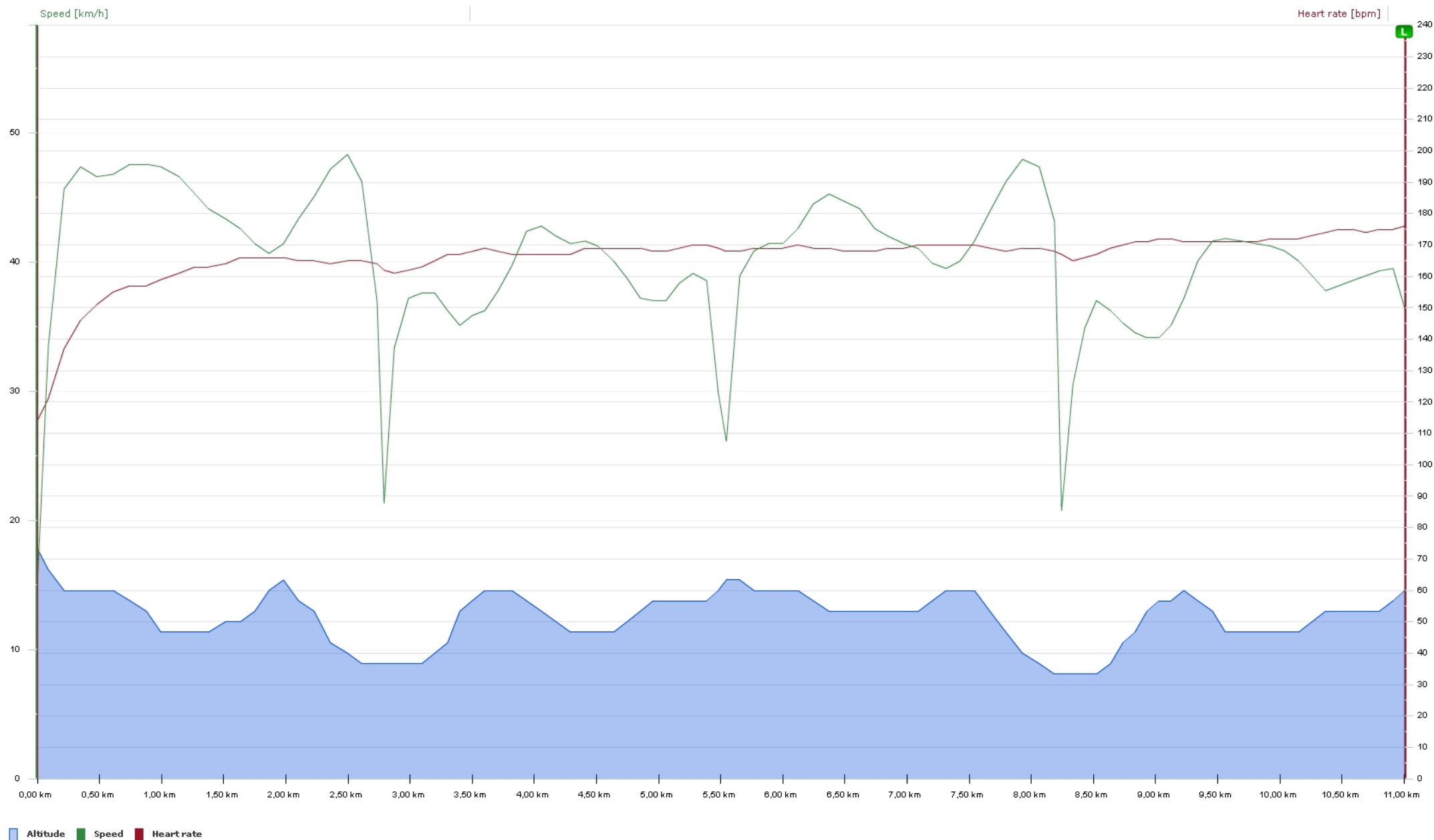


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Цимлянск=11км Date / Time: 13.07.2013 - 09:22 Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Цимлянск=11км Date / Time: **13.07.2013 - 09:22 Clock**

INFO

| | |
|-----------------------|-------------|
| Start time | 09:22 Clock |
| Date | 13.07.2013 |
| Unit | kmh |
| Bike | Bike 1 |
| Number of log entries | 99 |
| Wheel size | 2110 mm |
| Log time interval | 10 s |
| Number of laps | 1 |
| Number of pauses | 0 |

TOTAL VALUES

| | |
|------------------------|-----------|
| Trip distance | 11,00 km |
| Trip time | 0:16:32 h |
| Calories | 261 kcal |
| Trip distance uphill | 2,71 km |
| Trip distance downhill | 3,04 km |
| Trip time uphill | 0:04:23 h |
| Trip time downhill | 0:04:13 h |
| Meters uphill | 31 m |
| Meters downhill | 35 m |

AVERAGE

| | |
|---------------------------|------------|
| Heart rate | 166 bpm |
| Temperature | 30,5 °C |
| Speed | 39,78 km/h |
| Altitude | 73 m |
| Cadence | 84 R/min |
| Power | 321 Watt |
| Inclination uphill | 1 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 5 m/min |
| Inclination rate downhill | -7 m/min |

MIN/MAX VALUES

| | |
|----------------|--------------------|
| Heart rate | 114 / 176 bpm |
| Temperature | 29,0 / 33,0 °C |
| Speed | 14,96 / 48,34 km/h |
| Altitude | 68 / 80 m |
| Power | 0 / 507 Watt |
| Cadence | 0 / 99 R/min |
| Incline | -1 / 1 % |
| Rate of ascent | -7 / 6 m/min |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Цимлянск=11км Date / Time: **13.07.2013 - 09:22 Clock**

| | Duration (h) | Trip distance ... | Speed (km/h) | Heart Rate [...] | Calories (kcal) | Altitude (m) | Uphill (m) | Downhill (m) | Incline (%) |
|----------|--------------------------------------|--------------------------------|--|----------------------------------|-----------------|--------------------|------------|--------------|------------------------|
| 1 | 00:16:32 Since start: 00:16:32 | 11,00 Since start: 11,00 | Avg. 39,78 Min. 14,96 Max. 48,34 | Avg. 166 Min. 114 Max. 176 | 260 | Avg. 73 Max. 80 | 31 | 35 | Avg. -1 1 Max. -1 1 |
| Total | 00:16:32 | 11,00 | | | 260 | | 31 | 35 | |
| Avg. Lap | 00:16:32 | 11,00 | 39,78 | 166 | 260 | 73 | 31 | 35 | -1 1 |
| Min. | 00:16:32 | 11,00 | 14,96 | 114 | 260 | | 31 | 35 | |
| Max. | 00:16:32 | 11,00 | 48,34 | 176 | 260 | 80 | 31 | 35 | -1 1 |

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Цимлянск=11км Date / Time: 13.07.2013 - 09:22 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



solo

Trip distance profile:

flat



Training type:

Разделка, интенсивно

Description:

Дорога на старый аэропорт 4х2,8км=11км(3 разворота), время=16:30мин...

External link:

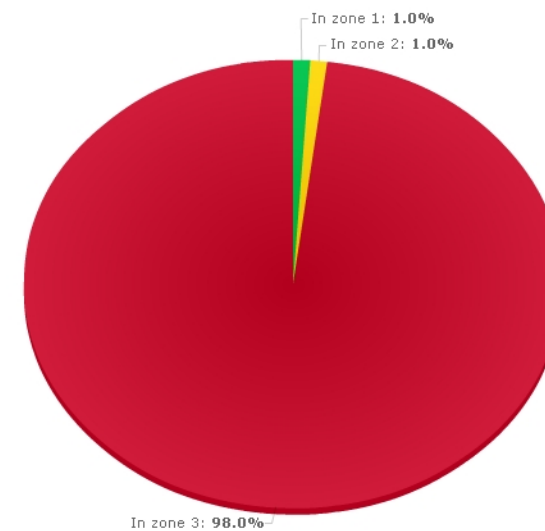
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=461>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Цимлянск=11км Date / Time: 13.07.2013 - 09:22 Clock

Pulse Zones

| | |
|---------------------------|-----------|
| Under zones | 0:00:00 h |
| In zone 1 (100 - 127 bpm) | 0:00:10 h |
| In zone 2 (127 - 145 bpm) | 0:00:10 h |
| In zone 3 (145 - 181 bpm) | 0:16:12 h |
| Over zones | 0:00:00 h |



Intensity Zones

| | |
|---------------------------|-----------|
| Under zones | 0:00:00 h |
| In zone 1 (109 - 127 bpm) | 0:00:10 h |
| In zone 2 (127 - 145 bpm) | 0:00:10 h |
| In zone 3 (145 - 163 bpm) | 0:01:41 h |
| In zone 4 (163 - 181 bpm) | 0:14:30 h |
| Over zones | 0:00:00 h |

