 °C
Speed	23,50 kmh
Altitude	34 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	5 m/min
Power	74 Watt
Cadence	71 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Proletarsk-Uzman_206km_iz_600km** Date / Time: **17.06.2012 - 07:44 - 19:28**

HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	06:01:35 h
Time in Zone 2:	02:42:32 h
Time in Zone 3:	00:00:00 h
Outside	00:03:16 h



Time in zone 3: 0.0%