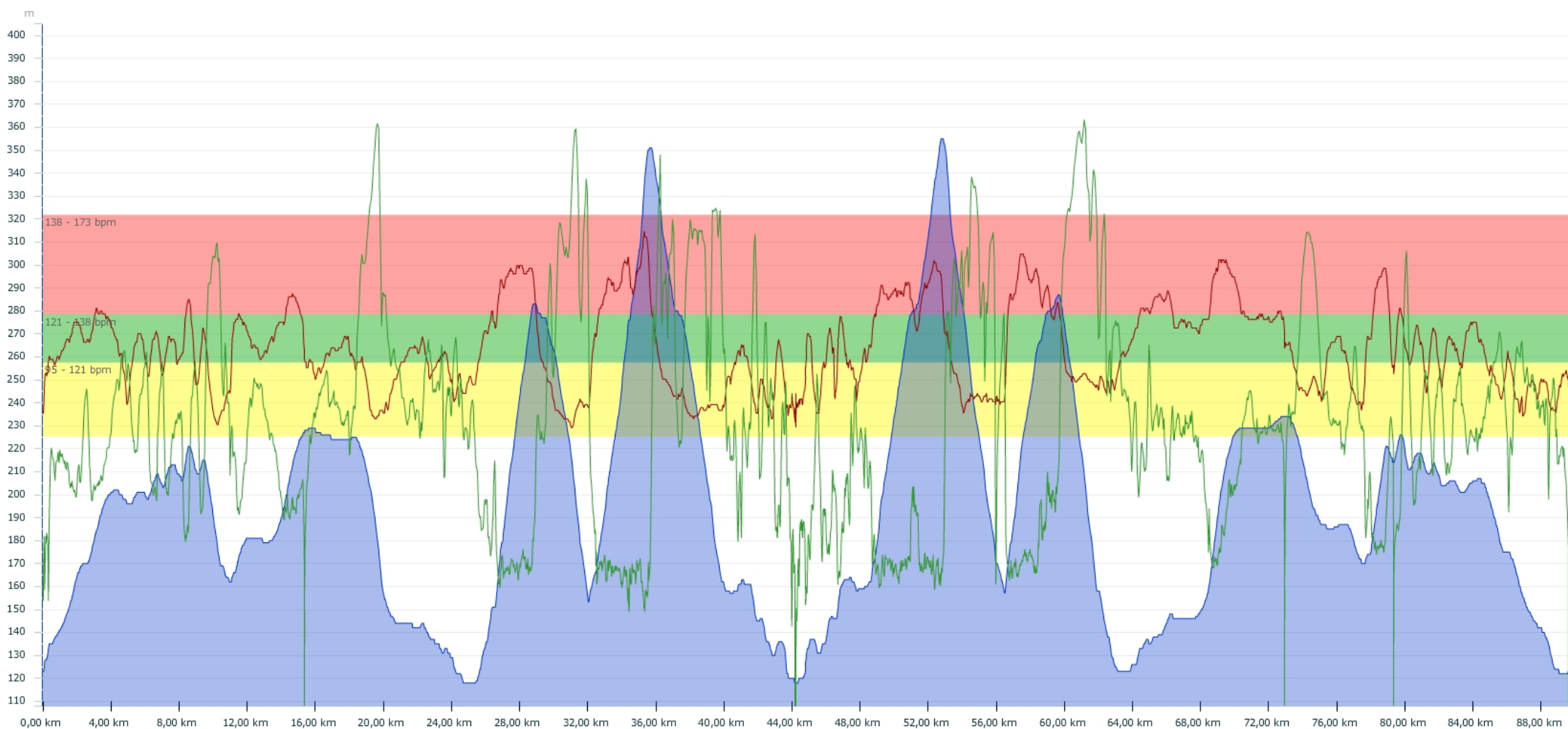


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kabardinka-Gelendjik-Divnomorsk-Djanhot-Praskoveevka-Parus-&_back** Date / Time: **27.08.2012 - 17:42 - 21:20**



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: **Kabardinka-Gelendjik-Divnomorsk-Djanhot-Praskoveevka-Parus-&_back** Date / Time: **27.08.2012 - 17:42 - 21:20**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

Very good!

Training partner:



Alone

Description:

Klassnyi marshrut ot Kabardinki do skaly Parus=90km!
Ot Divnomorska 2 perevala(165m & 235m) ~6% po 3-4km, mestami 11%!

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kabardinka-Gelendjik-Divnomorsk-Djanhot-Praskoveevka-Parus-&_back** Date / Time: **27.08.2012 - 17:42 - 21:20**

MARKERS

7. 

8. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kabardinka-Gelendjik-Divnomorsk-Djanhot-Praskoveevka-Parus-&_back** Date / Time: **27.08.2012 - 17:42 - 21:20**

INFO

Date	27.08.2012
Start time	17:42 Clock
Stopp time	21:20 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	2214 kcal
Number of log entries	2839
Log time interval	5 s

TOTAL VALUES

Trip distance	90,04 km
Trip distance uphill	22,66 km
Distance downhill	26,45 km
Trip time	03:32:33 h
Trip time uphill	01:17:46 h
Trip time downhill	00:39:58 h
Meters uphill	1158 m
Meters downhill	1161 m
Break time	00:05:58 h

MIN/MAX VALUES

Heart rate	98/167 bpm
Temperature	23,0/33,0 °C
Speed	0,00/61,23 kmh
Altitude	118/355 m
Incline	-10/11 %
Rate of ascent	-64/20 m/min
Cadence	0/103 R/min
Power	0/333 Watt

AVERAGE VALUES

Heart rate	130 bpm
Temperature	26,3 °C
Speed	25,43 kmh
Altitude	198 m
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	9 m/min
Inclination rate downhill	17 m/min
Power	121 Watt
Cadence	62 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kabardinka-Gelendjik-Divnomorsk-Djanhot-Praskoveevka-Parus-&_back** Date / Time: **27.08.2012 - 17:42 - 21:20**



HEART RATE ZONES

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

Time in Zone 1:	01:04:56 h
Time in Zone 2:	01:18:59 h
Time in Zone 3:	01:08:37 h

Outside	00:00:00 h
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