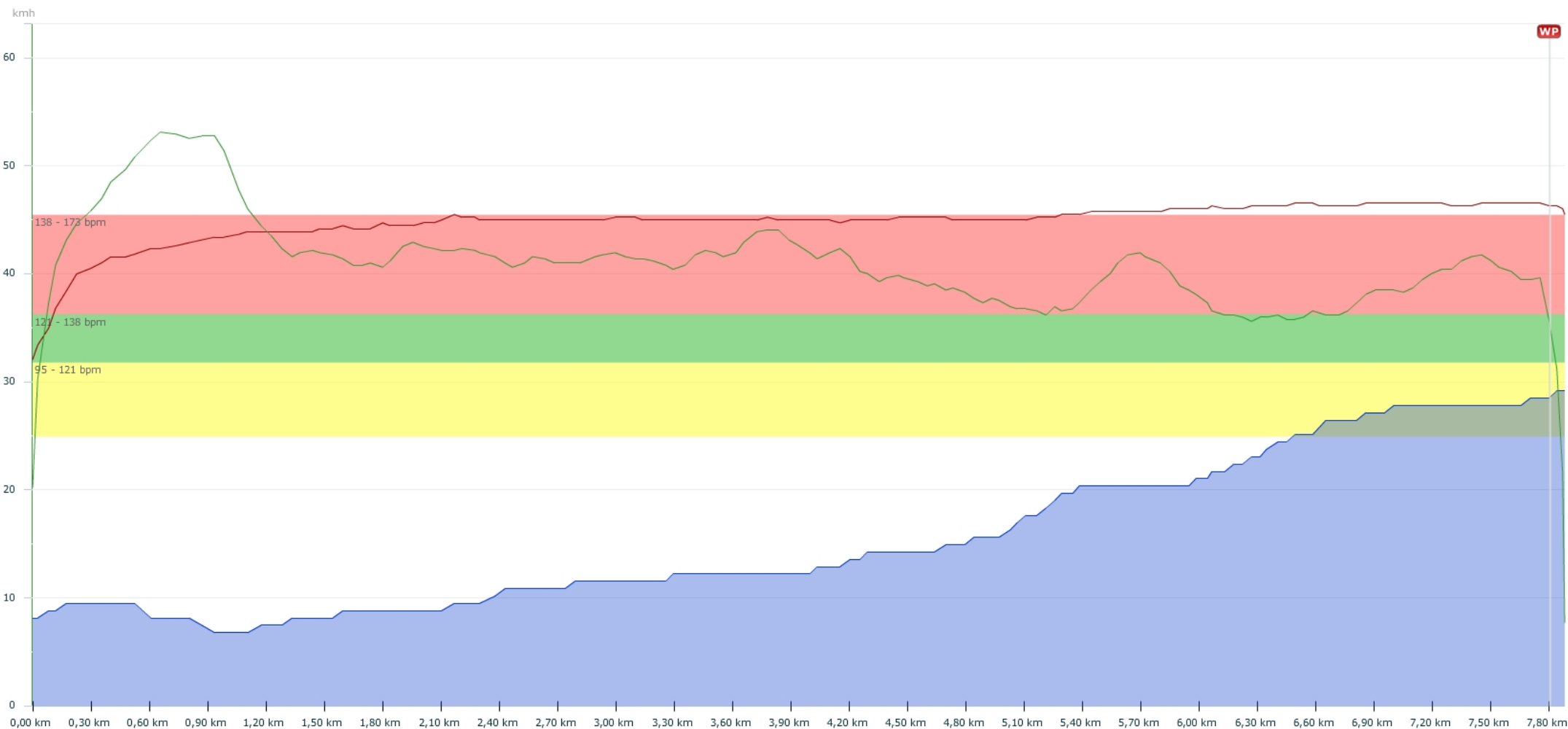


# LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Malodubravnyi=7,8km**    Date / Time: **06.10.2012 - 10:59 - 11:11**



Altitude    Speed    Heart rate    Temperature    Incline    Rate of ascent    Cadence    Power  
 Avg. altitude    Avg. speed    Avg. heart rate    Avg. temperature    Avg. temperature    Avg. temperature    Avg. temperature  
 Zone 1    Zone 2    Zone 3

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Malodubravnyi=7,8km**    Date / Time: **06.10.2012 - 10:59 - 11:11**



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



18 mens

Description:

Malodubravnyi=7,8km , time=11:27min

### MARKERS

1.  Finish

## LOG

Computer / bike: **ADRIANO / Bike 1**    Name: **Malodubravnyi=7,8km**    Date / Time: **06.10.2012 - 10:59 - 11:11**

### INFO

Date	06.10.2012
Start time	10:59 Clock
Stopp time	11:11 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	191 kcal
Number of log entries	157
Log time interval	5 s

### TOTAL VALUES

Trip distance	7,88 km
Trip distance uphill	1,63 km
Distance downhill	0,21 km
Trip time	00:11:42 h
Trip time uphill	00:02:37 h
Trip time downhill	00:00:13 h
Meters uphill	35 m
Meters downhill	4 m
Break time	00:00:00 h

### MIN/MAX VALUES

Heart rate	122/177 bpm
Temperature	21,0/27,0 °C
Speed	7,70/53,14 kmh
Altitude	55/88 m
Incline	0/1 %
Rate of ascent	0/7 m/min
Cadence	0/108 R/min
Power	0/701 Watt

### AVERAGE VALUES

Heart rate	170 bpm
Temperature	22,8 °C
Speed	40,32 kmh
Altitude	68 m
Inclination uphill	1 %
Inclination downhill	0 %
Inclination rate uphill	6 m/min
Inclination rate downhill	0 m/min
Power	355 Watt
Cadence	90 R/min

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Malodubravnyi=7,8km** Date / Time: **06.10.2012 - 10:59 - 11:11**



### HEART RATE ZONES

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

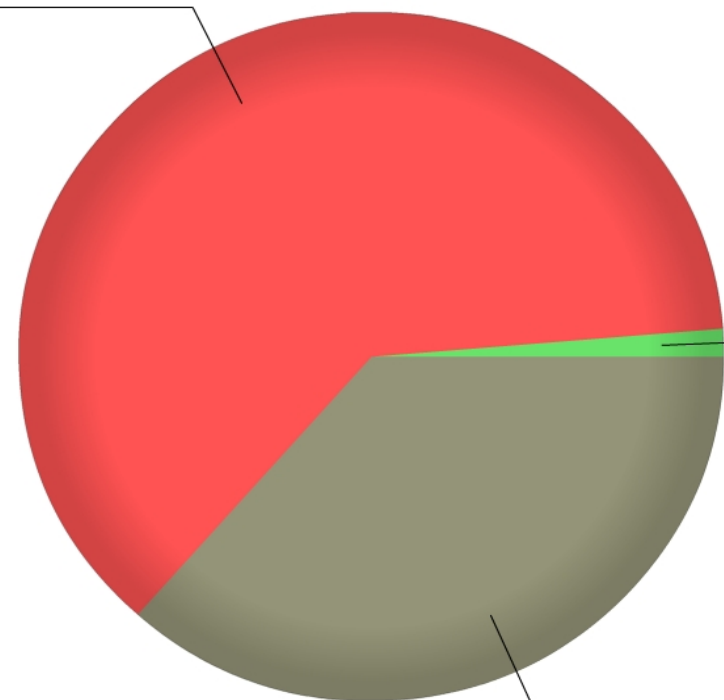
Time in Zone 1: 00:00:00 h

Time in Zone 2: 00:00:09 h

Time in Zone 3: 00:07:16 h

Outside 00:04:16 h

Zone 3:  
62.1%



Zone 2:  
1.3%

Outside:  
36.5%

Time in zone 1: 0.0%