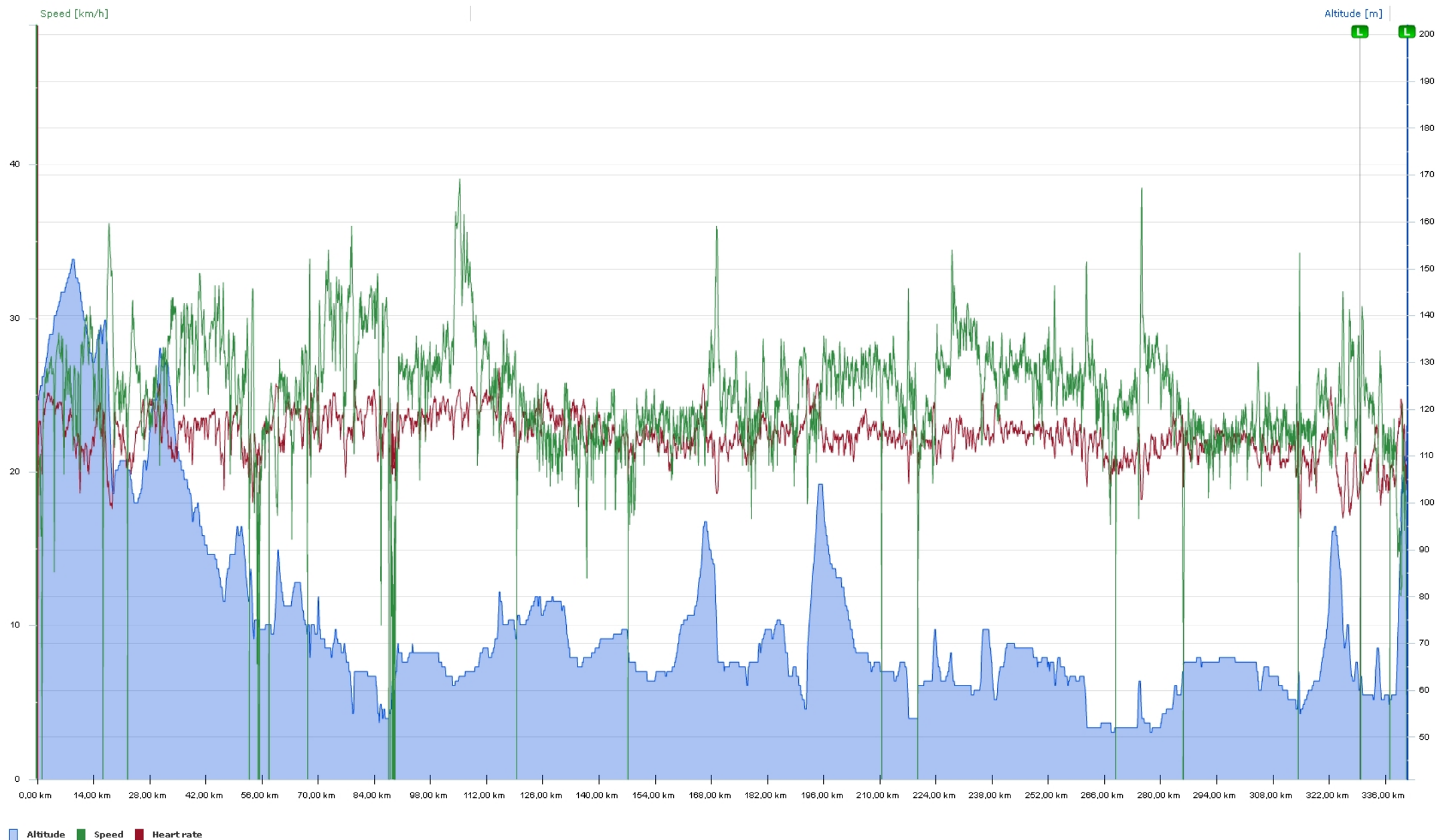


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341 км Date / Time: 16.06.2013 - 05:01 Clock

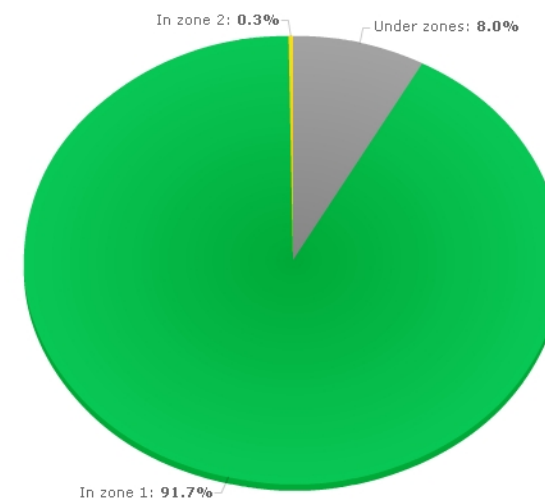


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341km Date / Time: 16.06.2013 - 05:01 Clock

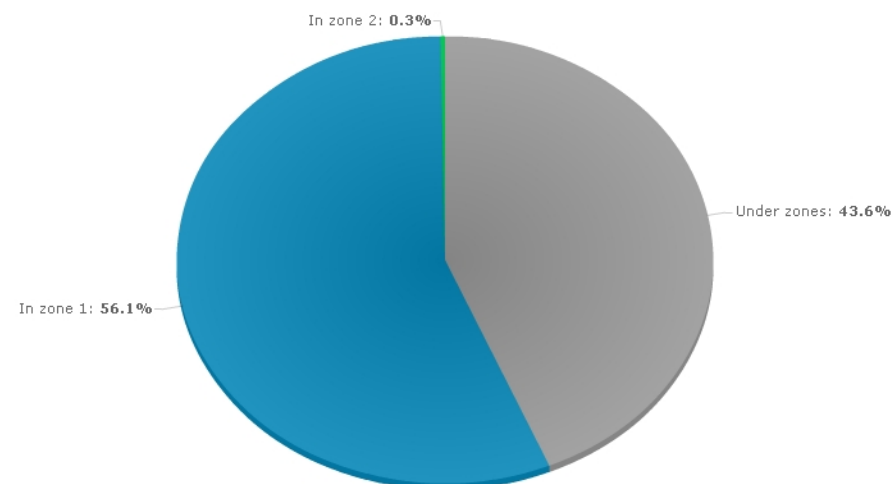
## Pulse Zones

Under zones	1:06:46 h
In zone 1 (100 - 127 bpm)	12:46:46 h
In zone 2 (127 - 145 bpm)	0:02:11 h
In zone 3 (145 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h



## Intensity Zones

Under zones	6:04:40 h
In zone 1 (109 - 127 bpm)	7:48:52 h
In zone 2 (127 - 145 bpm)	0:02:11 h
In zone 3 (145 - 163 bpm)	0:00:00 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h



# LOG



Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341 км Date / Time: **16.06.2013 - 05:01 Clock**

## INFO

Start time	05:01 Clock
Date	16.06.2013
Unit	kmh
Bike	Bike 1
Number of log entries	4966
Wheel size	2118 mm
Log time interval	10 s
Number of laps	2
Number of pauses	34

## TOTAL VALUES

Trip distance	341,34 km
Trip time	13:55:44 h
Calories	5879 kcal
Trip distance uphill	33,10 km
Trip distance downhill	34,01 km
Trip time uphill	1:27:28 h
Trip time downhill	1:14:55 h
Meters uphill	581 m
Meters downhill	609 m

## AVERAGE

Heart rate	109 bpm
Temperature	23,7 °C
Speed	24,40 km/h
Altitude	74 m
Cadence	70 R/min
Power	69 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	-5 m/min

## MIN/MAX VALUES

Heart rate	83 / 131 bpm
Temperature	19,0 / 35,0 °C
Speed	0,00 / 39,09 km/h
Altitude	51 / 152 m
Power	0 / 283 Watt
Cadence	0 / 95 R/min
Incline	-3 / 4 %
Rate of ascent	-17 / 10 m/min

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341км Date / Time: **16.06.2013 - 05:01 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1 - Финиш=Авиагородок	13:22:15 Since start: 13:22:15	329,68 Since start: 329,68	Avg. 24,54 Min. 0,00 Max. 39,09	Avg. 109 Min. 83 Max. 131	5,678	Avg. 74 Max. 152	508	586	Avg. -1 1 Max. -3 3
2	00:33:28 Since start: 13:55:44	11,66 Since start: 341,34	Avg. 20,93 Min. 0,00 Max. 30,81	Avg. 101 Min. 87 Max. 121	201	Avg. 69 Max. 116	73	23	Avg. -1 2 Max. -1 4
<b>Total</b>	13:55:44	341,34			5,879		581	609	
<b>Avg. Lap</b>	06:57:52	170,67	22,74	105	2,940	72	290	304	-1 1
<b>Min.</b>	00:33:28	11,66	0,00	83	201		73	23	
<b>Max.</b>	13:22:15	329,68	39,09	131	5,678	152	508	586	-3 4

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо(день 2:Песчанка-Ростов-дом)=341км Date / Time: **16.06.2013 - 05:01 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:53	00:04:01 Since start: 00:04:01	1,11 Since start: 1,11	Avg. 16,10 Min. 0,00 Max. 21,18	Avg. 107 Min. 97 Max. 114	29	Avg. 123 Max. 125	3	0	Avg. 0 0 Max. 0 0
2	00:00:02	00:00:26 Since start: 00:04:28	0,06 Since start: 1,18	Avg. 8,15 Min. 0,00 Max. 13,86	Avg. 99 Min. 98 Max. 101	3	Avg. 125 Max. 125	0	0	Avg. 0 0 Max. 0 0
3	00:04:58	00:00:14 Since start: 00:04:42	0,00 Since start: 1,18	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 98 Min. 98 Max. 99	2	Avg. 126 Max. 127	0	0	Avg. 0 0 Max. 0 0
4	00:02:10	00:35:26 Since start: 00:40:08	15,16 Since start: 16,35	Avg. 25,63 Min. 0,00 Max. 30,81	Avg. 112 Min. 91 Max. 123	262	Avg. 139 Max. 152	36	27	Avg. -1 1 Max. -1 1
5	00:06:05	00:14:18 Since start: 00:54:26	6,14 Since start: 22,49	Avg. 25,66 Min. 0,00 Max. 36,20	Avg. 105 Min. 86 Max. 117	92	Avg. 114 Max. 139	9	37	Avg. -1 1 Max. -2 1
6	00:01:41	01:07:19 Since start: 02:01:46	30,31 Since start: 52,81	Avg. 26,95 Min. 0,00 Max. 32,93	Avg. 111 Min. 91 Max. 126	490	Avg. 102 Max. 133	58	86	Avg. -1 1 Max. -1 1
7	00:00:38	00:00:20 Since start: 02:02:06	0,01 Since start: 52,82	Avg. 1,83 Min. 0,00 Max. 3,66	Avg. 92 Min. 90 Max. 94	2	Avg. 79 Max. 79	0	0	Avg. -1 0 Max. -1 0
8	00:33:10	00:00:11 Since start: 02:02:18	0,01 Since start: 52,83	Avg. 1,74 Min. 0,00 Max. 3,47	Avg. 90 Min. 90 Max. 90	1	Avg. 80 Max. 82	0	0	Avg. -2 0 Max. -2 0

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо [день 2: Песчанка-Ростов-дом]=341 км Date / Time: **16.06.2013 - 05:01 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:01:01	00:06:34 Since start: 02:08:52	2,23 Since start: 55,06	Avg. 19,85 Min. 0,00 Max. 31,96	Avg. 102 Min. 88 Max. 110	41	Avg. 76 Max. 86	8	16	Avg. -1 1 Max. -2 1
10	00:58:59	00:01:18 Since start: 02:10:11	0,27 Since start: 55,34	Avg. 12,51 Min. 0,00 Max. 20,02	Avg. 101 Min. 91 Max. 107	7	Avg. 74 Max. 75	2	0	Avg. 0 1 Max. 0 1
11	00:00:10	00:06:42 Since start: 02:16:54	2,35 Since start: 57,69	Avg. 20,60 Min. 0,00 Max. 23,68	Avg. 107 Min. 91 Max. 114	46	Avg. 73 Max. 74	1	1	Avg. 0 0 Max. 0 0
12	00:04:26	00:24:05 Since start: 02:41:00	9,60 Since start: 67,29	Avg. 23,87 Min. 0,00 Max. 28,30	Avg. 115 Min. 94 Max. 126	188	Avg. 79 Max. 90	23	25	Avg. -1 1 Max. -1 1
13	00:02:53	00:43:31 Since start: 03:24:31	20,28 Since start: 87,58	Avg. 27,98 Min. 0,00 Max. 36,01	Avg. 114 Min. 96 Max. 128	335	Avg. 65 Max. 80	39	58	Avg. -1 1 Max. -2 3
14	00:00:21	00:01:41 Since start: 03:26:12	0,51 Since start: 88,10	Avg. 17,62 Min. 0,00 Max. 24,84	Avg. 102 Min. 91 Max. 109	10	Avg. 55 Max. 56	1	0	Avg. 0 0 Max. 0 0
15	00:00:54	00:01:58 Since start: 03:28:10	0,41 Since start: 88,51	Avg. 12,76 Min. 0,00 Max. 19,83	Avg. 104 Min. 92 Max. 117	13	Avg. 57 Max. 62	6	0	Avg. 0 2 Max. 0 3
16	00:01:25	00:00:10 Since start: 03:28:21	0,00 Since start: 88,51	Avg. 2,02 Min. 0,00 Max. 4,04	Avg. 103 Min. 97 Max. 110	2	Avg. 57 Max. 57	0	1	Avg. 0 0 Max. 0 0

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341км Date / Time: **16.06.2013 - 05:01 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
17	00:00:30	00:00:39 Since start: 03:29:00	0,04 Since start: 88,56	Avg. 3,90 Min. 0,00 Max. 5,39	Avg. 99 Min. 98 Max. 104	4	Avg. 57 Max. 58	1	0	Avg. 0 1 Max. 0 1
18	00:00:02	00:01:01 Since start: 03:30:02	0,07 Since start: 88,64	Avg. 3,93 Min. 0,00 Max. 5,39	Avg. 106 Min. 105 Max. 110	8	Avg. 58 Max. 59	1	2	Avg. -3 0 Max. -3 0
19	00:00:02	00:00:33 Since start: 03:30:35	0,09 Since start: 88,73	Avg. 8,18 Min. 0,00 Max. 12,71	Avg. 107 Min. 106 Max. 110	5	Avg. 58 Max. 59	1	0	Avg. 0 0 Max. 0 0
20	00:00:06	00:02:16 Since start: 03:32:52	0,19 Since start: 88,92	Avg. 4,85 Min. 0,00 Max. 5,58	Avg. 100 Min. 99 Max. 106	14	Avg. 59 Max. 59	0	0	Avg. 0 0 Max. 0 0
21	00:10:23	00:01:02 Since start: 03:33:54	0,21 Since start: 89,14	Avg. 12,16 Min. 0,00 Max. 17,14	Avg. 104 Min. 95 Max. 109	6	Avg. 60 Max. 62	1	0	Avg. 0 0 Max. 0 0
22	00:13:57	01:06:37 Since start: 04:40:32	30,36 Since start: 119,50	Avg. 27,15 Min. 0,00 Max. 39,09	Avg. 116 Min. 94 Max. 131	531	Avg. 67 Max. 81	35	26	Avg. -1 1 Max. -1 2
23	00:00:03	01:14:43 Since start: 05:55:15	27,71 Since start: 147,22	Avg. 22,24 Min. 0,00 Max. 25,80	Avg. 112 Min. 96 Max. 124	560	Avg. 72 Max. 80	22	28	Avg. -1 1 Max. -1 1
24	00:25:35	00:00:18 Since start: 05:55:33	0,00 Since start: 147,22	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 98 Min. 95 Max. 102	2	Avg. 70 Max. 71	0	0	Avg. 0 0 Max. 0 0

## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341км Date / Time: **16.06.2013 - 05:01 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
25	00:00:04	02:36:22 Since start: 08:31:56	63,20 Since start: 210,43	Avg. 24,22 Min. 0,00 Max. 36,01	Avg. 109 Min. 91 Max. 128	1,097	Avg. 71 Max. 104	107	112	Avg. -1 1 Max. -2 3
26	00:00:03	00:21:40 Since start: 08:53:36	9,04 Since start: 219,47	Avg. 24,94 Min. 0,00 Max. 31,96	Avg. 107 Min. 94 Max. 114	149	Avg. 61 Max. 66	4	14	Avg. -1 0 Max. -2 0
27	00:03:28	00:00:23 Since start: 08:53:59	0,00 Since start: 219,48	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 95 Min. 91 Max. 98	3	Avg. 54 Max. 55	0	0	Avg. 0 0 Max. 0 0
28	00:41:57	00:00:23 Since start: 08:54:22	0,00 Since start: 219,48	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 93 Min. 92 Max. 95	2	Avg. 57 Max. 61	0	0	Avg. 0 0 Max. 0 0
29	00:02:47	01:53:56 Since start: 10:48:18	49,40 Since start: 268,89	Avg. 25,99 Min. 0,00 Max. 34,47	Avg. 108 Min. 93 Max. 123	795	Avg. 62 Max. 73	60	69	Avg. -1 1 Max. -1 2
30	00:32:59	00:39:41 Since start: 11:28:00	16,71 Since start: 285,61	Avg. 25,30 Min. 0,00 Max. 38,51	Avg. 104 Min. 89 Max. 117	254	Avg. 54 Max. 65	25	13	Avg. -1 1 Max. -1 2
31	00:06:08	01:15:47 Since start: 12:43:47	28,70 Since start: 314,31	Avg. 22,44 Min. 0,00 Max. 27,15	Avg. 106 Min. 87 Max. 114	500	Avg. 64 Max. 67	14	18	Avg. -1 1 Max. -1 2
32	00:00:07	00:39:09 Since start: 13:22:56	15,54 Since start: 329,86	Avg. 23,89 Min. 0,00 Max. 34,27	Avg. 100 Min. 83 Max. 125	229	Avg. 69 Max. 95	50	53	Avg. -1 1 Max. -3 2



## LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341км Date / Time: **16.06.2013 - 05:01 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
33	00:01:44	00:18:35 Since start: 13:41:32	7,25 Since start: 337,11	Avg. 23,50 Min. 0,00 Max. 30,81	Avg. 99 Min. 87 Max. 113	105	Avg. 60 Max. 69	14	18	Avg. -1 1 Max. -1 1
34	00:03:29	00:14:12 Since start: 13:55:44	4,23 Since start: 341,34	Avg. 17,72 Min. 0,00 Max. 24,45	Avg. 105 Min. 90 Max. 121	92	Avg. 82 Max. 116	58	5	Avg. -1 2 Max. -1 4
<b>Total</b>	04:23:10	13:55:44	341,34			5,879		581	609	
<b>Avg. Pause</b>	00:07:44	00:24:34	10,03	15,11	103	173	75	17	17	0 0
<b>Min.</b>	00:00:02	00:00:10	0,00	0,00	83	1		0	0	
<b>Max.</b>	00:58:59	02:36:22	63,20	39,09	131	1,097	152	107	112	-3 4

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южное кольцо (день 2: Песчанка-Ростов-дом)=341км Date / Time: 16.06.2013 - 05:01 Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

rain



light wind



Training partner:



solo

Trip distance profile:

flat



Training type:

Марафон

Description:

Песчанокосское-Пролетарск-Семикаракорск-Ростов до дома=341км, с утра юго-восточный встречно-боковой, после Пролетарска поменялся на юго-западный и опять стал встречно боковым, к вечеру немного стих, нежарко, но штук 7 дождей разной силы==>промежность в хлам, последние 150км стоя на педалях танцовщицей основной способ передвижения...

External link:

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