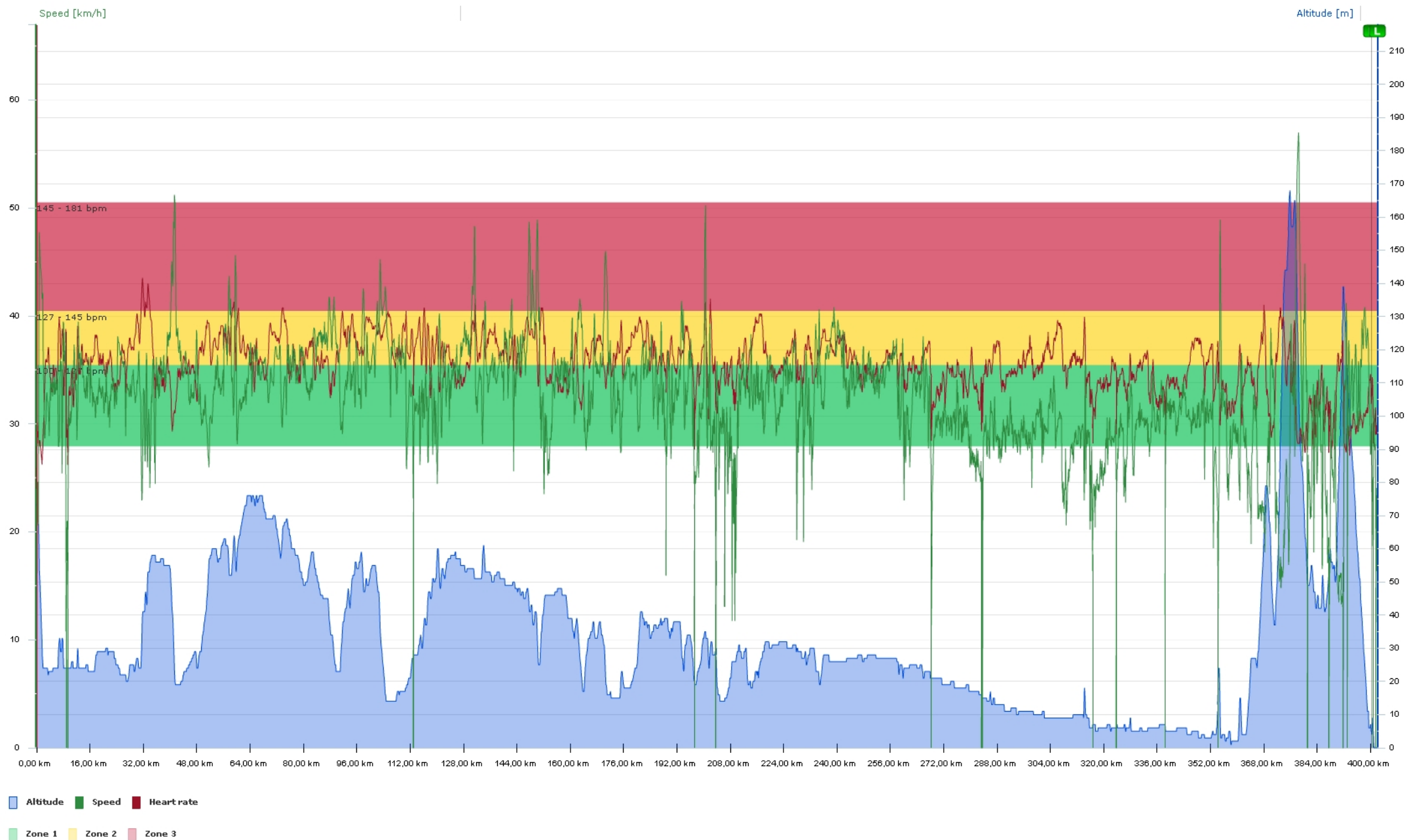


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Анапа=400km** Date / Time: **27.07.2013 - 05:02 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Анапа=400км Date / Time: **27.07.2013 - 05:02 Clock**

INFO

Start time	05:02 Clock
Date	27.07.2013
Unit	kmh
Bike	Bike 1
Number of log entries	4560
Wheel size	2118 mm
Log time interval	10 s
Number of laps	2
Number of pauses	19

TOTAL VALUES

Trip distance	401,93 km
Trip time	12:48:35 h
Calories	7682 kcal
Trip distance uphill	57,91 km
Trip distance downhill	59,19 km
Trip time uphill	2:06:48 h
Trip time downhill	1:38:42 h
Meters uphill	983 m
Meters downhill	1057 m

AVERAGE

Heart rate	127 bpm
Temperature	23,6 °C
Speed	31,34 km/h
Altitude	33 m
Cadence	69 R/min
Power	141 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-8 m/min

MIN/MAX VALUES

Heart rate	86 / 156 bpm
Temperature	15,0 / 40,0 °C
Speed	0,00 / 56,99 km/h
Altitude	0 / 168 m
Power	0 / 612 Watt
Cadence	0 / 112 R/min
Incline	-6 / 5 %
Rate of ascent	-48 / 17 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Анапа=400км Date / Time: **27.07.2013 - 05:02 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	12:44:10 Since start: 12:44:10	400,18 Since start: 400,18	Avg. 31,39 Min. 0,00 Max. 56,99	Avg. 127 Min. 86 Max. 156	7,648	Avg. 30 Max. 165	978	1050	Avg. -1 1 Max. -6 5
2	00:04:25 Since start: 12:48:35	1,75 Since start: 401,93	Avg. 23,04 Min. 0,00 Max. 30,82	Avg. 109 Min. 100 Max. 123	34	Avg. 0 Max. 6	5	7	Avg. -1 1 Max. -3 1
Total	12:48:35	401,93			7,682		983	1057	
Avg. Lap	06:24:17	200,96	27,22	118	3,841	15	491	528	-1 1
Min.	00:04:25	1,75	0,00	86	34		5	7	
Max.	12:44:10	400,18	56,99	156	7,648	165	978	1050	-6 5

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Анапа=400км** Date / Time: **27.07.2013 - 05:02 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:12	00:16:38 Since start: 00:16:38	8,79 Since start: 8,79	Avg. 31,32 Min. 0,00 Max. 47,74	Avg. 121 Min. 86 Max. 143	154	Avg. 29 Max. 71	16	65	Avg. -2 1 Max. -4 2
2	00:07:16	00:01:43 Since start: 00:18:21	0,49 Since start: 9,28	Avg. 15,98 Min. 0,00 Max. 20,99	Avg. 103 Min. 94 Max. 109	12	Avg. 21 Max. 21	0	0	Avg. 0 0 Max. 0 0
3	00:03:37	03:00:46 Since start: 03:19:08	103,67 Since start: 112,96	Avg. 34,42 Min. 0,00 Max. 51,23	Avg. 131 Min. 100 Max. 156	1,925	Avg. 39 Max. 73	251	248	Avg. -1 1 Max. -3 4
4	00:32:15	02:28:14 Since start: 05:47:22	84,21 Since start: 197,18	Avg. 34,13 Min. 0,00 Max. 48,92	Avg. 130 Min. 99 Max. 149	1,560	Avg. 36 Max. 58	196	204	Avg. -1 1 Max. -2 2
5	00:10:03	00:13:24 Since start: 06:00:47	6,50 Since start: 203,69	Avg. 29,27 Min. 0,00 Max. 50,26	Avg. 126 Min. 101 Max. 149	131	Avg. 24 Max. 32	25	15	Avg. -1 1 Max. -2 1
6	00:09:01	01:58:58 Since start: 07:59:45	64,63 Since start: 268,32	Avg. 32,62 Min. 0,00 Max. 40,82	Avg. 128 Min. 109 Max. 144	1,208	Avg. 22 Max. 29	72	81	Avg. -1 1 Max. -3 1
7	00:49:11	00:31:27 Since start: 08:31:12	14,98 Since start: 283,30	Avg. 28,55 Min. 0,00 Max. 34,09	Avg. 120 Min. 102 Max. 133	286	Avg. 15 Max. 18	2	7	Avg. 0 0 Max. 0 0
8	00:00:27	00:00:57 Since start: 08:32:10	0,38 Since start: 283,68	Avg. 17,93 Min. 0,00 Max. 25,02	Avg. 113 Min. 105 Max. 121	8	Avg. 12 Max. 12	0	1	Avg. 0 0 Max. 0 0

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Анапа=400км** Date / Time: **27.07.2013 - 05:02 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:06:43	01:09:21 Since start: 09:41:31	32,97 Since start: 316,65	Avg. 28,55 Min. 0,00 Max. 35,82	Avg. 127 Min. 101 Max. 143	699	Avg. 7 Max. 15	18	27	Avg. -2 1 Max. -3 3
10	00:08:11	00:16:21 Since start: 09:57:52	7,06 Since start: 323,71	Avg. 25,88 Min. 0,00 Max. 30,60	Avg. 120 Min. 106 Max. 130	148	Avg. 3 Max. 4	3	4	Avg. 0 0 Max. 0 0
11	00:00:47	00:29:48 Since start: 10:27:40	14,61 Since start: 338,33	Avg. 29,34 Min. 0,00 Max. 34,67	Avg. 121 Min. 102 Max. 132	276	Avg. 2 Max. 6	8	8	Avg. -1 1 Max. -1 1
12	00:00:15	00:32:26 Since start: 11:00:06	15,99 Since start: 354,32	Avg. 29,52 Min. 0,00 Max. 33,88	Avg. 125 Min. 104 Max. 136	319	Avg. 2 Max. 18	21	8	Avg. 0 1 Max. 0 3
13	00:06:12	00:59:26 Since start: 11:59:32	26,76 Since start: 381,08	Avg. 26,93 Min. 0,00 Max. 56,99	Avg. 122 Min. 98 Max. 147	560	Avg. 54 Max. 165	238	209	Avg. -1 2 Max. -6 5
14	00:04:49	00:15:27 Since start: 12:15:00	6,45 Since start: 387,54	Avg. 24,95 Min. 0,00 Max. 35,03	Avg. 113 Min. 98 Max. 127	124	Avg. 44 Max. 52	32	29	Avg. -1 1 Max. -2 2
15	00:00:21	00:13:57 Since start: 12:28:57	4,29 Since start: 391,83	Avg. 18,29 Min. 0,00 Max. 33,12	Avg. 120 Min. 96 Max. 135	126	Avg. 77 Max. 136	95	11	Avg. -1 2 Max. -2 5
16	00:00:08	00:02:24 Since start: 12:31:22	1,14 Since start: 392,98	Avg. 27,40 Min. 0,00 Max. 41,18	Avg. 103 Min. 98 Max. 120	17	Avg. 125 Max. 136	0	25	Avg. -1 0 Max. -2 0

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Анапа=400км** Date / Time: **27.07.2013 - 05:02 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
17	00:05:43	00:00:19 Since start: 12:31:41	0,00 Since start: 392,98	Avg. 2,41 Min. 0,00 Max. 4,82	Avg. 98 Min. 95 Max. 102	2	Avg. 109 Max. 110	0	0	Avg. 0 0 Max. 0 0
18	00:00:01	00:14:07 Since start: 12:45:48	7,86 Since start: 400,85	Avg. 32,90 Min. 0,00 Max. 40,82	Avg. 110 Min. 97 Max. 124	107	Avg. 44 Max. 109	6	109	Avg. -1 1 Max. -2 1
19	00:00:36	00:01:56 Since start: 12:47:44	0,79 Since start: 401,64	Avg. 24,08 Min. 0,00 Max. 30,82	Avg. 106 Min. 100 Max. 113	14	Avg. -2 Max. 2	0	6	Avg. -1 0 Max. -3 0
Total	02:25:48	12:47:44	401,64			7,676		983	1057	
Avg. Pause	00:07:40	00:40:24	21,13	26,02	117	404	35	51	55	0 0
Min.	00:00:01	00:00:19	0,00	0,00	86	2		0	0	
Max.	00:49:11	03:00:46	103,67	56,99	156	1,925	165	251	248	-6 5

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Анапа=400км Date / Time: 27.07.2013 - 05:02 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light rain



light wind



Training partner:



7 чуваков и 1 подруга!

Trip distance profile:

slightly hilly



Training type:

Марафон - группой, комфортно.

Description:

Львы-Азов-Староминская-Тимашевск-Славянск-Варениковская-Анапа(Джемете)=402км, время 15:21ч, попутно-боковой северо-западный 2-4м/с, от Старонижестеблиевской до Анастасиевской временами легкие дожди, шли группой впятером, всех ждали!

External link:

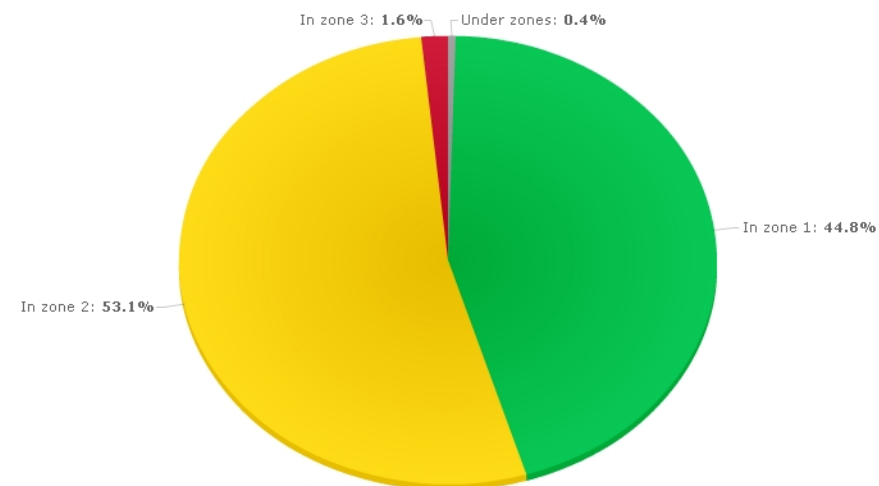
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&p=7798#p7798>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Анапа=400км** Date / Time: **27.07.2013 - 05:02 Clock**

Pulse Zones

Under zones	0:03:26 h
In zone 1 (100 - 127 bpm)	5:44:39 h
In zone 2 (127 - 145 bpm)	6:48:10 h
In zone 3 (145 - 181 bpm)	0:12:19 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:33:32 h
In zone 1 (109 - 127 bpm)	5:14:33 h
In zone 2 (127 - 145 bpm)	6:48:10 h
In zone 3 (145 - 163 bpm)	0:12:19 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

