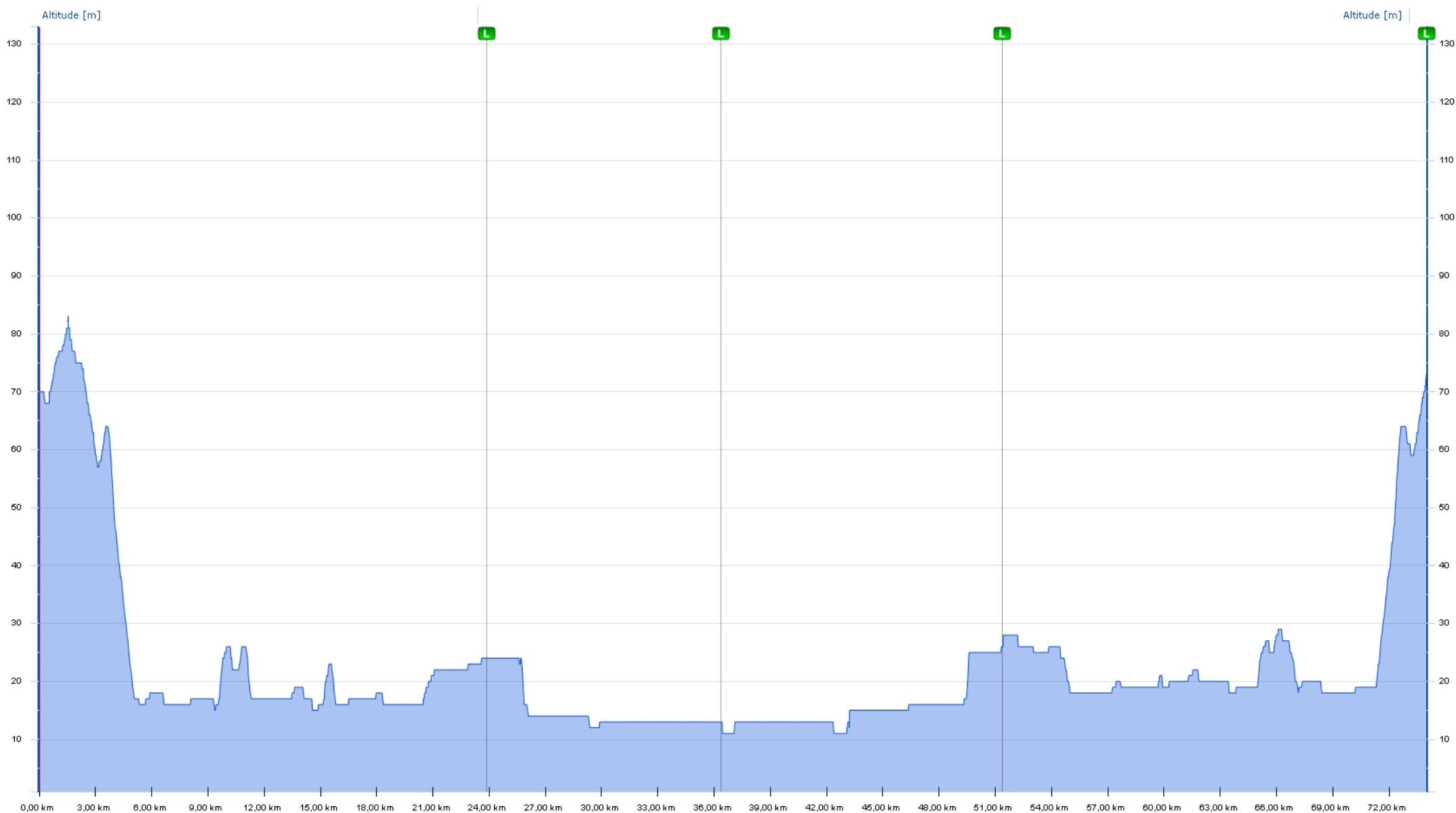


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Шмат-Чехова=74км** Date / Time: **05.05.2013 - 11:01 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Динамо-Шмат-Чехова=74км Date / Time: 05.05.2013 - 11:01 Clock

INFO

| | |
|-----------------------|-------------|
| Start time | 11:01 Clock |
| Date | 05.05.2013 |
| Unit | kmh |
| Bike | Bike 1 |
| Number of log entries | 2384 |
| Wheel size | 2118 mm |
| Log time interval | 5 s |
| Number of laps | 4 |
| Number of pauses | 18 |

TOTAL VALUES

| | |
|------------------------|-----------|
| Trip distance | 73,99 km |
| Trip time | 2:58:14 h |
| Calories | 1429 kcal |
| Trip distance uphill | 4,20 km |
| Trip distance downhill | 4,60 km |
| Trip time uphill | 0:11:21 h |
| Trip time downhill | 0:08:51 h |
| Meters uphill | 158 m |
| Meters downhill | 159 m |

AVERAGE

| | |
|---------------------------|------------|
| Heart rate | 115 bpm |
| Temperature | 34,9 °C |
| Speed | 24,80 km/h |
| Altitude | 22 m |
| Cadence | 59 R/min |
| Power | 87 Watt |
| Inclination uphill | 1 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 5 m/min |
| Inclination rate downhill | -8 m/min |

MIN/MAX VALUES

| | |
|----------------|-------------------|
| Heart rate | 85 / 165 bpm |
| Temperature | 23,0 / 42,0 °C |
| Speed | 0,00 / 46,40 km/h |
| Altitude | 11 / 83 m |
| Power | 0 / 481 Watt |
| Cadence | 0 / 104 R/min |
| Incline | -5 / 5 % |
| Rate of ascent | -30 / 18 m/min |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Шмат-Чехова=74км** Date / Time: **05.05.2013 - 11:01 Clock**

| | Duration (h) | Trip distance ... | Speed (km/h) | Heart Rate [...] | Calories (kcal) | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|-----------------|--------------------------------------|--------------------------------|---------------------------------------|---------------------------------|-----------------|--------------------|------------|--------------|------------------------|
| 1 | 00:53:51 Since start: 00:53:51 | 23,89 Since start: 23,89 | Avg. 26,46 Min. 0,00 Max. 43,90 | Avg. 117 Min. 85 Max. 145 | 448 | Avg. 29 Max. 83 | 59 | 104 | Avg. -1 1 Max. -5 2 |
| 2 | 00:32:50 Since start: 01:26:41 | 12,48 Since start: 36,37 | Avg. 19,64 Min. 0,00 Max. 41,59 | Avg. 104 Min. 92 Max. 144 | 229 | Avg. 13 Max. 24 | 2 | 13 | Avg. 0 0 Max. 0 1 |
| 3 | 00:40:31 Since start: 02:07:13 | 15,00 Since start: 51,38 | Avg. 22,96 Min. 0,00 Max. 38,89 | Avg. 112 Min. 86 Max. 137 | 282 | Avg. 25 Max. 26 | 15 | 4 | Avg. 0 1 Max. 0 5 |
| 4 | 00:51:01 Since start: 02:58:14 | 22,61 Since start: 73,99 | Avg. 26,50 Min. 0,00 Max. 46,40 | Avg. 124 Min. 92 Max. 165 | 470 | Avg. 26 Max. 74 | 82 | 38 | Avg. -1 1 Max. -1 5 |
| Total | 02:58:14 | 73,99 | | | 1,429 | | 158 | 159 | |
| Avg. Lap | 00:44:33 | 18,49 | 23,89 | 114 | 357 | 23 | 39 | 39 | -1 1 |
| Min. | 00:32:50 | 12,48 | 0,00 | 85 | 229 | | 2 | 4 | |
| Max. | 00:53:51 | 23,89 | 46,40 | 165 | 470 | 83 | 82 | 104 | -5 5 |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Шмат-Чехова=74км** Date / Time: **05.05.2013 - 11:01 Clock**

| | Pause time ... | Duration (h) | Trip distanc... | Speed (km... | Heart Rate ... | Calories [...] | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|---|----------------|--------------------------------------|--------------------------------|---------------------------------------|----------------------------------|----------------|--------------------|------------|--------------|------------------------|
| 1 | 00:00:05 | 00:04:36 Since start: 00:04:36 | 1,51 Since start: 1,51 | Avg. 19,39 Min. 0,00 Max. 26,19 | Avg. 119 Min. 99 Max. 130 | 41 | Avg. 73 Max. 81 | 13 | 2 | Avg. -1 1 Max. -1 1 |
| 2 | 00:10:50 | 00:00:09 Since start: 00:04:46 | 0,00 Since start: 1,52 | Avg. 0,00 Min. 0,00 Max. 0,00 | Avg. 102 Min. 93 Max. 111 | 1 | Avg. 81 Max. 82 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 3 | 00:00:39 | 00:00:06 Since start: 00:04:52 | 0,01 Since start: 1,53 | Avg. 1,45 Min. 0,00 Max. 2,89 | Avg. 87 Min. 85 Max. 89 | 1 | Avg. 82 Max. 83 | 1 | 0 | Avg. 0 0 Max. 0 0 |
| 4 | 00:00:14 | 00:00:19 Since start: 00:05:11 | 0,05 Since start: 1,59 | Avg. 8,13 Min. 0,00 Max. 13,29 | Avg. 93 Min. 92 Max. 94 | 2 | Avg. 81 Max. 81 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 5 | 00:00:26 | 00:02:31 Since start: 00:07:43 | 1,00 Since start: 2,59 | Avg. 23,60 Min. 0,00 Max. 29,65 | Avg. 105 Min. 96 Max. 112 | 17 | Avg. 74 Max. 81 | 0 | 13 | Avg. -1 0 Max. -2 0 |
| 6 | 00:03:01 | 00:37:35 Since start: 00:45:18 | 17,65 Since start: 20,25 | Avg. 28,13 Min. 0,00 Max. 43,90 | Avg. 119 Min. 99 Max. 145 | 321 | Avg. 22 Max. 68 | 37 | 89 | Avg. -1 1 Max. -5 2 |
| 7 | 00:00:09 | 00:11:13 Since start: 00:56:32 | 4,62 Since start: 24,88 | Avg. 24,68 Min. 0,00 Max. 29,07 | Avg. 111 Min. 101 Max. 119 | 84 | Avg. 22 Max. 24 | 8 | 0 | Avg. 0 1 Max. 0 1 |
| 8 | 00:00:50 | 00:01:08 Since start: 00:57:40 | 0,08 Since start: 24,97 | Avg. 4,17 Min. 0,00 Max. 5,58 | Avg. 104 Min. 99 Max. 107 | 7 | Avg. 24 Max. 24 | 0 | 0 | Avg. 0 0 Max. 0 0 |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Шмат-Чехова=74км** Date / Time: **05.05.2013 - 11:01 Clock**

| | Pause time ... | Duration (h) | Trip distanc... | Speed (km... | Heart Rate ... | Calories (...) | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|----|----------------|--------------------------------------|--------------------------------|---------------------------------------|----------------------------------|----------------|--------------------|------------|--------------|------------------------|
| 9 | 00:00:12 | 00:29:40 Since start: 01:27:20 | 11,61 Since start: 36,59 | Avg. 23,43 Min. 0,00 Max. 41,59 | Avg. 108 Min. 92 Max. 144 | 208 | Avg. 14 Max. 24 | 2 | 15 | Avg. -2 1 Max. -5 1 |
| 10 | 00:00:42 | 00:00:50 Since start: 01:28:11 | 0,14 Since start: 36,73 | Avg. 9,71 Min. 0,00 Max. 13,86 | Avg. 92 Min. 88 Max. 95 | 4 | Avg. 11 Max. 11 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 11 | 00:03:23 | 00:00:05 Since start: 01:28:16 | 0,00 Since start: 36,73 | Avg. 0,00 Min. 0,00 Max. 0,00 | Avg. 87 Min. 86 Max. 88 | 1 | Avg. 11 Max. 11 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 12 | 00:00:07 | 00:17:17 Since start: 01:45:34 | 6,47 Since start: 43,21 | Avg. 22,48 Min. 0,00 Max. 26,96 | Avg. 107 Min. 89 Max. 116 | 119 | Avg. 12 Max. 13 | 4 | 2 | Avg. -1 1 Max. -2 2 |
| 13 | 00:18:17 | 00:00:12 Since start: 01:45:46 | 0,00 Since start: 43,22 | Avg. 1,60 Min. 0,00 Max. 4,81 | Avg. 102 Min. 99 Max. 105 | 1 | Avg. 12 Max. 14 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 14 | 00:00:02 | 00:00:16 Since start: 01:46:02 | 0,01 Since start: 43,23 | Avg. 3,08 Min. 0,00 Max. 4,43 | Avg. 103 Min. 101 Max. 106 | 2 | Avg. 14 Max. 15 | 0 | 0 | Avg. 0 1 Max. 0 2 |
| 15 | 00:00:07 | 00:19:00 Since start: 02:05:02 | 7,13 Since start: 50,37 | Avg. 22,54 Min. 0,00 Max. 28,30 | Avg. 107 Min. 94 Max. 137 | 132 | Avg. 16 Max. 25 | 10 | 0 | Avg. -1 2 Max. -1 5 |
| 16 | 00:17:23 | 00:02:26 Since start: 02:07:28 | 1,04 Since start: 51,42 | Avg. 25,23 Min. 0,00 Max. 38,89 | Avg. 120 Min. 92 Max. 133 | 21 | Avg. 25 Max. 28 | 1 | 0 | Avg. 0 0 Max. 0 0 |

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Динамо-Шмат-Чехова=74км** Date / Time: **05.05.2013 - 11:01 Clock**

| | Pause time ... | Duration (h) | Trip distanc... | Speed (km... | Heart Rate ... | Calories (...) | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|-------------------|----------------|--------------------------------------|--------------------------------|---------------------------------------|----------------------------------|----------------|--------------------|------------|--------------|------------------------|
| 17 | 00:01:59 | 00:49:31 Since start: 02:56:59 | 22,34 Since start: 73,76 | Avg. 27,02 Min. 0,00 Max. 46,40 | Avg. 124 Min. 93 Max. 165 | 458 | Avg. 25 Max. 69 | 78 | 38 | Avg. -1 1 Max. -1 5 |
| 18 | 00:00:04 | 00:00:34 Since start: 02:57:34 | 0,14 Since start: 73,90 | Avg. 13,67 Min. 0,00 Max. 19,06 | Avg. 117 Min. 112 Max. 120 | 5 | Avg. 69 Max. 71 | 1 | 0 | Avg. 0 1 Max. 0 2 |
| Total | 00:58:30 | 02:57:34 | 73,90 | | | 1,424 | | 155 | 159 | |
| Avg. Pause | 00:03:15 | 00:09:51 | 4,10 | 14,35 | 105 | 79 | 37 | 8 | 8 | 0 0 |
| Min. | 00:00:02 | 00:00:05 | 0,00 | 0,00 | 85 | 1 | | 0 | 0 | |
| Max. | 00:18:17 | 00:49:31 | 22,34 | 46,40 | 165 | 458 | 83 | 78 | 89 | -5 5 |

Device / Bike: **ADRIANO** / Bike 1 Name: Динамо-Шмат-Чехова=74км Date / Time: 05.05.2013 - 11:01 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



no wind



Training partner:



4 mens

Trip distance profile:

flat



Training type:

Матрас

Description:

Чехова-Динамо-Шмат-Усть_Койсуг-Чехова=74км,
между крайними метками маршрут разделки от поворота=25км, средняя метка разворот в Шмате.

External link:

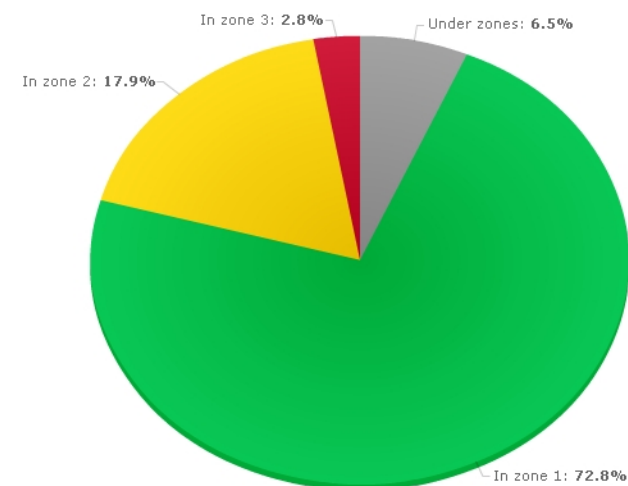
<http://>

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Динамо-Шмат-Чехова=74км Date / Time: 05.05.2013 - 11:01 Clock

Pulse Zones

| | |
|---------------------------|-----------|
| Under zones | 0:11:35 h |
| In zone 1 (100 - 127 bpm) | 2:09:45 h |
| In zone 2 (127 - 145 bpm) | 0:31:57 h |
| In zone 3 (145 - 181 bpm) | 0:04:57 h |
| Over zones | 0:00:00 h |



Intensity Zones

| | |
|---------------------------|-----------|
| Under zones | 0:58:51 h |
| In zone 1 (109 - 127 bpm) | 1:22:29 h |
| In zone 2 (127 - 145 bpm) | 0:31:57 h |
| In zone 3 (145 - 163 bpm) | 0:04:07 h |
| In zone 4 (163 - 181 bpm) | 0:00:49 h |
| Over zones | 0:00:00 h |

