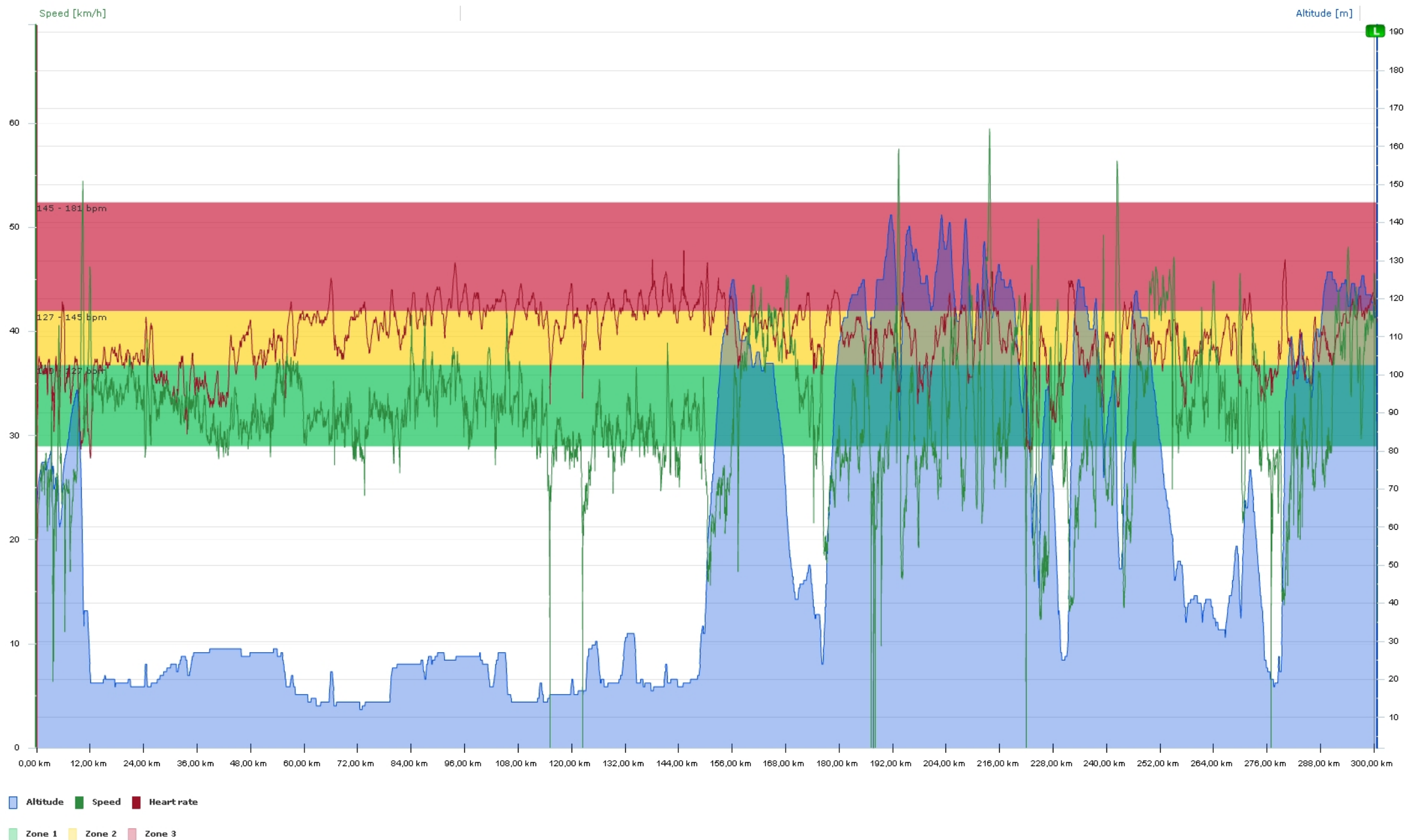


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Константиновск=300km** Date / Time: **06.07.2013 - 06:07 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Константиновск=300km Date / Time: 06.07.2013 - 06:07 Clock

INFO

| | |
|-----------------------|-------------|
| Start time | 06:07 Clock |
| Date | 06.07.2013 |
| Unit | kmh |
| Bike | Bike 1 |
| Number of log entries | 7834 |
| Wheel size | 2118 mm |
| Log time interval | 5 s |
| Number of laps | 2 |
| Number of pauses | 11 |

TOTAL VALUES

| | |
|------------------------|-----------|
| Trip distance | 300,51 km |
| Trip time | 9:47:22 h |
| Calories | 6679 kcal |
| Trip distance uphill | 32,04 km |
| Trip distance downhill | 35,09 km |
| Trip time uphill | 1:19:27 h |
| Trip time downhill | 0:56:37 h |
| Meters uphill | 1150 m |
| Meters downhill | 1101 m |

AVERAGE

| | |
|---------------------------|------------|
| Heart rate | 136 bpm |
| Temperature | 33,5 °C |
| Speed | 30,69 km/h |
| Altitude | 59 m |
| Cadence | 73 R/min |
| Power | 154 Watt |
| Inclination uphill | 2 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 6 m/min |
| Inclination rate downhill | -9 m/min |

MIN/MAX VALUES

| | |
|----------------|-------------------|
| Heart rate | 96 / 165 bpm |
| Temperature | 20,0 / 49,0 °C |
| Speed | 0,00 / 59,50 km/h |
| Altitude | 12 / 142 m |
| Power | 0 / 757 Watt |
| Cadence | 0 / 106 R/min |
| Incline | -8 / 8 % |
| Rate of ascent | -75 / 21 m/min |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Константиновск=300км Date / Time: **06.07.2013 - 06:07 Clock**

| | Duration (h) | Trip distance ... | Speed (km/h) | Heart Rate [...] | Calories (kcal) | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|-----------------|--------------------------------------|----------------------------------|--|----------------------------------|-----------------|----------------------|------------|--------------|------------------------|
| 1 | 09:46:41 Since start: 09:46:41 | 300,08 Since start: 300,08 | Avg. 30,68 Min. 0,00 Max. 59,50 | Avg. 136 Min. 96 Max. 165 | 6,670 | Avg. 59 Max. 142 | 1149 | 1099 | Avg. -1 2 Max. -8 8 |
| 2 | 00:00:40 Since start: 09:47:22 | 0,42 Since start: 300,51 | Avg. 38,21 Min. 11,94 Max. 45,63 | Avg. 146 Min. 141 Max. 149 | 9 | Avg. 115 Max. 116 | 1 | 2 | Avg. -1 0 Max. -1 0 |
| Total | 09:47:22 | 300,51 | | | 6,679 | | 1150 | 1101 | |
| Avg. Lap | 04:53:41 | 150,25 | 34,44 | 141 | 3,340 | 87 | 575 | 550 | -1 1 |
| Min. | 00:00:40 | 0,42 | 0,00 | 96 | 9 | | 1 | 2 | |
| Max. | 09:46:41 | 300,08 | 59,50 | 165 | 6,670 | 142 | 1149 | 1099 | -8 8 |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Константиновск=300км** Date / Time: **06.07.2013 - 06:07 Clock**

| | Pause time ... | Duration (h) | Trip distanc... | Speed (km... | Heart Rate ... | Calories [...] | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|---|----------------|--------------------------------------|----------------------------------|---------------------------------------|----------------------------------|----------------|----------------------|------------|--------------|------------------------|
| 1 | 00:05:10 | 03:36:39 Since start: 03:36:39 | 115,07 Since start: 115,07 | Avg. 31,86 Min. 0,00 Max. 54,49 | Avg. 134 Min. 96 Max. 161 | 2,400 | Avg. 27 Max. 96 | 144 | 196 | Avg. -1 1 Max. -6 3 |
| 2 | 00:00:28 | 00:00:24 Since start: 03:37:03 | 0,00 Since start: 115,07 | Avg. 0,00 Min. 0,00 Max. 0,00 | Avg. 117 Min. 114 Max. 124 | 4 | Avg. 16 Max. 16 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 3 | 00:07:37 | 00:15:48 Since start: 03:52:51 | 7,40 Since start: 122,48 | Avg. 28,05 Min. 0,00 Max. 31,77 | Avg. 140 Min. 119 Max. 154 | 188 | Avg. 16 Max. 20 | 5 | 4 | Avg. -1 1 Max. -1 1 |
| 4 | 00:00:11 | 02:08:04 Since start: 06:00:56 | 64,74 Since start: 187,23 | Avg. 30,33 Min. 0,00 Max. 45,44 | Avg. 143 Min. 116 Max. 165 | 1,584 | Avg. 58 Max. 125 | 269 | 172 | Avg. -1 1 Max. -2 4 |
| 5 | 00:00:04 | 00:01:19 Since start: 06:02:15 | 0,45 Since start: 187,68 | Avg. 20,49 Min. 0,00 Max. 25,99 | Avg. 130 Min. 125 Max. 136 | 14 | Avg. 115 Max. 115 | 0 | 0 | Avg. -1 0 Max. -1 0 |
| 6 | 00:01:26 | 00:00:12 Since start: 06:02:28 | 0,00 Since start: 187,69 | Avg. 2,21 Min. 0,00 Max. 4,43 | Avg. 124 Min. 124 Max. 125 | 1 | Avg. 115 Max. 115 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 7 | 00:00:02 | 00:01:00 Since start: 06:03:28 | 0,36 Since start: 188,05 | Avg. 20,15 Min. 0,00 Max. 26,57 | Avg. 133 Min. 124 Max. 139 | 11 | Avg. 115 Max. 118 | 3 | 0 | Avg. 0 1 Max. 0 1 |
| 8 | 00:03:22 | 00:00:09 Since start: 06:03:38 | 0,00 Since start: 188,05 | Avg. 2,31 Min. 0,00 Max. 4,62 | Avg. 133 Min. 131 Max. 136 | 2 | Avg. 118 Max. 118 | 0 | 0 | Avg. 0 0 Max. 0 0 |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Константиновск=300км** Date / Time: **06.07.2013 - 06:07 Clock**

| | Pause time ... | Duration (h) | Trip distanc... | Speed (km... | Heart Rate ... | Calories [...] | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|-------------------|----------------|--------------------------------------|---------------------------------|---------------------------------------|----------------------------------|----------------|----------------------|------------|--------------|------------------------|
| 9 | 00:00:05 | 01:05:46 Since start: 07:09:24 | 33,83 Since start: 221,89 | Avg. 30,83 Min. 0,00 Max. 59,50 | Avg. 136 Min. 113 Max. 158 | 747 | Avg. 124 Max. 142 | 202 | 218 | Avg. -1 1 Max. -6 5 |
| 10 | 00:21:50 | 00:00:33 Since start: 07:09:58 | 0,00 Since start: 221,90 | Avg. 0,00 Min. 0,00 Max. 0,00 | Avg. 133 Min. 102 Max. 140 | 5 | Avg. 101 Max. 102 | 0 | 0 | Avg. 0 0 Max. 0 0 |
| 11 | 00:00:39 | 01:50:36 Since start: 09:00:34 | 55,05 Since start: 276,96 | Avg. 29,85 Min. 0,00 Max. 56,42 | Avg. 131 Min. 98 Max. 155 | 1,186 | Avg. 71 Max. 125 | 364 | 445 | Avg. -1 2 Max. -8 6 |
| Total | 00:40:54 | 09:00:34 | 276,96 | | | 6,143 | | 988 | 1035 | |
| Avg. Pause | 00:03:43 | 00:49:08 | 25,17 | 17,83 | 132 | 558 | 79 | 89 | 94 | 0 0 |
| Min. | 00:00:02 | 00:00:09 | 0,00 | 0,00 | 96 | 1 | | 0 | 0 | |
| Max. | 00:21:50 | 03:36:39 | 115,07 | 59,50 | 165 | 2,400 | 142 | 364 | 445 | -8 6 |

Device / Bike: **ADRIANO** / Bike 1 Name: Константиновск=300км Date / Time: 06.07.2013 - 06:07 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



strong wind



Training partner:



7 mens

Trip distance profile:

slightly hilly



Training type:

Марафон, интенсивно...

Description:

Львы-Александровка-Дорожный-Константиновск-Усть_Донецк-Пухляковский-Каменоломни-Новочеркасск-Рассвет=300км, время=10:33ч, северо-восточный ветер=6м/с, в 14ч градусник показал 52,6*С...

External link:

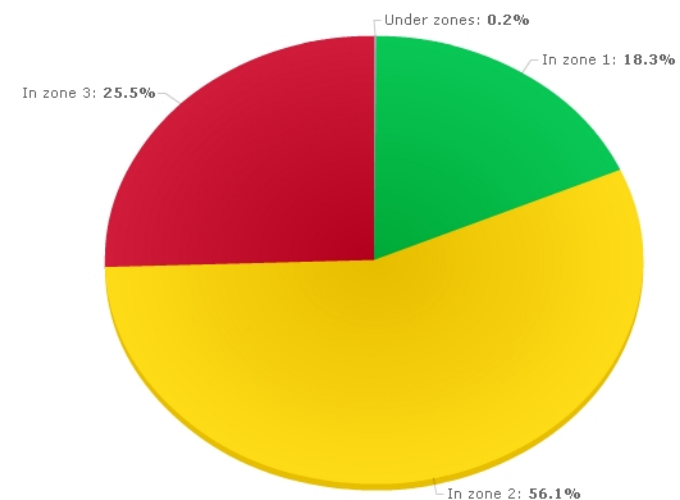
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=21>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Константиновск=300km Date / Time: 06.07.2013 - 06:07 Clock

Pulse Zones

| | |
|---------------------------|-----------|
| Under zones | 0:00:54 h |
| In zone 1 (100 - 127 bpm) | 1:47:13 h |
| In zone 2 (127 - 145 bpm) | 5:29:28 h |
| In zone 3 (145 - 181 bpm) | 2:29:46 h |
| Over zones | 0:00:00 h |



Intensity Zones

| | |
|---------------------------|-----------|
| Under zones | 0:07:48 h |
| In zone 1 (109 - 127 bpm) | 1:40:19 h |
| In zone 2 (127 - 145 bpm) | 5:29:28 h |
| In zone 3 (145 - 163 bpm) | 2:29:33 h |
| In zone 4 (163 - 181 bpm) | 0:00:13 h |
| Over zones | 0:00:00 h |

