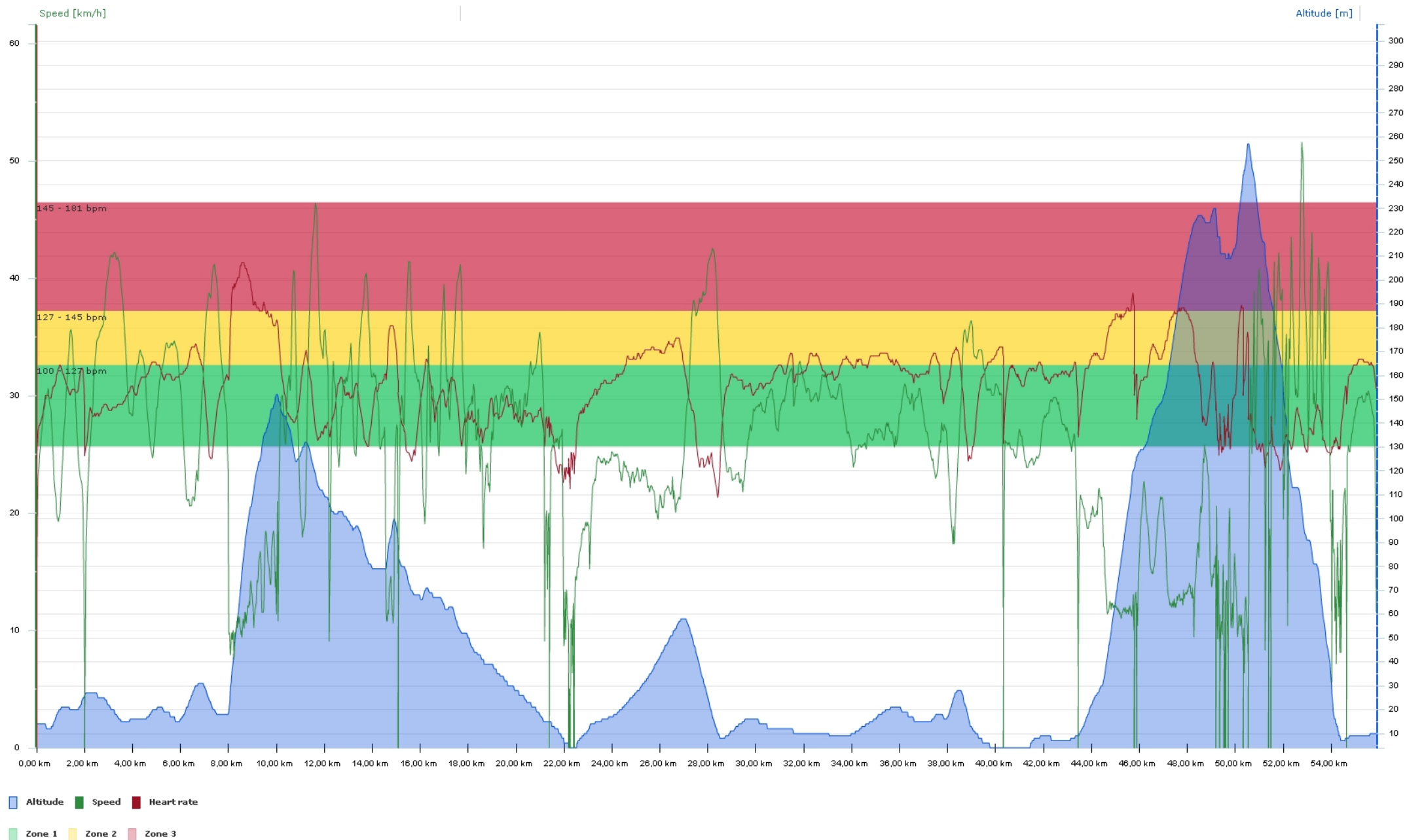


LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра [среднее кольцо против часовой]=56км Date / Time: **09.06.2013 - 18:57** Clock



LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра [среднее кольцо против часовой]=56км Date / Time: **09.06.2013 - 18:57 Clock**

INFO

Start time	18:57 Clock
Date	09.06.2013
Unit	kmh
Bike	Bike 2
Number of log entries	1977
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	31

TOTAL VALUES

Trip distance	55,88 km
Trip time	2:26:52 h
Calories	1314 kcal
Trip distance uphill	10,34 km
Trip distance downhill	12,09 km
Trip time uphill	0:39:24 h
Trip time downhill	0:23:29 h
Meters uphill	581 m
Meters downhill	578 m

AVERAGE

Heart rate	122 bpm
Temperature	24,6 °C
Speed	22,59 km/h
Altitude	66 m
Cadence	66 R/min
Power	91 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-13 m/min

MIN/MAX VALUES

Heart rate	83 / 161 bpm
Temperature	20,0 / 32,0 °C
Speed	0,00 / 51,60 km/h
Altitude	4 / 257 m
Power	0 / 340 Watt
Cadence	0 / 102 R/min
Incline	-16 / 14 %
Rate of ascent	-92 / 23 m/min

LOG



Device / Bike: **ADRIANO / Bike 2** Name: Кассандра (среднее кольцо против часовой)=56км Date / Time: **09.06.2013 - 18:57 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	02:26:52 Since start: 02:26:52	55,88 Since start: 55,88	Avg. 22,59 Min. 0,00 Max. 51,60	Avg. 122 Min. 83 Max. 161	1,314	Avg. 66 Max. 257	581	578	Avg. -2 3 Max. -16 14
Total	02:26:52	55,88			1,314		581	578	
Avg. Lap	02:26:52	55,88	22,59	122	1,314	66	581	578	-2 3
Min.	02:26:52	55,88	0,00	83	1,314		581	578	
Max.	02:26:52	55,88	51,60	161	1,314	257	581	578	-16 14

LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра [среднее кольцо против часовой]=56км Date / Time: **09.06.2013 - 18:57 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:07:28	00:04:52 Since start: 00:04:52	2,00 Since start: 2,00	Avg. 24,38 Min. 0,00 Max. 35,62	Avg. 117 Min. 96 Max. 127	41	Avg. 18 Max. 26	15	3	Avg. 0 1 Max. 0 2
2	00:00:03	00:32:56 Since start: 00:37:48	13,06 Since start: 15,06	Avg. 23,65 Min. 0,00 Max. 46,40	Avg. 128 Min. 96 Max. 161	323	Avg. 72 Max. 152	189	126	Avg. -1 5 Max. -8 14
3	00:00:19	00:13:16 Since start: 00:51:05	6,31 Since start: 21,38	Avg. 28,39 Min. 0,00 Max. 41,40	Avg. 110 Min. 95 Max. 129	98	Avg. 46 Max. 83	6	76	Avg. -1 1 Max. -9 2
4	00:01:49	00:02:46 Since start: 00:53:51	0,81 Since start: 22,20	Avg. 17,41 Min. 0,00 Max. 27,15	Avg. 94 Min. 88 Max. 108	14	Avg. 8 Max. 15	0	9	Avg. -1 0 Max. -1 0
5	00:00:40	00:00:25 Since start: 00:54:16	0,03 Since start: 22,23	Avg. 3,98 Min. 0,00 Max. 5,01	Avg. 90 Min. 90 Max. 92	2	Avg. 5 Max. 6	0	2	Avg. -1 0 Max. -1 0
6	00:01:28	00:00:15 Since start: 00:54:32	0,01 Since start: 22,24	Avg. 2,55 Min. 0,00 Max. 3,66	Avg. 88 Min. 86 Max. 93	1	Avg. 4 Max. 4	0	0	Avg. -1 0 Max. -1 0
7	00:01:13	00:00:12 Since start: 00:54:44	0,00 Since start: 22,25	Avg. 2,18 Min. 0,00 Max. 3,47	Avg. 88 Min. 86 Max. 91	1	Avg. 4 Max. 4	0	0	Avg. 0 0 Max. 0 0
8	00:00:16	00:00:15 Since start: 00:54:59	0,01 Since start: 22,27	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 90 Min. 89 Max. 93	1	Avg. 4 Max. 4	0	0	Avg. 0 0 Max. 0 0

LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра [среднее кольцо против часовой]=56км Date / Time: **09.06.2013 - 18:57 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:00:03	00:00:56 Since start: 00:55:55	0,13 Since start: 22,41	Avg. 9,00 Min. 0,00 Max. 12,32	Avg. 96 Min. 92 Max. 98	5	Avg. 4 Max. 4	0	0	Avg. 0 0 Max. 0 0
10	00:00:46	00:00:06 Since start: 00:56:02	0,00 Since start: 22,41	Avg. 1,64 Min. 0,00 Max. 3,27	Avg. 94 Min. 92 Max. 97	1	Avg. 4 Max. 4	0	0	Avg. 0 0 Max. 0 0
11	00:00:02	00:00:05 Since start: 00:56:07	0,00 Since start: 22,42	Avg. 1,64 Min. 0,00 Max. 3,27	Avg. 91 Min. 91 Max. 92	1	Avg. 4 Max. 4	0	0	Avg. 0 0 Max. 0 0
12	00:00:03	00:40:35 Since start: 01:36:43	17,89 Since start: 40,32	Avg. 26,40 Min. 0,00 Max. 42,55	Avg. 123 Min. 83 Max. 136	366	Avg. 19 Max. 58	89	89	Avg. -2 1 Max. -3 3
13	00:02:37	00:00:07 Since start: 01:36:50	0,00 Since start: 40,32	Avg. 1,45 Min. 0,00 Max. 2,89	Avg. 113 Min. 101 Max. 126	1	Avg. 4 Max. 4	0	0	Avg. 0 0 Max. 0 0
14	00:00:36	00:07:17 Since start: 01:44:08	3,11 Since start: 43,44	Avg. 25,41 Min. 0,00 Max. 29,84	Avg. 123 Min. 103 Max. 128	66	Avg. 6 Max. 9	7	2	Avg. 0 1 Max. 0 1
15	00:00:48	00:09:33 Since start: 01:53:41	2,33 Since start: 45,77	Avg. 14,47 Min. 0,00 Max. 22,14	Avg. 136 Min. 103 Max. 151	104	Avg. 58 Max. 121	112	0	Avg. 0 4 Max. 0 9
16	00:00:50	00:00:07 Since start: 01:53:49	0,00 Since start: 45,78	Avg. 3,37 Min. 0,00 Max. 6,74	Avg. 121 Min. 117 Max. 126	1	Avg. 121 Max. 121	0	0	Avg. 0 0 Max. 0 0

LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра [среднее кольцо против часовой]=56км Date / Time: **09.06.2013 - 18:57 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
17	00:00:00	00:00:34 Since start: 01:54:23	0,10 Since start: 45,88	Avg. 10,04 Min. 0,00 Max. 13,29	Avg. 121 Min. 118 Max. 124	5	Avg. 123 Max. 126	5	0	Avg. 0 2 Max. 0 3
18	00:01:14	00:00:07 Since start: 01:54:31	0,00 Since start: 45,88	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 115 Min. 109 Max. 122	1	Avg. 126 Max. 126	0	0	Avg. 0 0 Max. 0 0
19	00:00:34	00:12:36 Since start: 02:07:07	3,30 Since start: 49,19	Avg. 15,58 Min. 0,00 Max. 25,80	Avg. 132 Min. 107 Max. 146	130	Avg. 183 Max. 230	107	3	Avg. -1 3 Max. -1 6
20	00:01:07	00:00:41 Since start: 02:07:48	0,14 Since start: 49,34	Avg. 11,90 Min. 0,00 Max. 20,60	Avg. 103 Min. 97 Max. 111	5	Avg. 219 Max. 226	0	10	Avg. -5 0 Max. -9 0
21	00:00:41	00:00:11 Since start: 02:07:59	0,01 Since start: 49,35	Avg. 5,78 Min. 0,00 Max. 9,63	Avg. 110 Min. 109 Max. 111	2	Avg. 217 Max. 218	0	0	Avg. 0 0 Max. 0 0
22	00:00:25	00:00:57 Since start: 02:08:56	0,16 Since start: 49,52	Avg. 9,92 Min. 0,00 Max. 15,60	Avg. 101 Min. 98 Max. 109	6	Avg. 211 Max. 216	0	6	Avg. -4 0 Max. -7 0
23	00:00:27	00:00:23 Since start: 02:09:20	0,03 Since start: 49,56	Avg. 5,55 Min. 0,00 Max. 7,89	Avg. 108 Min. 106 Max. 110	3	Avg. 211 Max. 211	0	0	Avg. 0 0 Max. 0 0
24	00:00:13	00:00:20 Since start: 02:09:40	0,04 Since start: 49,60	Avg. 7,36 Min. 0,00 Max. 12,52	Avg. 103 Min. 100 Max. 107	2	Avg. 210 Max. 211	0	1	Avg. 0 0 Max. 0 0

LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра [среднее кольцо против часовой]=56км Date / Time: **09.06.2013 - 18:57 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
25	00:00:02	00:00:30 Since start: 02:10:10	0,09 Since start: 49,69	Avg. 10,15 Min. 0,00 Max. 14,25	Avg. 108 Min. 105 Max. 114	4	Avg. 209 Max. 210	0	0	Avg. -1 2 Max. -2 2
26	00:03:33	00:00:05 Since start: 02:10:15	0,00 Since start: 49,70	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 108 Min. 103 Max. 114	1	Avg. 211 Max. 211	1	0	Avg. 0 0 Max. 0 0
27	00:00:49	00:03:04 Since start: 02:13:20	0,62 Since start: 50,32	Avg. 11,80 Min. 0,00 Max. 20,41	Avg. 125 Min. 99 Max. 147	29	Avg. 221 Max. 244	34	2	Avg. -2 6 Max. -3 14
28	00:01:25	00:01:17 Since start: 02:14:37	0,21 Since start: 50,53	Avg. 9,25 Min. 0,00 Max. 12,90	Avg. 127 Min. 109 Max. 138	13	Avg. 250 Max. 257	13	0	Avg. 0 7 Max. 0 9
29	00:00:01	00:01:49 Since start: 02:16:26	0,84 Since start: 51,38	Avg. 27,96 Min. 0,00 Max. 40,82	Avg. 101 Min. 93 Max. 111	11	Avg. 227 Max. 257	0	60	Avg. -4 0 Max. -8 0
30	00:00:33	00:00:21 Since start: 02:16:47	0,09 Since start: 51,47	Avg. 12,63 Min. 0,00 Max. 18,68	Avg. 103 Min. 101 Max. 110	2	Avg. 193 Max. 195	0	4	Avg. -5 0 Max. -7 0
31	00:02:55	00:07:23 Since start: 02:24:10	3,16 Since start: 54,64	Avg. 26,15 Min. 0,00 Max. 51,60	Avg. 103 Min. 92 Max. 120	47	Avg. 73 Max. 191	1	185	Avg. -5 1 Max. -16 1
Total	00:33:00	02:24:10	54,64			1,289		579	578	
Avg. Pause	00:01:03	00:04:39	1,76	11,29	108	42	105	18	18	-1 1
Min.	00:00:00	00:00:05	0,00	0,00	83	1		0	0	
Max.	00:07:28	00:40:35	17,89	51,60	161	366	257	189	185	-16 14

LOG

Device / Bike: **ADRIANO** / Bike 2 Name: Кассандра (среднее кольцо против часовой)=56км Date / Time: **09.06.2013 - 18:57** Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



solo

Trip distance profile:

slightly hilly



Training type:

Комфортно

Description:

Пефкохори-Полихроно-Фурка-Параскеви-Пефкохори=56км, набор h=600м

External link:

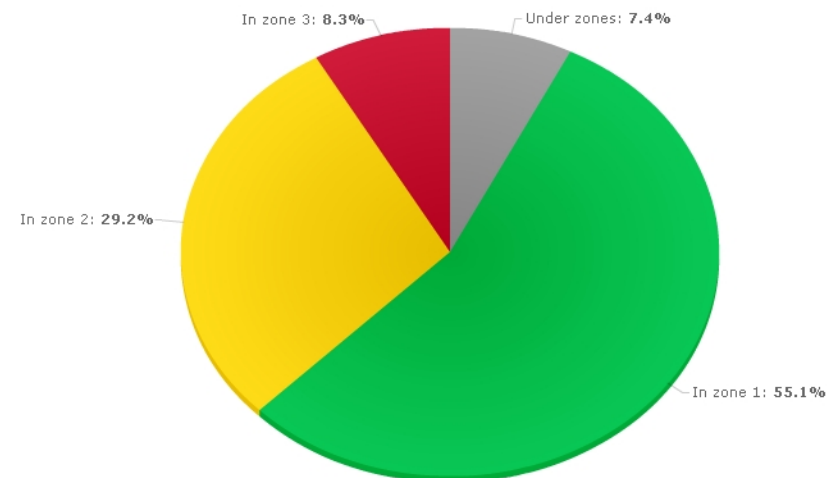
<http://forum.rostovroadclub.ru/viewtopic.php?f=15&t=467>

LOG

Device / Bike: **ADRIANO / Bike 2** Name: Кассандра (среднее кольцо против часовой)=56км Date / Time: **09.06.2013 - 18:57** Clock

Pulse Zones

Under zones	0:10:50 h
In zone 1 (100 - 127 bpm)	1:21:00 h
In zone 2 (127 - 145 bpm)	0:42:51 h
In zone 3 (145 - 181 bpm)	0:12:11 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:27:25 h
In zone 1 (109 - 127 bpm)	1:04:24 h
In zone 2 (127 - 145 bpm)	0:42:51 h
In zone 3 (145 - 163 bpm)	0:12:11 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

