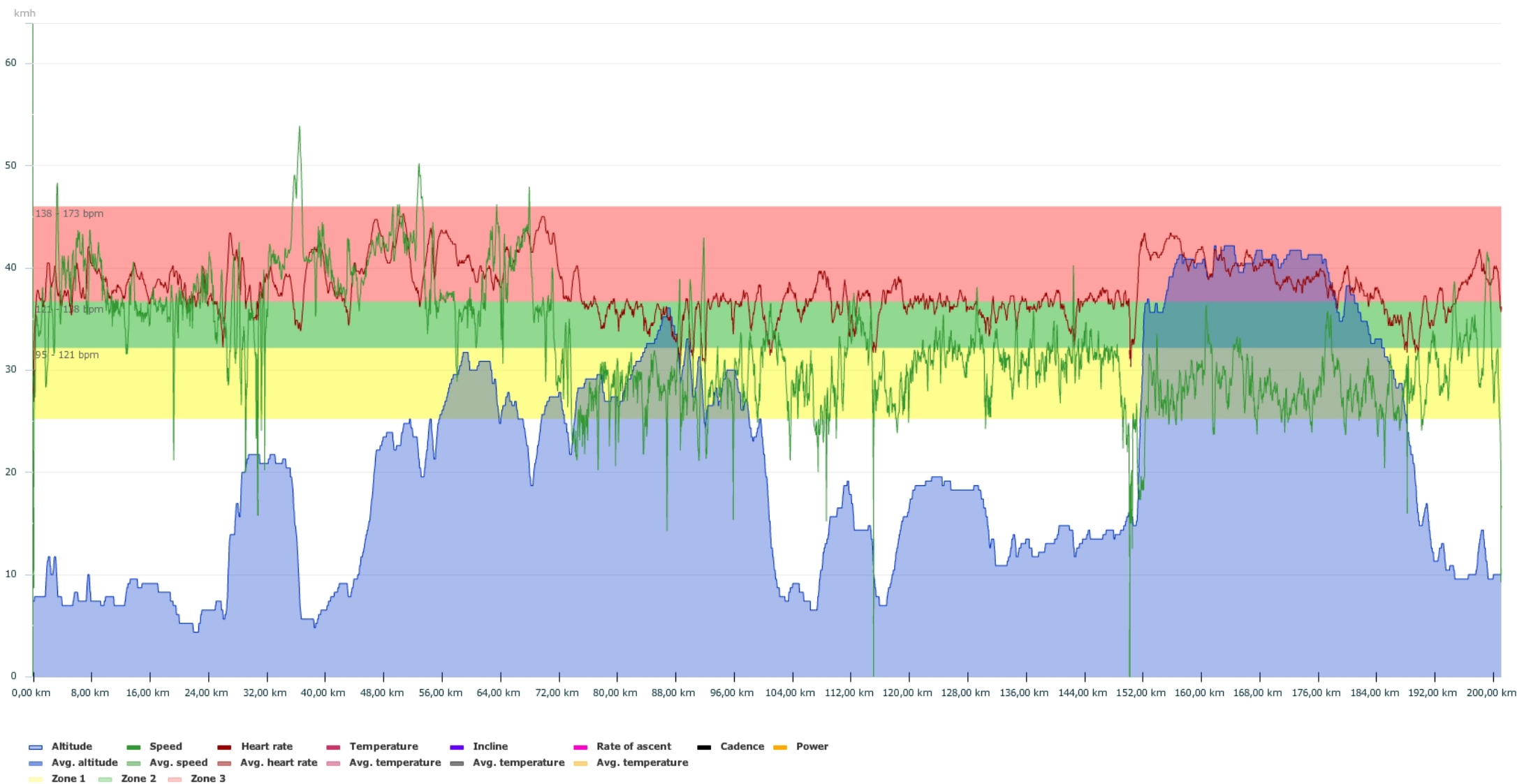


# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Yujnyi=200km** Date / Time: **29.09.2012 - 08:21 - 14:54**



## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Yujnyi=200km**    Date / Time: **29.09.2012 - 08:21 - 14:54**



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy+normal

Training partner:



13 mens

Description:

Tachanka-Azov-Kugey-Kagalnitskaya-tachanka=200km ,  
time=6:32h

### MARKERS

1. 

2. 

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Yujnyi=200km** Date / Time: **29.09.2012 - 08:21 - 14:54**

### INFO

Date	29.09.2012
Start time	08:21 Clock
Stopp time	14:54 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	4680 kcal
Number of log entries	5095
Log time interval	5 s

### TOTAL VALUES

Trip distance	201,08 km
Trip distance uphill	18,11 km
Distance downhill	16,80 km
Trip time	06:22:06 h
Trip time uphill	00:36:31 h
Trip time downhill	00:29:07 h
Meters uphill	512 m
Meters downhill	505 m
Break time	00:10:26 h

### MIN/MAX VALUES

Heart rate	101/170 bpm
Temperature	17,0/34,0 °C
Speed	0,00/53,91 kmh
Altitude	23/110 m
Incline	-3/5 %
Rate of ascent	-19/19 m/min
Cadence	0/110 R/min
Power	0/572 Watt

### AVERAGE VALUES

Heart rate	142 bpm
Temperature	26,3 °C
Speed	31,59 kmh
Altitude	62 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	6 m/min
Power	160 Watt
Cadence	77 R/min

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Yujnyi=200km** Date / Time: **29.09.2012 - 08:21 - 14:54**



### HEART RATE ZONES

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

Time in Zone 1: 00:04:48 h

Time in Zone 2: 01:58:19 h

Time in Zone 3: 04:18:58 h

Outside 00:00:00 h

