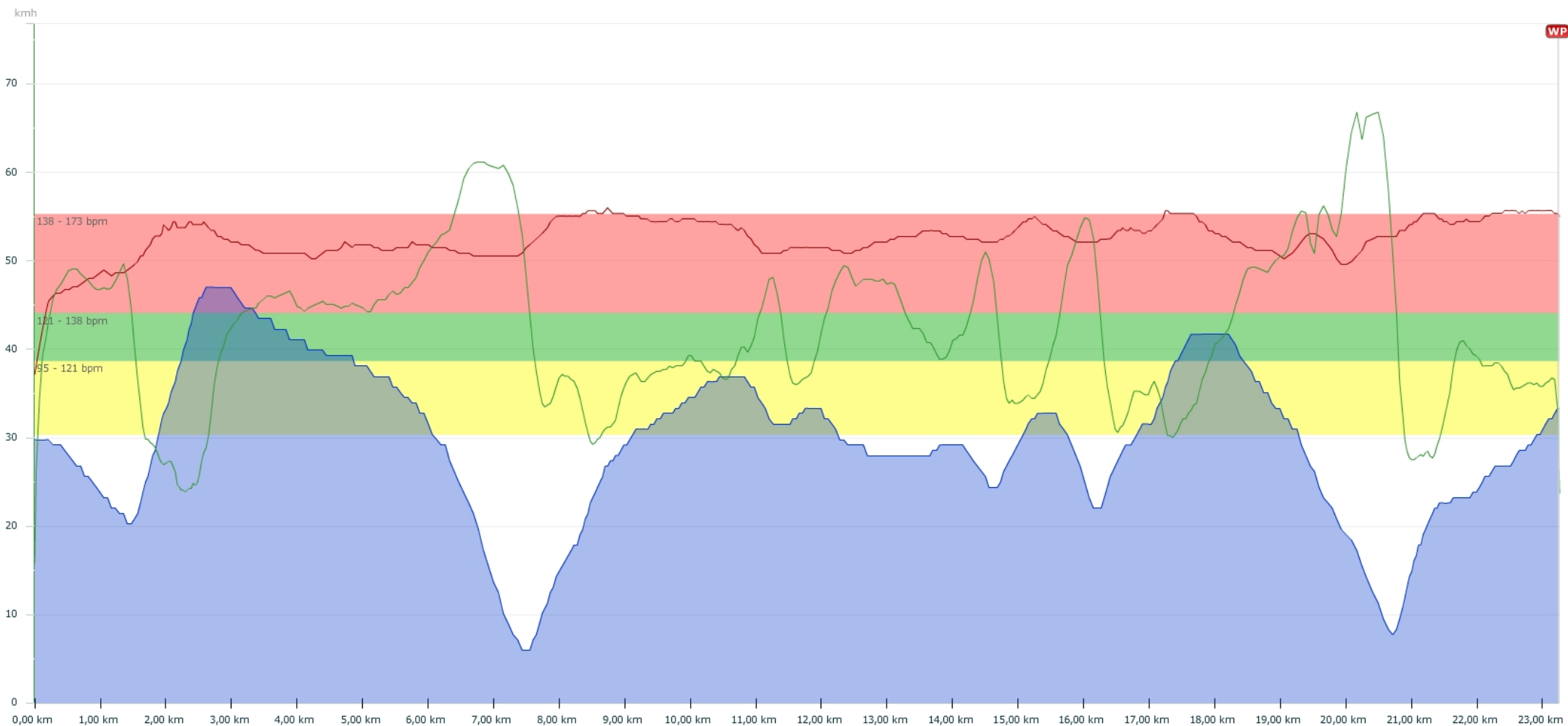


# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Gornaya\_razdelka=23km** Date / Time: **01.07.2012 - 09:10 - 09:45**



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: **Gornaya\_razdelka=23km**    Date / Time: **01.07.2012 - 09:10 - 09:45**



### NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

hilly



Training type:

Light sekas

Training partner:



22 mens & 1 ...

Description:

s 8 do 31km Taganrogskoe shosse(DPS-Tanaïs)=23km,  
time=34:15, V=40,66km/h

### MARKERS

1.  Finish

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Gornaya\_razdelka=23km** Date / Time: **01.07.2012 - 09:10 - 09:45**

### INFO

Date	01.07.2012
Start time	09:10 Clock
Stopp time	09:45 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	533 kcal
Number of log entries	459
Log time interval	5 s

### TOTAL VALUES

Trip distance	23,26 km
Trip distance uphill	6,34 km
Distance downhill	7,09 km
Trip time	00:34:21 h
Trip time uphill	00:11:37 h
Trip time downhill	00:08:24 h
Meters uphill	192 m
Meters downhill	186 m
Break time	00:00:00 h

### MIN/MAX VALUES

Heart rate	116/175 bpm
Temperature	22,0/29,0 °C
Speed	15,79/66,81 kmh
Altitude	41/110 m
Incline	-3/3 %
Rate of ascent	-27/17 m/min
Cadence	0/112 R/min
Power	0/982 Watt

### AVERAGE VALUES

Heart rate	165 bpm
Temperature	23,2 °C
Speed	40,62 kmh
Altitude	81 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	9 m/min
Inclination rate downhill	13 m/min
Power	370 Watt
Cadence	88 R/min

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Gornaya\_razdelka=23km** Date / Time: **01.07.2012 - 09:10 - 09:45**



### HEART RATE ZONES

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

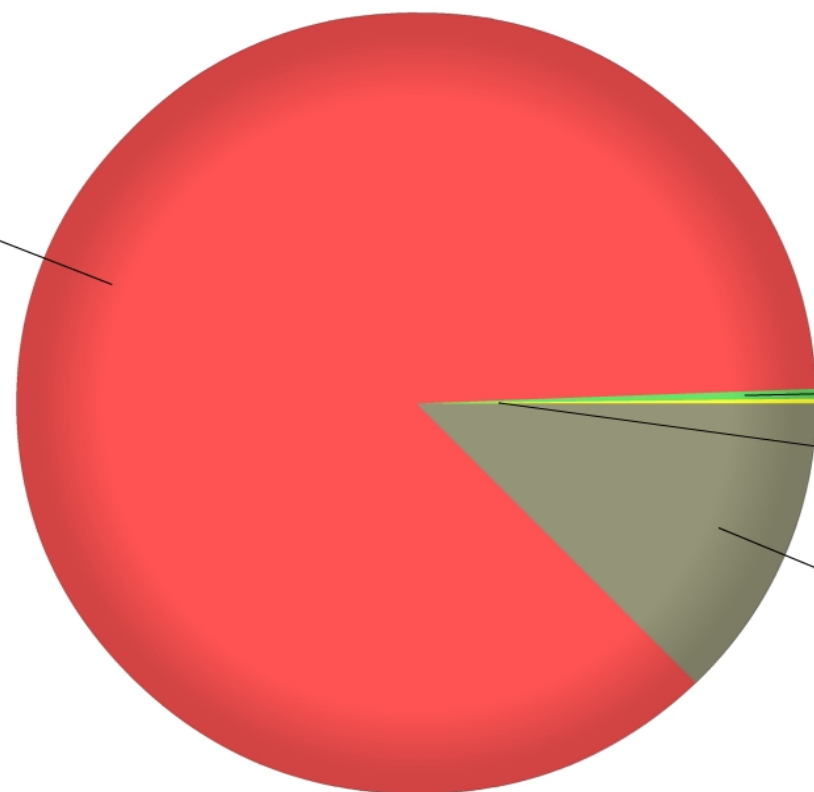
Time in Zone 1: 00:00:04 h

Time in Zone 2: 00:00:09 h

Time in Zone 3: 00:29:46 h

Outside 00:04:21 h

Zone 3:  
86.7%



Zone 2:  
0.4%

Zone 1:  
0.2%

Outside:  
12.7%