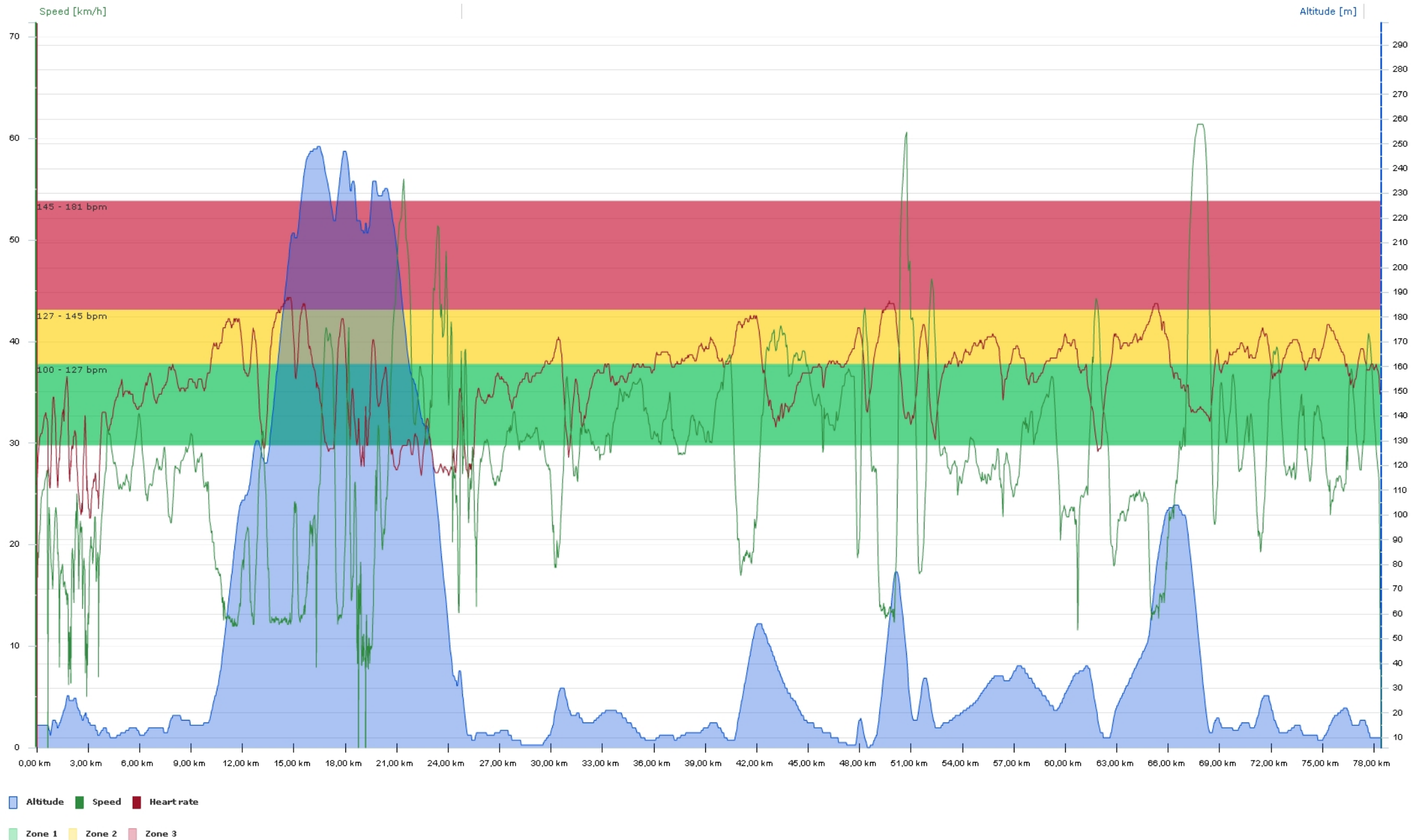


# LOG

Device / Bike: **ADRIANO / Bike 2** Name: **Кассандра(объездная по максимуму)=78км** Date / Time: **08.06.2013 - 18:41 Clock**



# LOG

Device / Bike: **ADRIANO** / Bike 2 Name: Кассандра(объездная по максимуму)=78км Date / Time: **08.06.2013 - 18:41 Clock**

## INFO

Start time	18:41 Clock
Date	08.06.2013
Unit	kmh
Bike	Bike 2
Number of log entries	2475
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	4

## TOTAL VALUES

Trip distance	78,37 km
Trip time	3:05:27 h
Calories	1697 kcal
Trip distance uphill	14,95 km
Trip distance downhill	16,04 km
Trip time uphill	0:50:43 h
Trip time downhill	0:26:46 h
Meters uphill	719 m
Meters downhill	724 m

## AVERAGE

Heart rate	123 bpm
Temperature	24,2 °C
Speed	25,33 km/h
Altitude	58 m
Cadence	73 R/min
Power	105 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-15 m/min

## MIN/MAX VALUES

Heart rate	76 / 149 bpm
Temperature	21,0 / 29,0 °C
Speed	0,00 / 61,42 km/h
Altitude	6 / 249 m
Power	0 / 286 Watt
Cadence	0 / 103 R/min
Incline	-8 / 10 %
Rate of ascent	-65 / 19 m/min

LOG



Device / Bike: ADRIANO / Bike 2    Name: Кассандра (объездная по максимуму)=78км    Date / Time: 08.06.2013 - 18:41 Clock

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	03:05:27	78,37	Avg. 25,33	Avg. 123		Avg. 58			Avg. -2    3
	Since start:	Since start:	Min. 0,00	Min. 76	1,697		719	724	
	03:05:27	78,37	Max. 61,42	Max. 149		Max. 249			Max. -8    10
Total	03:05:27	78,37			1,697		719	724	
Avg. Lap	03:05:27	78,37	25,33	123	1,697	58	719	724	-2    3
Min.	03:05:27	78,37	0,00	76	1,697		719	724	
Max.	03:05:27	78,37	61,42	149	1,697	249	719	724	-8    10

# LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра(объездная по максимуму)=78км Date / Time: **08.06.2013 - 18:41 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:34	00:01:49 Since start: 00:01:49	0,64 Since start: 0,64	Avg. 20,85 Min. 0,00 Max. 27,34	Avg. 102 Min. 87 Max. 111	12	Avg. 15 Max. 15	0	0	Avg. 0 0 Max. 0 0
2	00:00:58	00:56:08 Since start: 00:57:57	18,12 Since start: 18,77	Avg. 19,31 Min. 0,00 Max. 41,40	Avg. 121 Min. 76 Max. 149	493	Avg. 95 Max. 249	317	113	Avg. -1 3 Max. -8 7
3	00:00:29	00:02:25 Since start: 01:00:22	0,40 Since start: 19,18	Avg. 10,15 Min. 0,00 Max. 18,29	Avg. 99 Min. 93 Max. 113	14	Avg. 216 Max. 219	4	5	Avg. -1 3 Max. -2 7
4	00:00:02	02:05:04 Since start: 03:05:27	59,19 Since start: 78,37	Avg. 28,39 Min. 0,00 Max. 61,42	Avg. 125 Min. 89 Max. 148	1,178	Avg. 39 Max. 235	398	606	Avg. -2 2 Max. -7 10
<b>Total</b>	00:02:03	03:05:27	78,37			1,697		719	724	
<b>Avg. Pause</b>	00:00:30	00:46:21	19,59	19,68	111	424	91	179	181	-1 2
<b>Min.</b>	00:00:02	00:01:49	0,40	0,00	76	12		0	0	
<b>Max.</b>	00:00:58	02:05:04	59,19	61,42	149	1,178	249	398	606	-8 10

## LOG

Device / Bike: **ADRIANO** / Bike 2 Name: Кассандра(объездная по максимуму)=78км Date / Time: **08.06.2013 - 18:41 Clock**

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



solo

Trip distance profile:

hilly



Training type:

Интенсивно

Description:

Объездная вокруг западного и восточного побережий и поперек: Пефкохори-Палиури-Параскеви-Лутра-Скиони-Сиври-Кассандра-Калитеа-Пефкохори=78км, набор h=750м

External link:

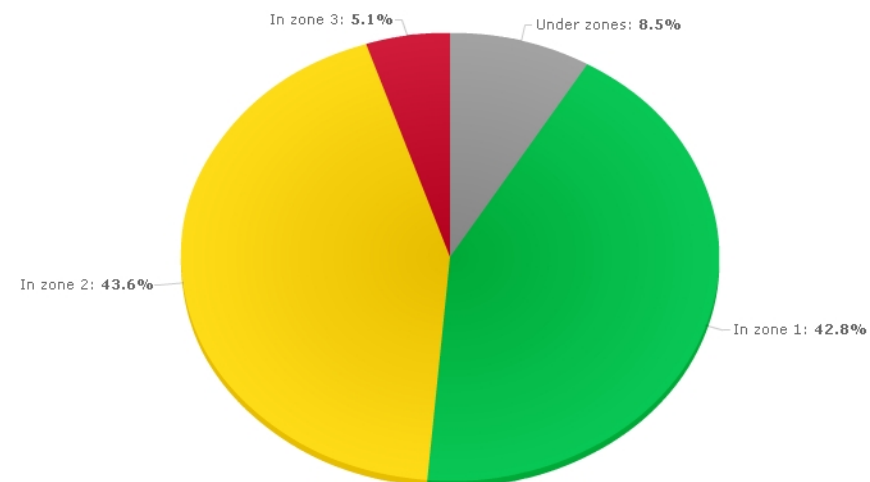
<http://>

## LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра (объездная по максимуму)=78км Date / Time: **08.06.2013 - 18:41** Clock

### Pulse Zones

Under zones	0:15:49 h
In zone 1 (100 - 127 bpm)	1:19:24 h
In zone 2 (127 - 145 bpm)	1:20:51 h
In zone 3 (145 - 181 bpm)	0:09:22 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:28:10 h
In zone 1 (109 - 127 bpm)	1:07:03 h
In zone 2 (127 - 145 bpm)	1:20:51 h
In zone 3 (145 - 163 bpm)	0:09:22 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

