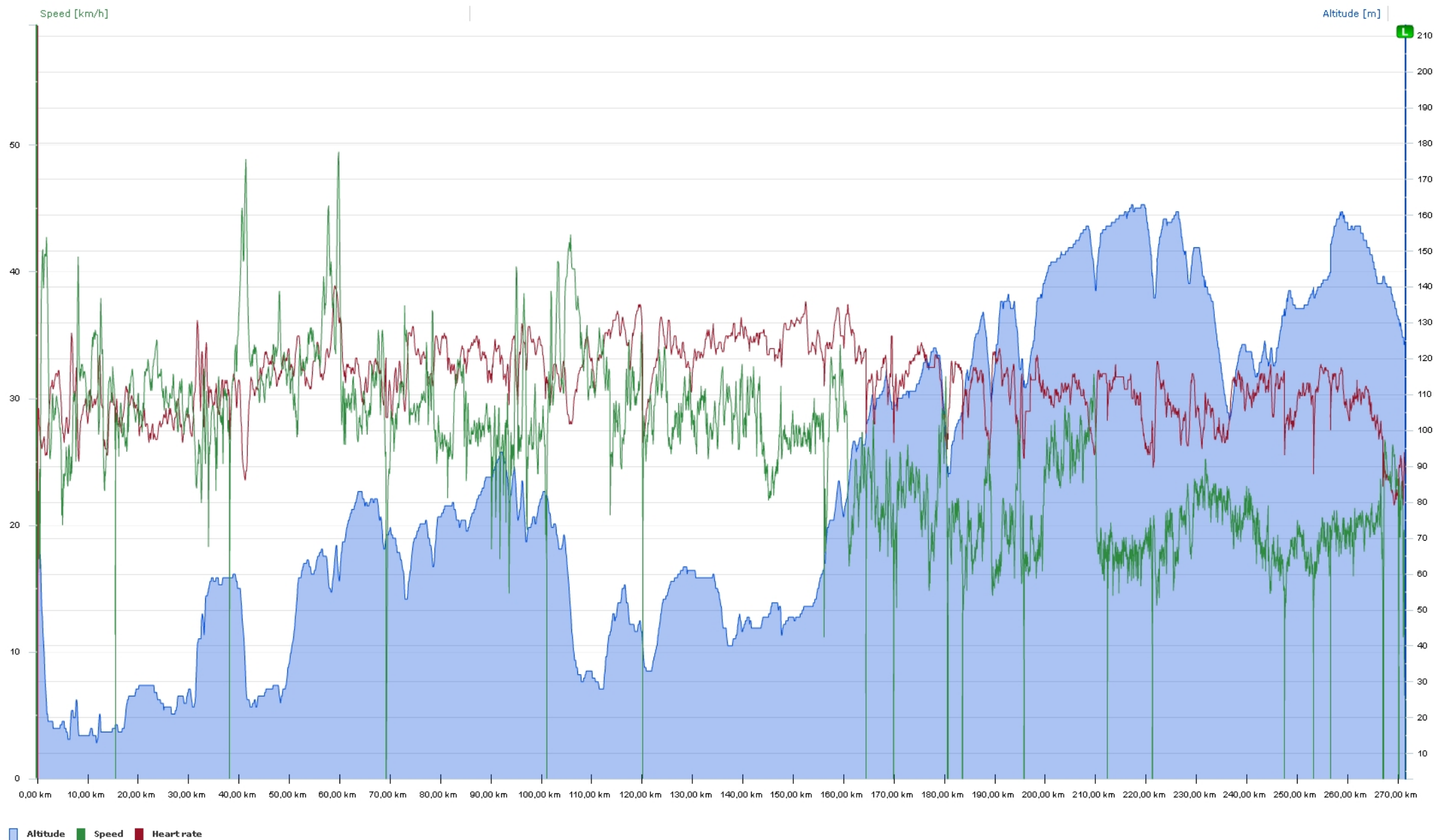


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо(день 1:Ростов-Песчанка)=271км Date / Time: 15.06.2013 - 07:06 Clock



# LOG



Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо(день 1:Ростов-Песчанка)=271км Date / Time: **15.06.2013 - 07:06 Clock**

## INFO

Start time	07:06 Clock
Date	15.06.2013
Unit	kmh
Bike	Bike 1
Number of log entries	3925
Wheel size	2118 mm
Log time interval	10 s
Number of laps	1
Number of pauses	26

## TOTAL VALUES

Trip distance	271,36 km
Trip time	11:00:24 h
Calories	6503 kcal
Trip distance uphill	47,62 km
Trip distance downhill	39,60 km
Trip time uphill	2:00:15 h
Trip time downhill	1:25:50 h
Meters uphill	804 m
Meters downhill	763 m

## AVERAGE

Heart rate	126 bpm
Temperature	33,4 °C
Speed	24,53 km/h
Altitude	92 m
Cadence	75 R/min
Power	86 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	-6 m/min

## MIN/MAX VALUES

Heart rate	87 / 157 bpm
Temperature	17,0 / 46,0 °C
Speed	0,00 / 49,48 km/h
Altitude	13 / 163 m
Power	0 / 462 Watt
Cadence	0 / 106 R/min
Incline	-4 / 4 %
Rate of ascent	-26 / 16 m/min

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 1: Ростов-Песчанка)=271км Date / Time: **15.06.2013 - 07:06 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	11:00:24	271,36	Avg. 24,53	Avg. 126		Avg. 92			Avg. -1 1
	Since start:	Since start:	Min. 0,00	Min. 87	6,503		804	763	
	11:00:24	271,36	Max. 49,48	Max. 157		Max. 163			Max. -4 4
Total	11:00:24	271,36			6,503		804	763	
Avg. Lap	11:00:24	271,36	24,53	126	6,503	92	804	763	-1 1
Min.	11:00:24	271,36	0,00	87	6,503		804	763	
Max.	11:00:24	271,36	49,48	157	6,503	163	804	763	-4 4

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо(день 1:Ростов-Песчанка)=271км Date / Time: 15.06.2013 - 07:06 Clock

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:09:43	00:31:50 Since start: 00:31:50	15,43 Since start: 15,43	Avg. 28,86 Min. 0,00 Max. 42,75	Avg. 117 Min. 95 Max. 142	275	Avg. 21 Max. 69	28	78	Avg. -1 1 Max. -4 2
2	00:02:50	00:47:09 Since start: 01:19:00	22,70 Since start: 38,13	Avg. 28,82 Min. 0,00 Max. 34,66	Avg. 118 Min. 107 Max. 146	410	Avg. 33 Max. 59	68	27	Avg. -1 2 Max. -1 4
3	00:00:02	00:57:15 Since start: 02:16:15	31,09 Since start: 69,22	Avg. 32,54 Min. 0,00 Max. 49,48	Avg. 129 Min. 95 Max. 157	592	Avg. 55 Max. 83	102	91	Avg. -1 1 Max. -3 1
4	00:06:47	00:00:21 Since start: 02:16:37	0,03 Since start: 69,25	Avg. 4,94 Min. 0,00 Max. 10,20	Avg. 124 Min. 115 Max. 130	5	Avg. 71 Max. 71	0	0	Avg. 0 0 Max. 0 0
5	00:01:07	01:08:08 Since start: 03:24:45	31,82 Since start: 101,07	Avg. 27,79 Min. 0,00 Max. 40,43	Avg. 133 Min. 114 Max. 145	741	Avg. 76 Max. 94	104	93	Avg. -1 1 Max. -2 2
6	00:00:10	00:35:57 Since start: 04:00:42	19,05 Since start: 120,13	Avg. 31,85 Min. 0,00 Max. 42,94	Avg. 135 Min. 113 Max. 151	398	Avg. 47 Max. 82	42	84	Avg. -1 1 Max. -2 1
7	00:21:18	00:00:25 Since start: 04:01:08	0,00 Since start: 120,13	Avg. 2,50 Min. 0,00 Max. 5,01	Avg. 118 Min. 108 Max. 128	3	Avg. 39 Max. 41	0	0	Avg. 0 0 Max. 0 0
8	00:07:05	01:37:13 Since start: 05:38:21	44,29 Since start: 164,43	Avg. 27,32 Min. 0,00 Max. 34,27	Avg. 138 Min. 107 Max. 152	1,124	Avg. 57 Max. 100	124	67	Avg. -1 1 Max. -3 2

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо [день 1: Ростов-Песчанка]=271км Date / Time: 15.06.2013 - 07:06 Clock

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:14:47	00:15:15 Since start: 05:53:37	5,48 Since start: 169,92	Avg. 21,48 Min. 0,00 Max. 28,30	Avg. 126 Min. 110 Max. 141	152	Avg. 108 Max. 117	20	15	Avg. -1 1 Max. -1 1
10	00:00:18	00:29:08 Since start: 06:22:45	10,70 Since start: 180,62	Avg. 21,93 Min. 0,00 Max. 31,77	Avg. 128 Min. 105 Max. 139	298	Avg. 113 Max. 123	24	42	Avg. -1 1 Max. -3 1
11	00:00:04	00:00:16 Since start: 06:23:01	0,03 Since start: 180,66	Avg. 6,45 Min. 0,00 Max. 12,90	Avg. 109 Min. 108 Max. 110	2	Avg. 87 Max. 88	0	1	Avg. -1 0 Max. -1 0
12	00:46:28	00:00:28 Since start: 06:23:30	0,02 Since start: 180,68	Avg. 3,02 Min. 0,00 Max. 4,62	Avg. 108 Min. 108 Max. 109	4	Avg. 88 Max. 90	0	0	Avg. 0 0 Max. 0 0
13	00:00:03	00:08:36 Since start: 06:32:06	2,87 Since start: 183,55	Avg. 19,65 Min. 0,00 Max. 22,14	Avg. 128 Min. 115 Max. 133	89	Avg. 98 Max. 105	17	2	Avg. -1 1 Max. -1 2
14	00:06:51	00:00:11 Since start: 06:32:17	0,01 Since start: 183,57	Avg. 1,83 Min. 0,00 Max. 3,66	Avg. 120 Min. 119 Max. 121	3	Avg. 106 Max. 107	1	0	Avg. 0 0 Max. 0 0
15	00:38:37	00:38:38 Since start: 07:10:55	12,20 Since start: 195,77	Avg. 18,95 Min. 0,00 Max. 28,30	Avg. 124 Min. 102 Max. 137	367	Avg. 124 Max. 138	66	61	Avg. -1 1 Max. -4 2
16	00:00:32	00:44:02 Since start: 07:54:58	16,55 Since start: 212,33	Avg. 22,38 Min. 0,00 Max. 31,96	Avg. 123 Min. 103 Max. 135	414	Avg. 143 Max. 157	66	22	Avg. -1 1 Max. -2 4

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо[день 1:Ростов-Песчанка]=271км Date / Time: 15.06.2013 - 07:06 Clock

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
17	00:16:42	00:30:06 Since start: 08:25:04	8,92 Since start: 221,25	Avg. 17,68 Min. 0,00 Max. 20,60	Avg. 120 Min. 103 Max. 132	272	Avg. 159 Max. 163	11	24	Avg. -1 1 Max. -3 1
18	00:23:16	01:19:49 Since start: 09:44:53	26,22 Since start: 247,48	Avg. 19,63 Min. 0,00 Max. 25,22	Avg. 120 Min. 99 Max. 133	713	Avg. 133 Max. 161	92	101	Avg. -1 1 Max. -2 2
19	00:18:31	00:19:45 Since start: 10:04:39	5,77 Since start: 253,26	Avg. 17,30 Min. 0,00 Max. 20,41	Avg. 118 Min. 97 Max. 126	174	Avg. 135 Max. 140	14	7	Avg. -1 1 Max. -1 2
20	00:04:46	00:11:16 Since start: 10:15:55	3,34 Since start: 256,61	Avg. 17,93 Min. 0,00 Max. 20,60	Avg. 125 Min. 100 Max. 132	110	Avg. 140 Max. 152	7	3	Avg. -2 1 Max. -4 1
21	00:01:30	00:31:52 Since start: 10:47:48	10,42 Since start: 267,03	Avg. 19,59 Min. 0,00 Max. 23,68	Avg. 120 Min. 99 Max. 131	286	Avg. 153 Max. 161	15	24	Avg. -1 1 Max. -1 1
22	00:00:03	00:00:16 Since start: 10:48:04	0,00 Since start: 267,04	Avg. 1,83 Min. 0,00 Max. 3,66	Avg. 94 Min. 93 Max. 96	2	Avg. 143 Max. 143	0	0	Avg. 0 0 Max. 0 0
23	00:02:16	00:00:14 Since start: 10:48:18	0,02 Since start: 267,07	Avg. 3,94 Min. 0,00 Max. 7,89	Avg. 101 Min. 99 Max. 104	2	Avg. 143 Max. 143	0	0	Avg. 0 0 Max. 0 0
24	00:02:44	00:00:30 Since start: 10:48:48	0,09 Since start: 267,16	Avg. 8,04 Min. 0,00 Max. 12,13	Avg. 101 Min. 96 Max. 104	4	Avg. 143 Max. 143	0	0	Avg. 0 0 Max. 0 0

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 1: Ростов-Песчанка)=271км Date / Time: 15.06.2013 - 07:06 Clock

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
25	00:00:59	00:07:39 Since start: 10:56:28	3,00 Since start: 270,16	Avg. 23,16 Min. 0,00 Max. 26,76	Avg. 93 Min. 87 Max. 103	40	Avg. 137 Max. 143	0	12	Avg. -1 0 Max. -1 0
26	00:00:37	00:03:55 Since start: 11:00:24	1,19 Since start: 271,36	Avg. 17,57 Min. 0,00 Max. 23,49	Avg. 98 Min. 87 Max. 104	23	Avg. 127 Max. 131	2	8	Avg. 0 0 Max. 0 0
<b>Total</b>	03:48:06	11:00:24	271,36			6,503		804	763	
<b>Avg. Pause</b>	00:08:46	00:25:24	10,43	17,19	118	250	103	30	29	0 0
<b>Min.</b>	00:00:02	00:00:11	0,00	0,00	87	2		0	0	
<b>Max.</b>	00:46:28	01:37:13	44,29	49,48	157	1,124	163	124	101	-4 4

## LOG

Device / Bike: **ADRIANO** / Bike **1** Name: Южное кольцо (день **1**: Ростов-Песчанка)=**271**км Date / Time: **15.06.2013 - 07:06** Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



gale



Training partner:



5 mens

Trip distance profile:

flat



Training type:

Марафон

Description:

Львы-Азов-Кугей-м4-Новобатайск-Кагальницкая-Песчанокоское=271км, до Пешково дождь, к середине дня жара, от асфальта до 46\*, от Кагальницкой до Песчанки сильнейший встречный(чуть боковой) юго-восточный ветер до 10м/с, после Зернограда соло...

External link:

<http://forum.rostovroadclub.ru/viewtopic.php?f=8&p=7080#p7080>

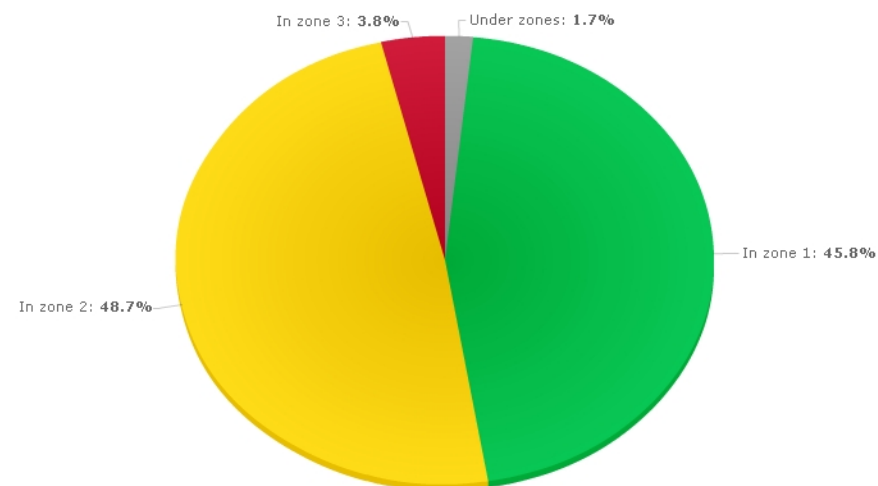


## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 1: Ростов-Песчанка)=271км Date / Time: 15.06.2013 - 07:06 Clock

### Pulse Zones

Under zones	0:11:05 h
In zone 1 (100 - 127 bpm)	5:02:10 h
In zone 2 (127 - 145 bpm)	5:21:49 h
In zone 3 (145 - 181 bpm)	0:25:18 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:41:51 h
In zone 1 (109 - 127 bpm)	4:31:24 h
In zone 2 (127 - 145 bpm)	5:21:49 h
In zone 3 (145 - 163 bpm)	0:25:18 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

