

## TRAINING DATA

Computer / bike: **NIK RYABOV / Bike 1**  
Name: **Anapa=400km**  
Date / Time: **27.07.2013 - 04:01**



### NOTES

Rating:



Weather:

light rain



light wind



Trip distance profile:

slightly hilly



Training type:

Marafon

Training partner:



7 mens & 1 wo...

Description:

Rostov-Azov-Starominskaya-Timashevsk-Slavyansk-Varenikovskaya-Anapa(Djemete)=400km,  
time=15:21h

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### TRIP DISTANCE & TIME

Trip distance: **402,74 km**  
 Avg. speed: **30,80 kmh**  
 Trip distance +: **402,74 km**

Trip time: **13:10:13 h**  
 Max. speed: **61,29 kmh**  
 Trip distance -: **-5,74 km**

### CADENCE

Avg. cadence: **84 R/min**

Max. cadence: **180 R/min**

### HEART RATE

Avg. heart rate: **0 bpm**  
 Zone 1: **00:00:00 h**  
 Zone 2: **00:00:00 h**  
 Zone 3: **00:00:00 h**  
 Calories: **0 kcal**

Max. heart rate: **0 bpm**  
 % in zone 1: **0 %**  
 % in zone 2: **0 %**  
 % in zone 3: **0 %**

### UPHILL

Trip distance: **30,26 km**  
 Avg. speed: **24,59 kmh**  
 Avg. incline: **3 %**  
 Max. altitude: **134 m**

Trip time: **01:13:49 h**  
 Altitude: **1117 m**  
 Max. incline: **5 %**

### DOWNHILL

Trip distance: **35,48 km**  
 Avg. speed: **34,31 kmh**  
 Avg. incline: **2 %**

Trip time: **01:02:03 h**  
 Altitude: **1186 m**  
 Max. incline: **5 %**

### TEMPERATURE

Minimum: **15,0 °C**

Maximum: **40,0 °C**