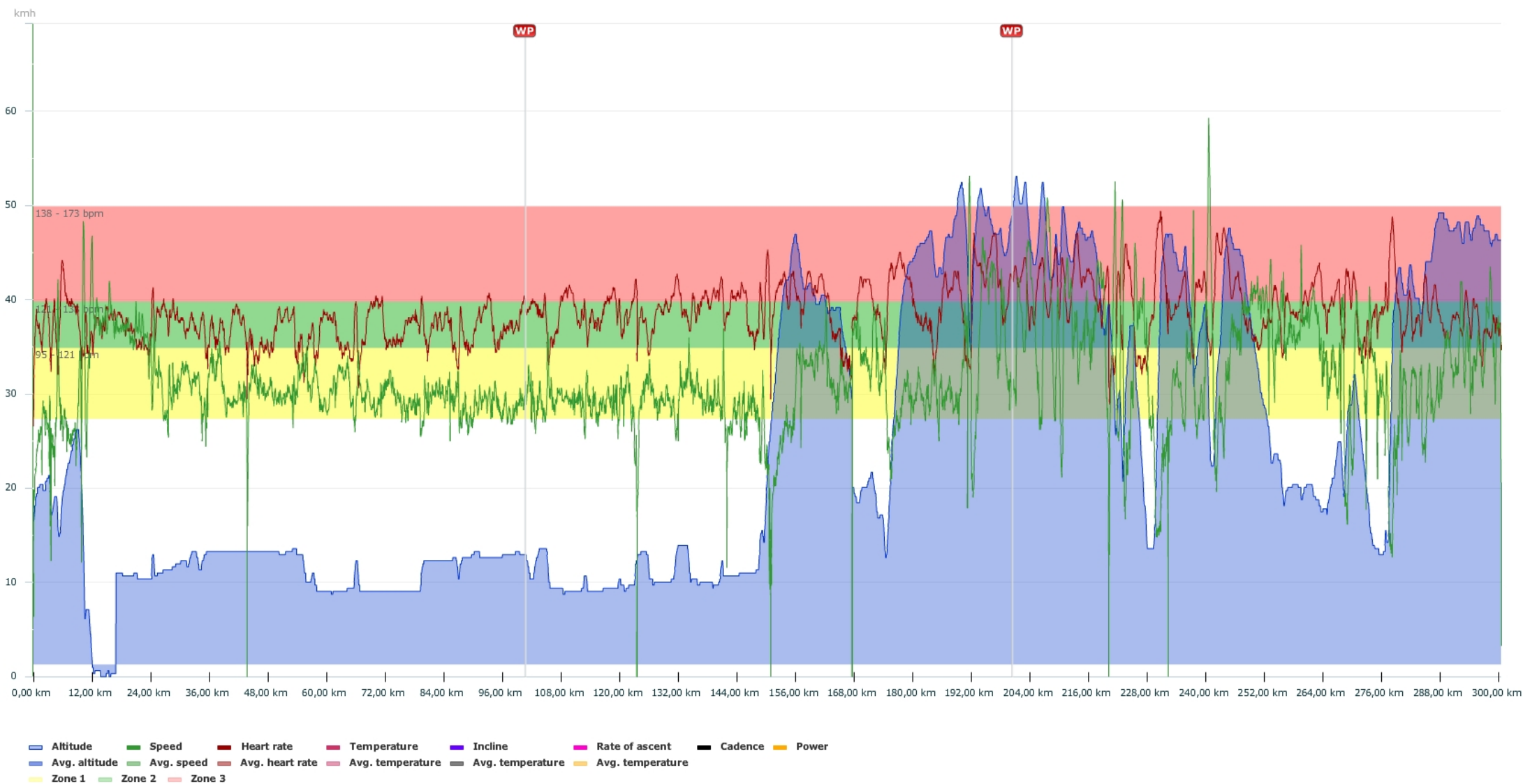


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Konstantinovsk=300km** Date / Time: **02.09.2012 - 06:07 - 17:09**



LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Konstantinovsk=300km** Date / Time: **02.09.2012 - 06:07 - 17:09**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

Heavy

Training partner:



9 mens

Description:

L`vy-Semikarakorsk-Konstantinovsk-Melihovka-Novochek-Rassvet=300km
time=10:52

MARKERS

1. 

2. 

3.  100km

4. 

5. 

6. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Konstantinovsk=300km** Date / Time: **02.09.2012 - 06:07 - 17:09**

MARKERS

7. 

8. 

9.  200km

10. 

11. 

12. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Konstantinovsk=300km** Date / Time: **02.09.2012 - 06:07 - 17:09**

INFO

Date	02.09.2012
Start time	06:07 Clock
Stopp time	17:09 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	6552 kcal
Number of log entries	7889
Log time interval	5 s

TOTAL VALUES

Trip distance	300,48 km
Trip distance uphill	33,46 km
Distance downhill	33,58 km
Trip time	09:51:18 h
Trip time uphill	01:19:06 h
Trip time downhill	00:54:39 h
Meters uphill	1199 m
Meters downhill	1083 m
Break time	00:54:43 h

MIN/MAX VALUES

Heart rate	92/171 bpm
Temperature	9,0/31,0 °C
Speed	0,00/59,30 kmh
Altitude	-4/160 m
Incline	-7/8 %
Rate of ascent	-69/21 m/min
Cadence	0/112 R/min
Power	0/460 Watt

AVERAGE VALUES

Heart rate	134 bpm
Temperature	20,8 °C
Speed	30,52 kmh
Altitude	69 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	9 m/min
Power	150 Watt
Cadence	76 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Konstantinovsk=300km** Date / Time: **02.09.2012 - 06:07 - 17:09**



HEART RATE ZONES

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

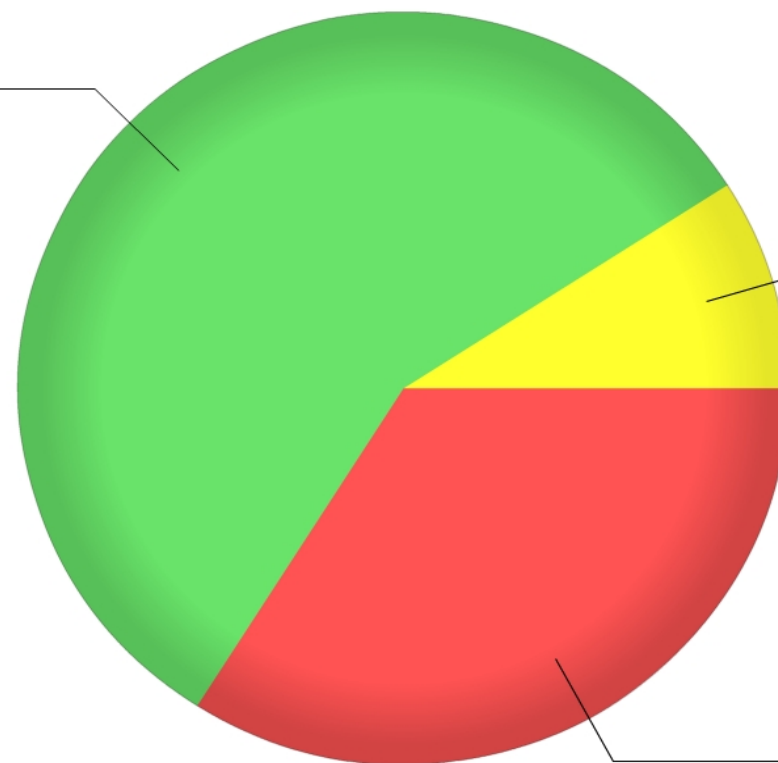
Time in Zone 1: 00:53:38 h

Time in Zone 2: 05:36:44 h

Time in Zone 3: 03:20:51 h

Outside 00:00:04 h

Zone 2:
56.9%



Zone 1:
9.1%

Zone 3:
34.0%