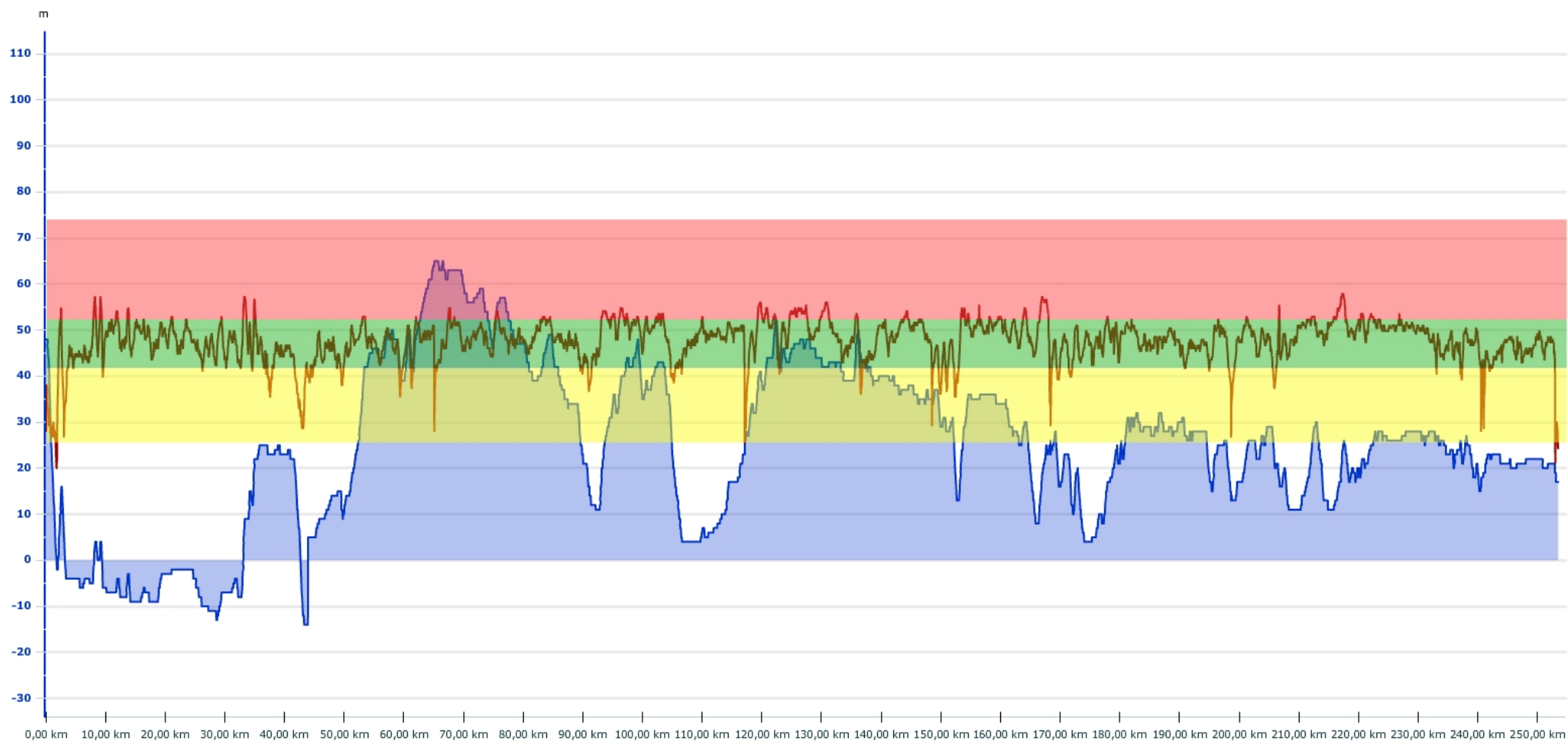


# LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Pervye\_250\_iz\_400km\_do\_Anapy**    Date / Time: **09.07.2011 - 04:01 - 15:26**



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

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Pervye\_250\_iz\_400km\_do\_Anapy**    Date / Time: **09.07.2011 - 04:01 - 15:26**



### NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

slightly hilly



Training type:

Hard porno}}

Training partner:



Anton, Denis

Description:

Rostov-Azov-Starominskaya-Timashevsk-p.Sovetsky , vstrechno-bokovoy zapadny veter ~3-5m/s , do Staroderevyankovskoy(165km)-3(Anton, Denis) , do p.Sovetsky(250km)-2(Anton)...

### MARKERS

1. **P**

2. **P**

3. **P**

4. **P**

5. **WP**

6. **WP**

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Pervye\_250\_iz\_400km\_do\_Anapy**    Date / Time: **09.07.2011 - 04:01 - 15:26**

## MARKERS

7. <b>WP</b>	13. <b>P</b>	19. <b>P</b>	25. <b>P</b>
8. <b>P</b>	14. <b>P</b>	20. <b>P</b>	26. <b>P</b>
9. <b>P</b>	15. <b>P</b>	21. <b>P</b>	27. <b>WP</b>
10. <b>P</b>	16. <b>P</b>	22. <b>P</b>	28. <b>P</b>
11. <b>WP</b>	17. <b>P</b>	23. <b>P</b>	29. <b>P</b>
12. <b>P</b>	18. <b>P</b>	24. <b>P</b>	30. <b>WP</b>

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Pervye\_250\_iz\_400km\_do\_Anapy**    Date / Time: **09.07.2011 - 04:01 - 15:26**

## MARKERS

31. **WP**

37. **P**

32. **P**

38. **P**

33. **P**

39. **P**

34. **P**

40. **P**

35. **P**

36. **P**

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Pervye\_250\_iz\_400km\_do\_Anapy**    Date / Time: **09.07.2011 - 04:01 - 15:26**

### INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	7327
Calories	6114 kcal
Bike	Bike 1
Stopp time	15:26 Clock
Start time	04:01 Clock
Date	09.07.2011

### TOTAL VALUES

Trip distance	253,45 km
Trip time	09:08:04 h
Break time	01:49:42 h
Distance uphill	19,97 km
Trip time uphill	00:46:33 h
Meters uphill	644 m
Distance downhill	20,55 km
Trip time downhill	00:39:14 h
Meters downhill	677 m

### MIN. / MAX VALUES

Speed	0,00/45,06 kmh
Heart rate	87/148 bpm
Temperature	18,0/45,0 °C
Altitude	-14/65 °C
Incline	-5/13 %
Rate of ascent	-36/50 m/min

### AVERAGE VALUES

Speed	27,75 kmh
Heart rate	131 bpm
Temperature	29,2 °C
Altitude	25 m
Incline	0 %
Rate of ascent	0 m

## LOG

Computer / bike: **ANDRIANO / Bike 1**    Name: **Pervye\_250\_iz\_400km\_do\_Anapy**    Date / Time: **09.07.2011 - 04:01 - 15:26**



### HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm

Time in Zone 1:	00:40:51 h
Time in Zone 2:	07:15:49 h
Time in Zone 3:	01:10:08 h

Outside	00:01:16 h
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