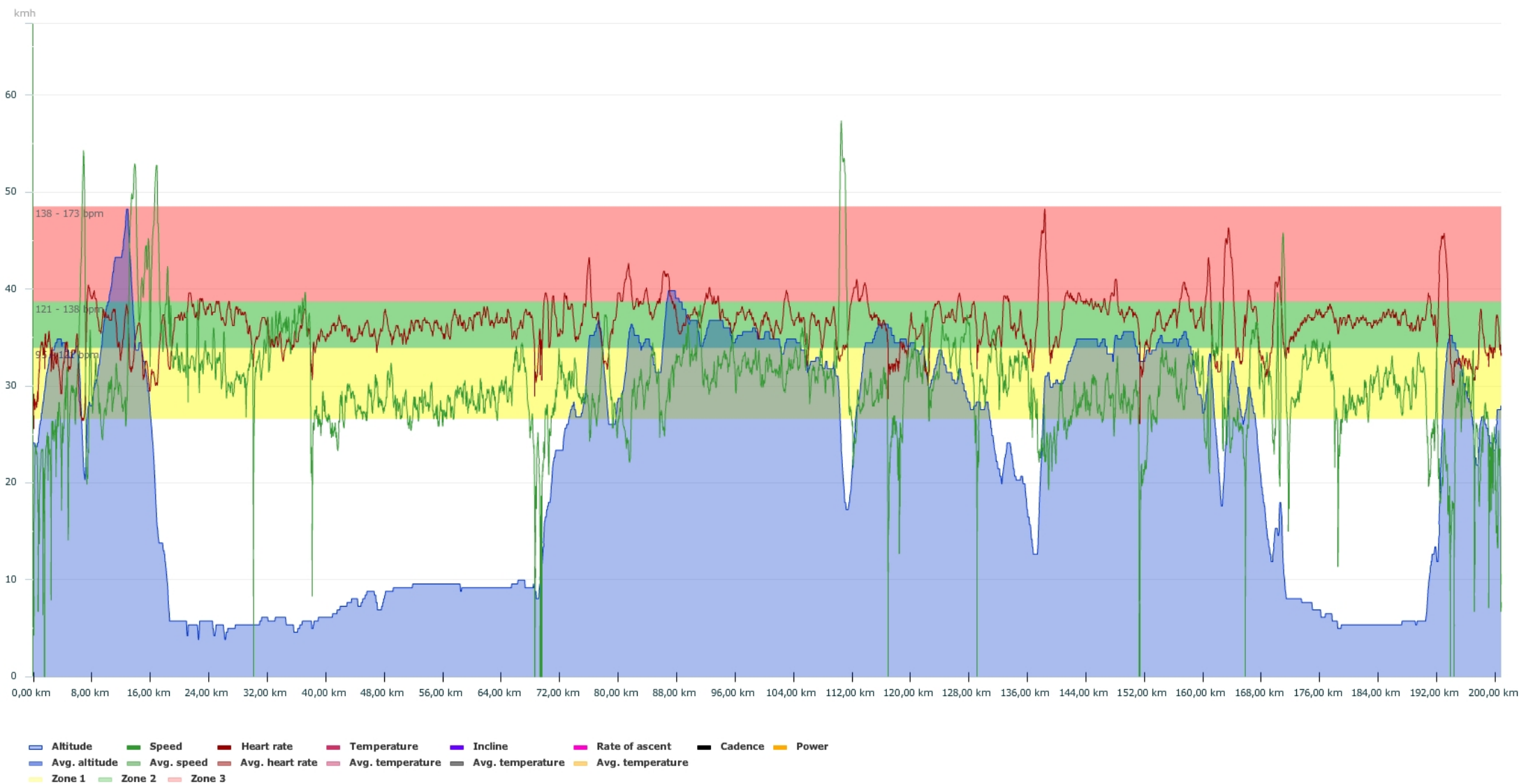


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Zernograd=200km** Date / Time: **23.06.2012 - 08:09 - 16:21**



LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Zernograd=200km** Date / Time: **23.06.2012 - 08:09 - 16:21**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Comfortable

Training partner:



Gamayunov,S...

Description:

Rostov-Olginka-Dorojny-Usman-Zernograd-Berezovaya-Aleksandrovka-Teatralka=200km

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Zernograd=200km** Date / Time: **23.06.2012 - 08:09 - 16:21**

MARKERS

7. 

13. 

19. 

8. 

14. 

20. 

9. 

15. 

21. 

10. 

16. 

22. 

11. 

17. 

12. 

18. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Zernograd=200km** Date / Time: **23.06.2012 - 08:09 - 16:21**

INFO

Date	23.06.2012
Start time	08:09 Clock
Stopp time	16:21 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	4321 kcal
Number of log entries	5562
Log time interval	5 s

TOTAL VALUES

Trip distance	200,84 km
Trip distance uphill	19,92 km
Distance downhill	20,19 km
Trip time	06:56:21 h
Trip time uphill	00:46:29 h
Trip time downhill	00:34:51 h
Meters uphill	674 m
Meters downhill	664 m
Break time	00:57:18 h

MIN/MAX VALUES

Heart rate	91/172 bpm
Temperature	24,0/43,0 °C
Speed	0,00/57,38 kmh
Altitude	22/138 m
Incline	-5/8 %
Rate of ascent	-38/30 m/min
Cadence	0/115 R/min
Power	0/496 Watt

AVERAGE VALUES

Heart rate	130 bpm
Temperature	35,4 °C
Speed	28,99 kmh
Altitude	70 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	8 m/min
Power	131 Watt
Cadence	72 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Zernograd=200km** Date / Time: **23.06.2012 - 08:09 - 16:21**



HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm

Time in Zone 1: 01:02:24 h

Time in Zone 2: 04:50:33 h

Time in Zone 3: 01:03:04 h

Outside: 00:00:19 h

