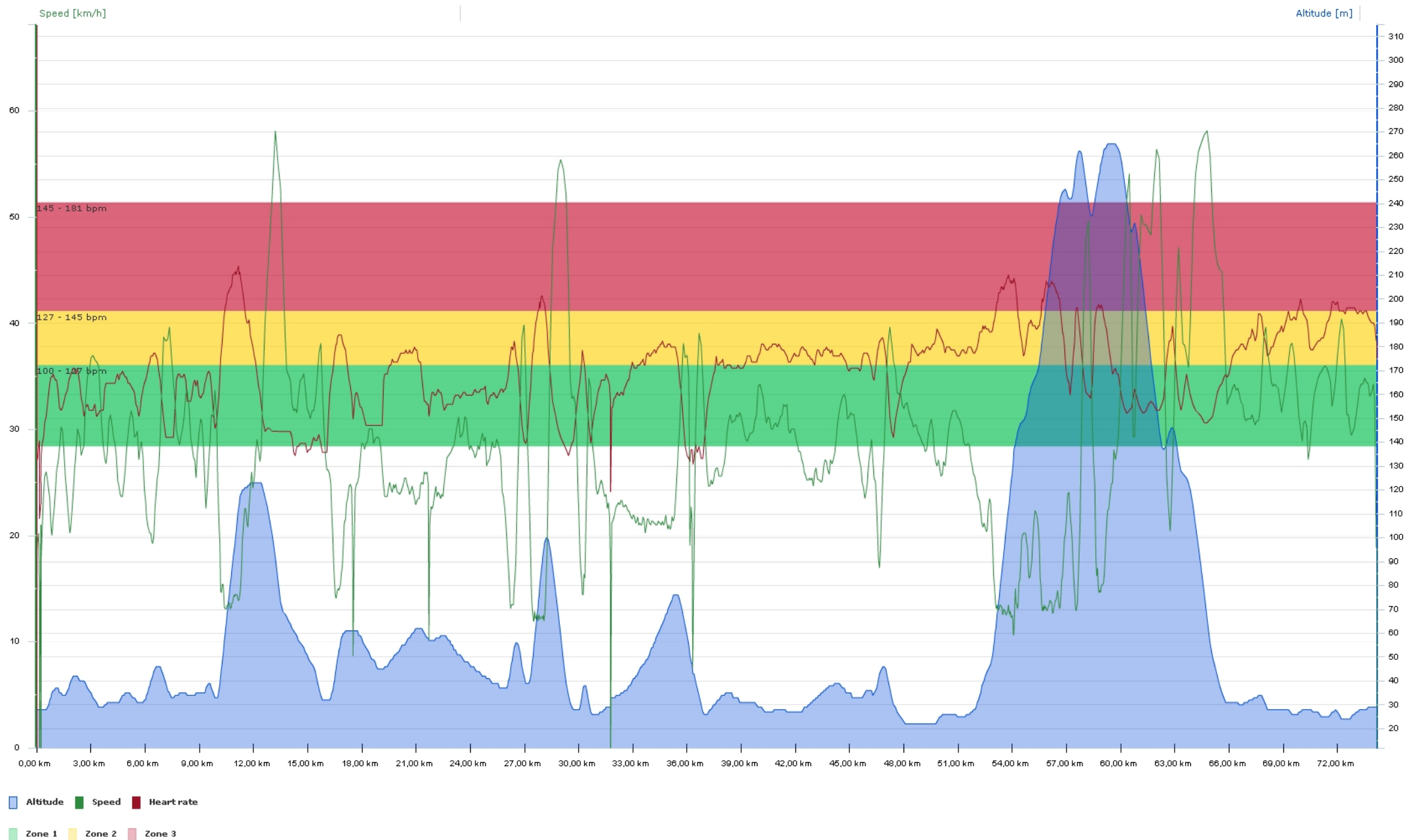


LOG

Device / Bike: **ADRIANO / Bike 2** Name: **Вокруг г-ова Кассандра=74км** Date / Time: **03.06.2013 - 18:53** Clock



LOG



Device / Bike: **ADRIANO / Bike 2** Name: Вокруг прова Кассандра=74км Date / Time: **03.06.2013 - 18:53 Clock**

INFO

Start time	18:53 Clock
Date	03.06.2013
Unit	kmh
Bike	Bike 2
Number of log entries	1016
Wheel size	2118 mm
Log time interval	10 s
Number of laps	1
Number of pauses	5

TOTAL VALUES

Trip distance	74,14 km
Trip time	2:50:59 h
Calories	1701 kcal
Trip distance uphill	21,07 km
Trip distance downhill	22,03 km
Trip time uphill	1:05:48 h
Trip time downhill	0:36:47 h
Meters uphill	658 m
Meters downhill	661 m

AVERAGE

Heart rate	127 bpm
Temperature	23,4 °C
Speed	25,95 km/h
Altitude	69 m
Cadence	71 R/min
Power	100 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-17 m/min

MIN/MAX VALUES

Heart rate	76 / 160 bpm
Temperature	18,0 / 30,0 °C
Speed	0,00 / 58,15 km/h
Altitude	22 / 265 m
Power	0 / 285 Watt
Cadence	0 / 102 R/min
Incline	-6 / 9 %
Rate of ascent	-56 / 16 m/min

LOG

Device / Bike: **ADRIANO / Bike 2** Name: Вокруг прова Кассандра=74км Date / Time: **03.06.2013 - 18:53 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	02:50:59 Since start: 02:50:59	74,14 Since start: 74,14	Avg. 25,95 Min. 0,00 Max. 58,15	Avg. 127 Min. 76 Max. 160	1,701	Avg. 69 Max. 265	658	661	Avg. -2 3 Max. -6 9
Total	02:50:59	74,14			1,701		658	661	
Avg. Lap	02:50:59	74,14	25,95	127	1,701	69	658	661	-2 3
Min.	02:50:59	74,14	0,00	76	1,701		658	661	
Max.	02:50:59	74,14	58,15	160	1,701	265	658	661	-6 9

LOG

Device / Bike: **ADRIANO / Bike 2** Name: **Вокруг прова Кассандра=74км** Date / Time: **03.06.2013 - 18:53 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:01:57	00:00:34 Since start: 00:00:34	0,15 Since start: 0,15	Avg. 14,33 Min. 0,00 Max. 20,22	Avg. 93 Min. 76 Max. 102	4	Avg. 28 Max. 28	0	0	Avg. 0 0 Max. 0 0
2	00:03:07	00:00:20 Since start: 00:00:54	0,07 Since start: 0,23	Avg. 10,49 Min. 0,00 Max. 20,99	Avg. 84 Min. 81 Max. 88	1	Avg. 28 Max. 28	0	0	Avg. 0 0 Max. 0 0
3	00:00:12	01:14:31 Since start: 01:15:25	31,53 Since start: 31,77	Avg. 25,34 Min. 0,00 Max. 58,15	Avg. 121 Min. 97 Max. 160	681	Avg. 51 Max. 123	276	275	Avg. -1 3 Max. -6 8
4	00:09:19	00:00:23 Since start: 01:15:48	0,00 Since start: 31,77	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 96 Min. 85 Max. 102	3	Avg. 31 Max. 33	0	0	Avg. 0 0 Max. 0 0
5	00:00:05	01:35:00 Since start: 02:50:49	42,37 Since start: 74,14	Avg. 26,76 Min. 0,00 Max. 58,15	Avg. 132 Min. 94 Max. 157	1,010	Avg. 83 Max. 265	382	386	Avg. -3 3 Max. -6 9
Total	00:14:40	02:50:49	74,14			1,699		658	661	
Avg. Pause	00:02:56	00:34:09	14,82	15,38	105	340	44	131	132	0 1
Min.	00:00:05	00:00:20	0,00	0,00	76	1		0	0	
Max.	00:09:19	01:35:00	42,37	58,15	160	1,010	265	382	386	-6 9

LOG

Device / Bike: **ADRIANO** / Bike 2 Name: Вокруг прова Кассандра=74км Date / Time: **03.06.2013 - 18:53** Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



solo

Trip distance profile:

slightly hilly



Training type:

Кайфово

Description:

Какие-то греческие курортные поселки вдоль Эгейского моря, постоянно тягуны вверх-вниз, один неплохой перевал, короче рай для шоссеров, трафик минимум...

External link:

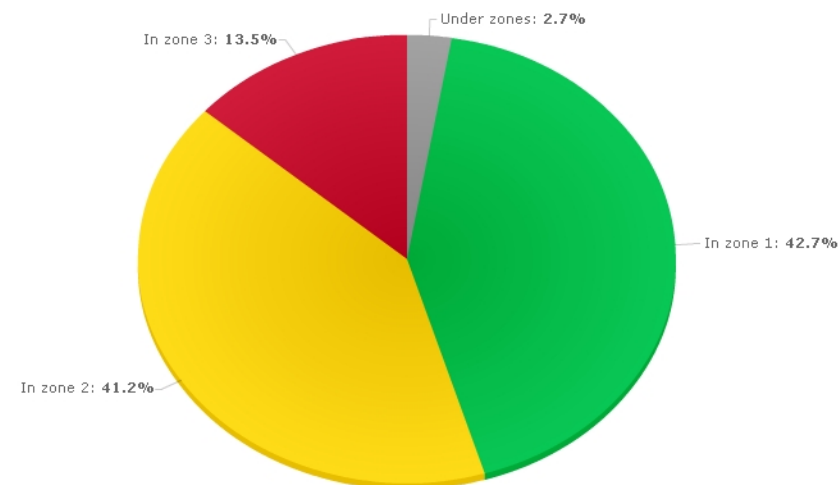
<http://>

LOG

Device / Bike: **ADRIANO** / Bike 2 Name: Вокруг прова Кассандра=74км Date / Time: **03.06.2013 - 18:53** Clock

Pulse Zones

Under zones	0:04:33 h
In zone 1 (100 - 127 bpm)	1:12:56 h
In zone 2 (127 - 145 bpm)	1:10:22 h
In zone 3 (145 - 181 bpm)	0:23:07 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:17:19 h
In zone 1 (109 - 127 bpm)	1:00:10 h
In zone 2 (127 - 145 bpm)	1:10:22 h
In zone 3 (145 - 163 bpm)	0:23:07 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

