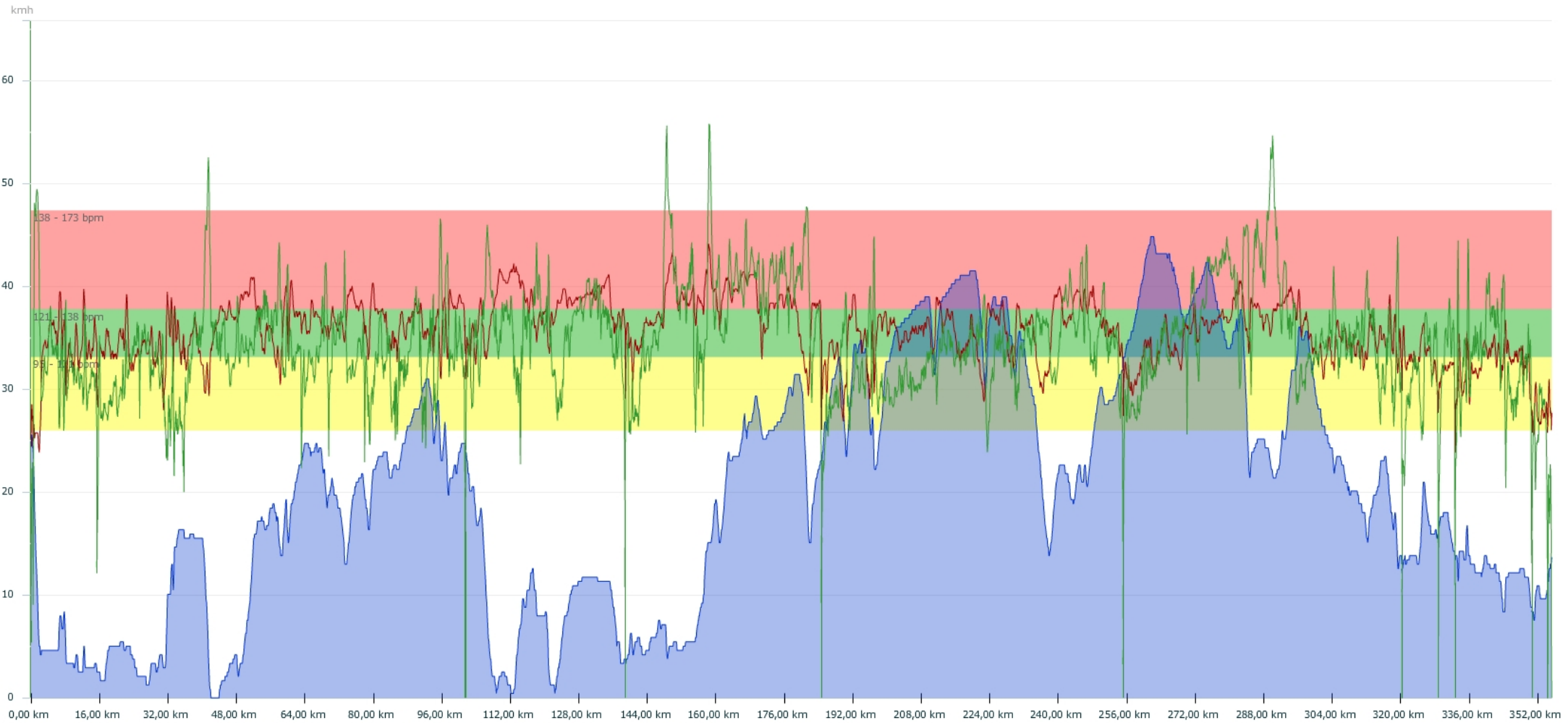


# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **355km\_iz\_600km\_do\_Proletarska** Date / Time: **16.06.2012 - 07:05 - 20:06**



■ 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: **355km\_iz\_600km\_do\_Proletarska** Date / Time: **16.06.2012 - 07:05 - 20:06**



## NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

flat



Training type:

Hard

Training partner:



Kulish,Ryabo...

Description:

Rostov-Azov-Kugey-Kagalnitskaya-Peschanokopskoe-Proletarsk

## MARKERS

1. **P**

2. **P**

3. **P**

4. **P**

5. **P**

6. **P**

## LOG

Computer / bike: ADRIANO / Bike 1    Name: 355km\_iz\_600km\_do\_Proletarska    Date / Time: 16.06.2012 - 07:05 - 20:06

## MARKERS

7. 13. 8. 14. 9. 15. 10. 16. 11. 12. 

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **355km\_iz\_600km\_do\_Proletarska** Date / Time: **16.06.2012 - 07:05 - 20:06**

### INFO

Date	16.06.2012
Start time	07:05 Clock
Stopp time	20:06 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	6566 kcal
Number of log entries	3776
Log time interval	10 s

### TOTAL VALUES

Trip distance	355,29 km
Trip distance uphill	70,98 km
Distance downhill	61,31 km
Trip time	10:36:53 h
Trip time uphill	02:13:18 h
Trip time downhill	01:39:27 h
Meters uphill	928 m
Meters downhill	957 m
Break time	01:46:43 h

### MIN/MAX VALUES

Heart rate	87/161 bpm
Temperature	21,0/37,0 °C
Speed	0,00/55,84 kmh
Altitude	7/114 m
Incline	-4/4 %
Rate of ascent	-32/15 m/min
Cadence	0/110 R/min
Power	0/813 Watt

### AVERAGE VALUES

Heart rate	130 bpm
Temperature	28,9 °C
Speed	33,61 kmh
Altitude	54 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	8 m/min
Power	184 Watt
Cadence	77 R/min

# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **355km\_iz\_600km\_do\_Proletarska** Date / Time: **16.06.2012 - 07:05 - 20:06**

## HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	01:59:38 h
Time in Zone 2:	05:56:10 h
Time in Zone 3:	02:38:07 h
Outside	00:02:58 h

