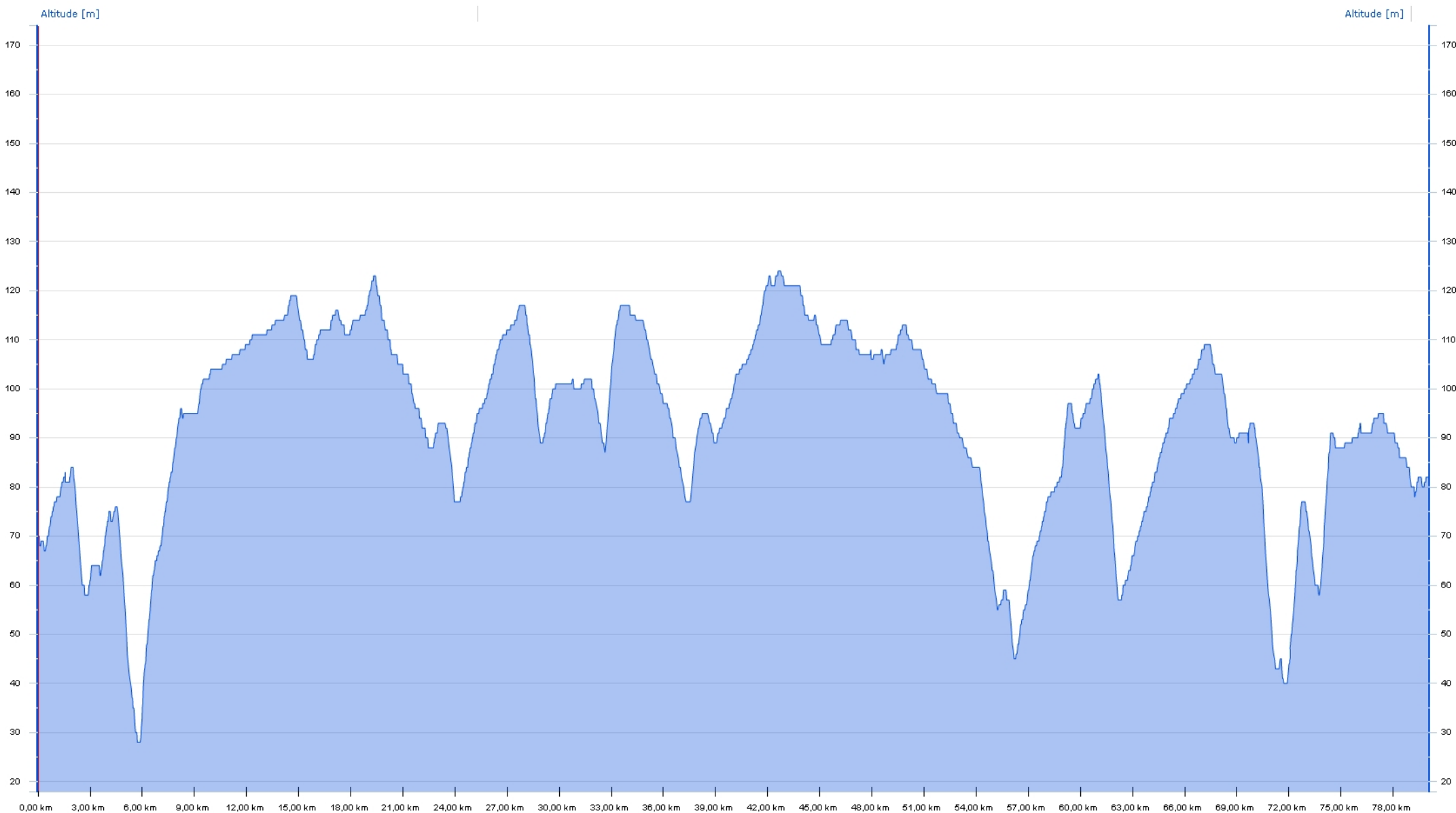


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Б.СалыЩепкин-Чалтырь-Чехова=80км** Date / Time: **04.05.2013 - 09:56 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: **Динамо-Б.СалыЩепкин-Чалтырь-Чехова=80км** Date / Time: **04.05.2013 - 09:56 Clock**

INFO

Start time	09:56 Clock
Date	04.05.2013
Unit	kmh
Bike	Bike 1
Number of log entries	2580
Wheel size	2118 mm
Log time interval	5 s
Number of laps	6
Number of pauses	12

TOTAL VALUES

Trip distance	80,02 km
Trip time	3:13:07 h
Calories	1723 kcal
Trip distance uphill	13,54 km
Trip distance downhill	14,16 km
Trip time uphill	0:36:43 h
Trip time downhill	0:26:10 h
Meters uphill	527 m
Meters downhill	519 m

AVERAGE

Heart rate	120 bpm
Temperature	31,4 °C
Speed	24,79 km/h
Altitude	91 m
Cadence	64 R/min
Power	98 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-9 m/min

MIN/MAX VALUES

Heart rate	84 / 149 bpm
Temperature	23,0 / 36,0 °C
Speed	0,00 / 55,26 km/h
Altitude	28 / 124 m
Power	0 / 930 Watt
Cadence	0 / 96 R/min
Incline	-6 / 6 %
Rate of ascent	-48 / 22 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Б.СалыЩепкин-Чалтырь-Чехова=80км** Date / Time: **04.05.2013 - 09:56 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:48:51 Since start: 00:48:51	19,43 Since start: 19,43	Avg. 23,76 Min. 0,00 Max. 53,34	Avg. 118 Min. 84 Max. 138	428	Avg. 88 Max. 123	156	104	Avg. -2 1 Max. -5 6
2	00:01:03 Since start: 00:49:54	0,35 Since start: 19,79	Avg. 20,37 Min. 17,33 Max. 21,95	Avg. 111 Min. 105 Max. 116	8	Avg. 118 Max. 122	0	9	Avg. -1 0 Max. -3 0
3	00:14:10 Since start: 01:04:05	5,64 Since start: 25,43	Avg. 23,85 Min. 17,91 Max. 31,19	Avg. 124 Min. 107 Max. 135	134	Avg. 93 Max. 114	24	42	Avg. -1 1 Max. -3 2
4	00:15:36 Since start: 01:19:41	5,35 Since start: 30,78	Avg. 20,54 Min. 13,09 Max. 30,23	Avg. 128 Min. 105 Max. 141	157	Avg. 104 Max. 117	34	28	Avg. -2 1 Max. -3 2
5	00:18:49 Since start: 01:38:30	10,91 Since start: 41,69	Avg. 34,80 Min. 24,45 Max. 55,26	Avg. 117 Min. 100 Max. 139	159	Avg. 100 Max. 117	78	63	Avg. -1 1 Max. -2 3
6	01:34:37 Since start: 03:13:07	38,32 Since start: 80,02	Avg. 24,23 Min. 0,00 Max. 48,71	Avg. 119 Min. 90 Max. 149	837	Avg. 88 Max. 124	235	273	Avg. -1 2 Max. -6 6
Total	03:13:07	80,02			1,723		527	519	
Avg. Lap	00:32:11	13,33	24,59	119	287	99	87	86	-1 1
Min.	00:01:03	0,35	0,00	84	8		0	9	
Max.	01:34:37	38,32	55,26	149	837	124	235	273	-6 6

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Б.СальгЩепкин-Чалтырь-Чехова=80км** Date / Time: **04.05.2013 - 09:56 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:43	00:02:19 Since start: 00:02:19	0,54 Since start: 0,54	Avg. 14,09 Min. 0,00 Max. 23,30	Avg. 111 Min. 98 Max. 122	18	Avg. 68 Max. 70	4	4	Avg. -1 1 Max. -2 1
2	00:00:18	00:01:28 Since start: 00:03:47	0,54 Since start: 1,09	Avg. 21,10 Min. 0,00 Max. 24,65	Avg. 120 Min. 98 Max. 130	14	Avg. 74 Max. 78	8	0	Avg. 0 1 Max. 0 1
3	00:07:33	00:01:46 Since start: 00:05:34	0,46 Since start: 1,55	Avg. 15,55 Min. 0,00 Max. 24,45	Avg. 117 Min. 84 Max. 130	15	Avg. 80 Max. 83	4	0	Avg. 0 1 Max. 0 2
4	00:00:10	00:07:22 Since start: 00:12:56	2,50 Since start: 4,06	Avg. 20,21 Min. 0,00 Max. 51,22	Avg. 108 Min. 86 Max. 126	54	Avg. 68 Max. 84	22	30	Avg. -2 1 Max. -4 2
5	00:25:33	02:31:00 Since start: 02:43:56	65,63 Since start: 69,69	Avg. 26,06 Min. 0,00 Max. 55,26	Avg. 121 Min. 94 Max. 145	1,372	Avg. 95 Max. 124	401	387	Avg. -1 1 Max. -5 6
6	00:00:02	00:12:31 Since start: 02:56:27	5,03 Since start: 74,72	Avg. 23,92 Min. 0,00 Max. 48,71	Avg. 121 Min. 90 Max. 149	114	Avg. 68 Max. 93	73	77	Avg. -2 3 Max. -6 6
7	00:00:29	00:00:14 Since start: 02:56:42	0,01 Since start: 74,74	Avg. 3,37 Min. 0,00 Max. 5,01	Avg. 113 Min. 106 Max. 117	2	Avg. 88 Max. 88	0	0	Avg. 0 0 Max. 0 0
8	00:00:06	00:00:14 Since start: 02:56:56	0,00 Since start: 74,75	Avg. 2,57 Min. 0,00 Max. 4,04	Avg. 102 Min. 101 Max. 104	1	Avg. 88 Max. 88	0	0	Avg. 0 0 Max. 0 0

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Б.СалыЩепкин-Чалтырь-Чехова=80км** Date / Time: **04.05.2013 - 09:56 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:00:21	00:00:22 Since start: 02:57:18	0,01 Since start: 74,76	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 102 Min. 101 Max. 103	2	Avg. 88 Max. 88	0	0	Avg. 0 0 Max. 0 0
10	00:00:02	00:00:07 Since start: 02:57:25	0,01 Since start: 74,77	Avg. 2,02 Min. 0,00 Max. 4,04	Avg. 106 Min. 106 Max. 106	1	Avg. 88 Max. 88	0	0	Avg. 0 0 Max. 0 0
11	00:00:20	00:08:27 Since start: 03:05:52	2,74 Since start: 77,52	Avg. 19,43 Min. 0,00 Max. 25,61	Avg. 118 Min. 104 Max. 126	73	Avg. 91 Max. 95	9	4	Avg. -1 1 Max. -2 2
12	00:01:24	00:06:34 Since start: 03:12:27	2,37 Since start: 79,89	Avg. 21,66 Min. 0,00 Max. 26,76	Avg. 113 Min. 99 Max. 125	52	Avg. 84 Max. 93	6	17	Avg. -1 1 Max. -1 1
Total	00:37:01	03:12:27	79,89			1,719		527	519	
Avg. Pause	00:03:05	00:16:02	6,65	14,17	112	143	82	43	43	0 1
Min.	00:00:02	00:00:07	0,00	0,00	84	1		0	0	
Max.	00:25:33	02:31:00	65,63	55,26	149	1,372	124	401	387	-6 6

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Динамо-Б.Салы-Щепкин-Чалтырь-Чехова=80км Date / Time: 04.05.2013 - 09:56 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



strong wind



Training partner:



Alone

Trip distance profile:

hilly



Training type:

Спокойно

Description:

Чехова-Динамо-Вавилова-Б.Салы-Щепкин(разворот)-Чалтырь-Чехова=80км,
юго-восточный ветер 5-7 м/с

External link:

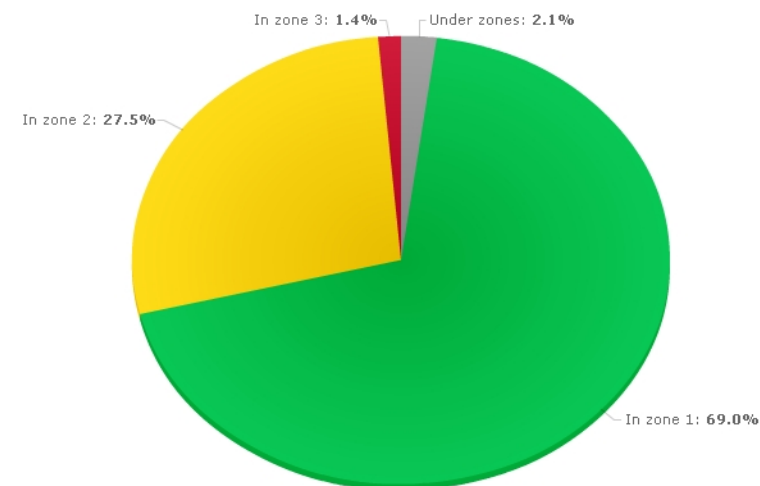
<http://>

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Динамо-Б.СалыЩепкин-Чалтырь-Чехова=80км Date / Time: 04.05.2013 - 09:56 Clock

Pulse Zones

Under zones	0:04:07 h
In zone 1 (100 - 127 bpm)	2:13:13 h
In zone 2 (127 - 145 bpm)	0:53:09 h
In zone 3 (145 - 181 bpm)	0:02:37 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:28:00 h
In zone 1 (109 - 127 bpm)	1:49:21 h
In zone 2 (127 - 145 bpm)	0:53:09 h
In zone 3 (145 - 163 bpm)	0:02:37 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

