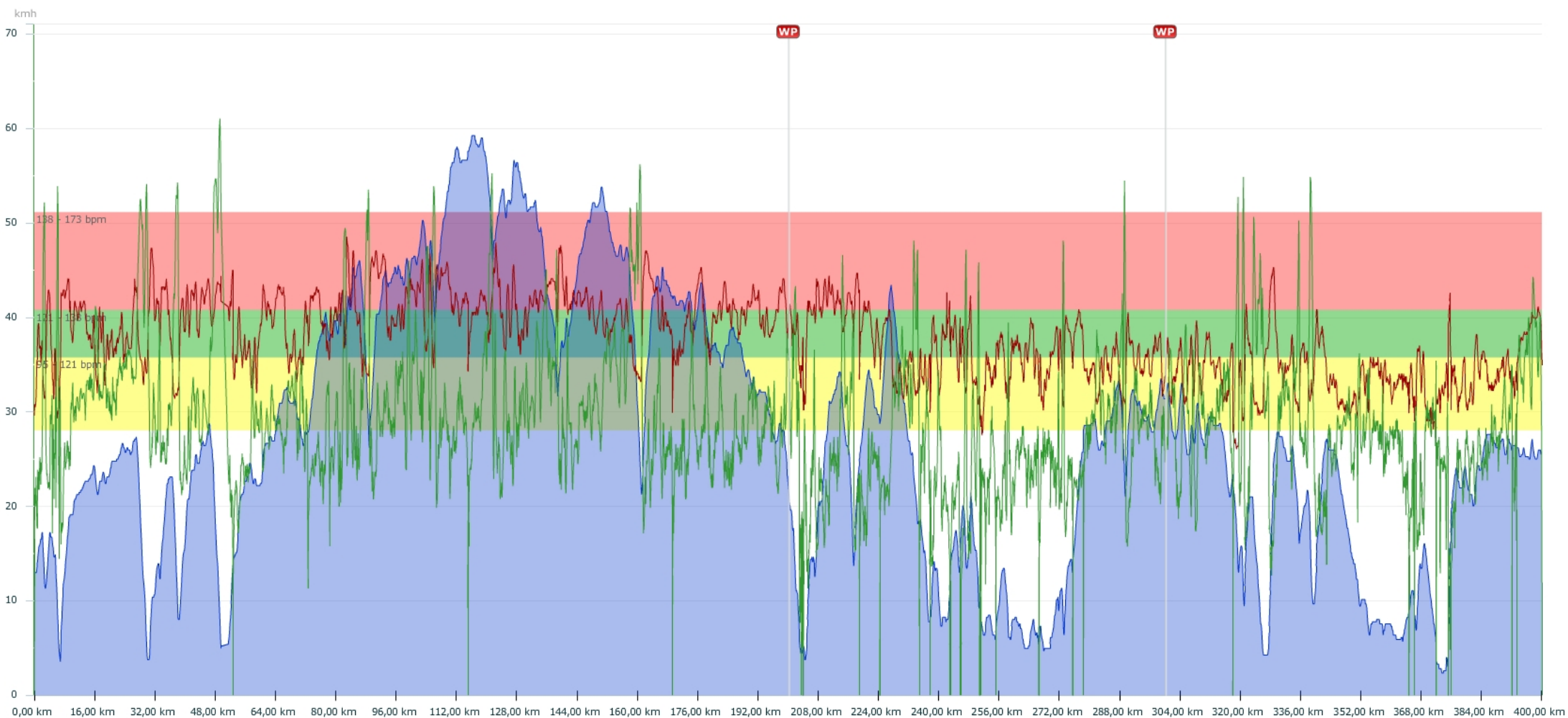


# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Severny=400km** Date / Time: **28.07.2012 - 05:22 - 00:43**



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: **Severny=400km**    Date / Time: **28.07.2012 - 05:22 - 00:43**



### NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

hilly



Training type:

Polnyi pizdets

Training partner:



8 mens

Description:

L`vy-Novoshhtinsk-Gukovo-Lihaya-B.Kalitva-Ust`\_Donetsk-Puhlyakovsky-Novochek-Mega  
time=19:20 , t(max)=48°C , veter vostochny=6-7m/s

### MARKERS

1. 

2. 

3. 

4.  200km

























5. 

6. 

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Severny=400km**    Date / Time: **28.07.2012 - 05:22 - 00:43**

## MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26.  300km
9. 	15. 	21. 	27. 
10. 	16. 	22. 	28. 
11. 	17. 	23. 	29. 
12. 	18. 	24. 	30. 

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Severny=400km**    Date / Time: **28.07.2012 - 05:22 - 00:43**

## MARKERS

31. 

37. 

32. 

38. 

33. 

34. 

35. 

36. 

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Severny=400km**    Date / Time: **28.07.2012 - 05:22 - 00:43**

### INFO

Date	28.07.2012
Start time	05:22 Clock
Stopp time	00:43 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	8979 kcal
Number of log entries	5295
Log time interval	10 s

### TOTAL VALUES

Trip distance	400,09 km
Trip distance uphill	119,85 km
Distance downhill	115,31 km
Trip time	14:50:53 h
Trip time uphill	05:10:51 h
Trip time downhill	03:27:39 h
Meters uphill	2591 m
Meters downhill	2563 m
Break time	04:15:08 h

### MIN/MAX VALUES

Heart rate	88/164 bpm
Temperature	18,0/48,0 °C
Speed	0,00/61,04 kmh
Altitude	20/261 m
Incline	-7/9 %
Rate of ascent	-63/20 m/min
Cadence	0/103 R/min
Power	0/646 Watt

### AVERAGE VALUES

Heart rate	128 bpm
Temperature	30,9 °C
Speed	26,96 kmh
Altitude	121 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	6 m/min
Inclination rate downhill	10 m/min
Power	109 Watt
Cadence	68 R/min

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Severny=400km**    Date / Time: **28.07.2012 - 05:22 - 00:43**



### HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	04:46:40 h
Time in Zone 2:	05:57:50 h
Time in Zone 3:	04:03:19 h
Outside	00:03:02 h

