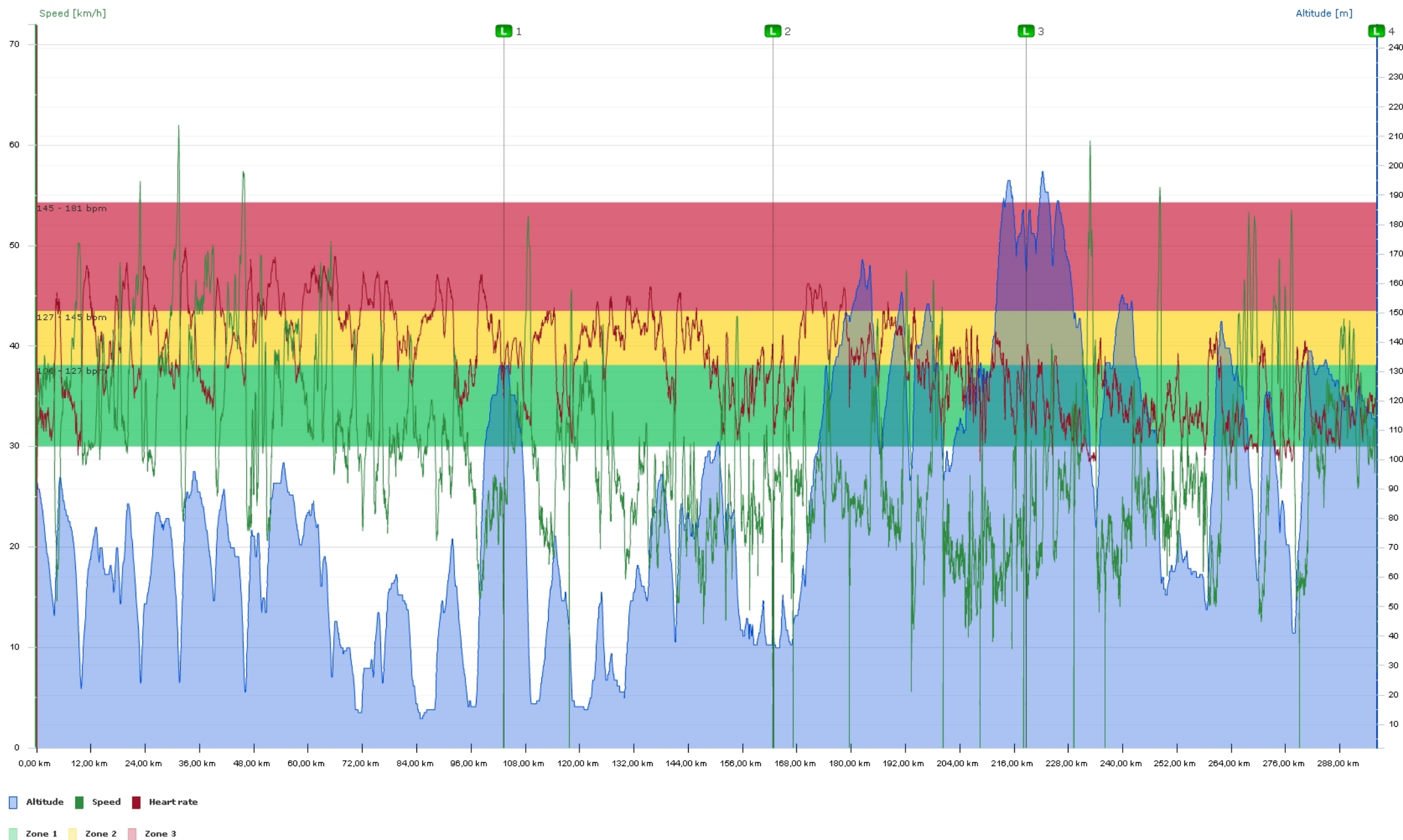


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Украина-2=300км** Date / Time: **17.08.2013 - 07:10 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Украина-2=300км Date / Time: 17.08.2013 - 07:10 Clock

INFO

| | |
|-----------------------|-------------|
| Start time | 07:10 Clock |
| Date | 17.08.2013 |
| Unit | kmh |
| Bike | Bike 1 |
| Number of log entries | 8747 |
| Wheel size | 2118 mm |
| Log time interval | 5 s |
| Number of laps | 4 |
| Number of pauses | 19 |

TOTAL VALUES

| | |
|------------------------|------------|
| Trip distance: | 296,04 km |
| Trip time | 10:55:22 h |
| Trip distance uphill | 52,32 km |
| Trip distance downhill | 62,83 km |
| Trip time uphill | 2:22:20 h |
| Trip time downhill | 1:43:55 h |
| Altitude uphill: | 2091 m |
| Altitude downhill: | 2072 m |
| Calories | 6668 kcal |

AVERAGE

| | |
|---------------------------|------------|
| Heart rate | 128 bpm |
| Temperature | 28,0 °C |
| Speed | 27,05 km/h |
| Altitude | 90 m |
| Cadence | 66 R/min |
| Power | 117 Watt |
| Inclination uphill | 2 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 6 m/min |
| Inclination rate downhill | -9 m/min |

MIN/MAX VALUES

| | |
|----------------|-------------------|
| Heart rate | 95 / 166 bpm |
| Temperature | 23,0 / 34,0 °C |
| Speed | 0,00 / 62,00 km/h |
| Altitude | 12 / 198 m |
| Power | 0 / 612 Watt |
| Cadence | 0 / 101 R/min |
| Incline | -6 / 8 % |
| Rate of ascent | -55 / 22 m/min |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Украина-2=300км** Date / Time: **17.08.2013 - 07:10 Clock**

| Lap | Duration ... | Trip dista... | Speed [...] | Heart Ra... | Calories [...] | Altitude [...] | Altitude u... | Altitude d... | Incline up... | Incline do... | Cadence ... | Power [...] |
|-----------------|-------------------------------------|---------------------------------|---------------------------------------|----------------------------------|----------------|----------------------|---------------|---------------|------------------|--------------------|---------------------|----------------------|
| 1 | 03:11:08 Since st... 03:11:08 | 103,25 Since st... 103,25 | Avg. 32,40 Min. 0,00 Max. 61,99 | Avg. 139 Min. 97 Max. 166 | 2241 | Avg. 61 Max. 132 | 764 | 724 | Avg. 2 Max. 5 | Avg. -1 Max. -4 | Avg. 76 Max. 101 | Avg. 192 Max. 612 |
| 2 | 02:20:07 Since st... 05:31:15 | 59,46 Since st... 162,72 | Avg. 25,45 Min. 0,00 Max. 52,96 | Avg. 131 Min. 101 Max. 153 | 1488 | Avg. 60 Max. 132 | 352 | 439 | Avg. 1 Max. 4 | Avg. -1 Max. -5 | Avg. 65 Max. 94 | Avg. 93 Max. 371 |
| 3 | 02:26:23 Since st... 07:57:38 | 55,94 Since st... 218,67 | Avg. 23,76 Min. 0,00 Max. 47,56 | Avg. 123 Min. 95 Max. 154 | 1500 | Avg. 131 Max. 195 | 483 | 365 | Avg. 1 Max. 8 | Avg. -1 Max. -5 | Avg. 62 Max. 100 | Avg. 86 Max. 402 |
| 4 | 02:57:44 Since st... 10:55:22 | 77,37 Since st... 296,04 | Avg. 26,06 Min. 0,00 Max. 60,44 | Avg. 114 Min. 95 Max. 138 | 1437 | Avg. 117 Max. 198 | 492 | 544 | Avg. 2 Max. 6 | Avg. -1 Max. -6 | Avg. 56 Max. 100 | Avg. 81 Max. 365 |
| Total | 10:55:22 | 296,04 | | | 6667 | | 2091 | 2072 | | | | |
| Avg. Lap | 02:43:50 | 74,01 | 26,92 | 126 | 1666 | 92 | 522 | 518 | 2 | -1 | 65 | 113 |
| Min. | 02:20:07 | 55,94 | 0,00 | 95 | 1437 | | 352 | 365 | | | | |
| Max. | 03:11:08 | 103,25 | 61,99 | 166 | 2241 | 198 | 764 | 724 | 8 | -6 | 101 | 612 |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Украина-2=300км** Date / Time: **17.08.2013 - 07:10 Clock**

| Break | Pause ti... | Duration... | Trip dist... | Speed [...] | Heart R... | Calories ... | Altitude ... | Altitude ... | Altitude ... | Incline u... | Incline d... | Cadence... | Power... |
|-------|-------------|-------------------------------------|---------------------------------|---|----------------------------------|--------------|----------------------|--------------|--------------|------------------|--------------------|---------------------|----------------------|
| 1 | 00:07:24 | 03:10:59 Since st... 03:10:59 | 103,20 Since st... 103,20 | Avg. 32,... Min. 0,00 Max. 61,... | Avg. 139 Min. 97 Max. 166 | 2239 | Avg. 61 Max. 132 | 764 | 724 | Avg. 2 Max. 5 | Avg. -1 Max. -4 | Avg. 76 Max. 101 | Avg. 192 Max. 612 |
| 2 | 00:00:10 | 00:30:51 Since st... 03:41:50 | 14,49 Since st... 117,69 | Avg. 28,... Min. 0,00 Max. 52,... | Avg. 130 Min. 107 Max. 146 | 324 | Avg. 66 Max. 132 | 61 | 151 | Avg. 1 Max. 2 | Avg. -1 Max. -5 | Avg. 65 Max. 92 | Avg. 92 Max. 220 |
| 3 | 00:00:19 | 01:49:25 Since st... 05:31:15 | 45,02 Since st... 162,72 | Avg. 24,... Min. 0,00 Max. 45,... | Avg. 132 Min. 101 Max. 153 | 1166 | Avg. 59 Max. 106 | 291 | 288 | Avg. 1 Max. 4 | Avg. -1 Max. -5 | Avg. 65 Max. 94 | Avg. 93 Max. 371 |
| 4 | 00:03:00 | 00:00:34 Since st... 05:31:50 | 0,16 Since st... 162,88 | Avg. 15,... Min. 0,00 Max. 25,... | Avg. 113 Min. 110 Max. 117 | 4 | Avg. 43 Max. 45 | 0 | 4 | Avg. 0 Max. 0 | Avg. -1 Max. -2 | Avg. 9 Max. 73 | Avg. 1 Max. 8 |
| 5 | 00:00:06 | 00:09:25 Since st... 05:41:15 | 4,25 Since st... 167,13 | Avg. 26,... Min. 0,00 Max. 33,... | Avg. 118 Min. 104 Max. 137 | 82 | Avg. 40 Max. 54 | 22 | 22 | Avg. 1 Max. 3 | Avg. -1 Max. -2 | Avg. 63 Max. 92 | Avg. 95 Max. 272 |
| 6 | 00:18:03 | 00:00:07 Since st... 05:41:23 | 0,00 Since st... 167,13 | Avg. 1,55 Min. 0,00 Max. 3,10 | Avg. 112 Min. 108 Max. 116 | 1 | Avg. 42 Max. 42 | 0 | 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 |
| 7 | 00:19:00 | 00:28:48 Since st... 06:10:11 | 12,40 Since st... 179,54 | Avg. 25,... Min. 0,00 Max. 39,... | Avg. 142 Min. 105 Max. 154 | 348 | Avg. 102 Max. 150 | 127 | 20 | Avg. 1 Max. 4 | Avg. -1 Max. -2 | Avg. 75 Max. 100 | Avg. 142 Max. 402 |
| 8 | 00:00:01 | 00:48:40 Since st... 06:58:52 | 20,75 Since st... 200,30 | Avg. 25,... Min. 0,00 Max. 47,... | Avg. 131 Min. 107 Max. 148 | 516 | Avg. 138 Max. 168 | 150 | 201 | Avg. 2 Max. 7 | Avg. -2 Max. -6 | Avg. 72 Max. 98 | Avg. 88 Max. 358 |

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Украина-2=300км** Date / Time: **17.08.2013 - 07:10 Clock**

| Break | Pause ti... | Duration... | Trip dist... | Speed [...] | Heart R... | Calories ... | Altitude ... | Altitude ... | Altitude ... | Incline u... | Incline d... | Cadence... | Power... |
|-------|-------------|-------------------------------------|--------------------------------|---|----------------------------------|--------------|----------------------|--------------|--------------|------------------|--------------------|--------------------|---------------------|
| 9 | 00:23:25 | 00:00:29 Since st... 06:59:21 | 0,03 Since st... 200,33 | Avg. 3,49 Min. 0,00 Max. 4,82 | Avg. 107 Min. 95 Max. 113 | 3 | Avg. 94 Max. 96 | 0 | 2 | Avg. 0 Max. 0 | Avg. -4 Max. -4 | Avg. 0 Max. 0 | Avg. 0 Max. 0 |
| 10 | 00:00:05 | 00:26:52 Since st... 07:26:13 | 8,12 Since st... 208,46 | Avg. 18,... Min. 0,00 Max. 27,... | Avg. 123 Min. 95 Max. 140 | 254 | Avg. 113 Max. 131 | 84 | 48 | Avg. 2 Max. 8 | Avg. -2 Max. -6 | Avg. 61 Max. 89 | Avg. 62 Max. 261 |
| 11 | 00:16:44 | 00:00:13 Since st... 07:26:27 | 0,01 Since st... 208,47 | Avg. 2,59 Min. 0,00 Max. 4,25 | Avg. 110 Min. 95 Max. 117 | 2 | Avg. 131 Max. 131 | 0 | 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 |
| 12 | 00:00:09 | 00:00:12 Since st... 07:26:39 | 0,01 Since st... 208,49 | Avg. 3,20 Min. 0,00 Max. 5,40 | Avg. 100 Min. 98 Max. 102 | 1 | Avg. 131 Max. 132 | 0 | 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 |
| 13 | 00:00:14 | 00:29:20 Since st... 07:55:59 | 9,62 Since st... 218,11 | Avg. 19,... Min. 0,00 Max. 32,... | Avg. 122 Min. 100 Max. 138 | 272 | Avg. 163 Max. 195 | 100 | 49 | Avg. 1 Max. 4 | Avg. -1 Max. -5 | Avg. 58 Max. 88 | Avg. 67 Max. 262 |
| 14 | 00:00:37 | 00:01:15 Since st... 07:57:14 | 0,52 Since st... 218,64 | Avg. 24,... Min. 0,00 Max. 37,... | Avg. 108 Min. 103 Max. 118 | 9 | Avg. 173 Max. 183 | 0 | 19 | Avg. 0 Max. 0 | Avg. -2 Max. -3 | Avg. 0 Max. 0 | Avg. 0 Max. 0 |
| 15 | 00:03:36 | 00:00:19 Since st... 07:57:34 | 0,01 Since st... 218,66 | Avg. 3,17 Min. 0,00 Max. 4,43 | Avg. 111 Min. 109 Max. 114 | 2 | Avg. 164 Max. 164 | 0 | 0 | Avg. 0 Max. 0 | Avg. -2 Max. -4 | Avg. 0 Max. 0 | Avg. 0 Max. 0 |
| 16 | 00:06:22 | 00:26:18 Since st... 08:23:52 | 10,56 Since st... 229,22 | Avg. 24,... Min. 0,00 Max. 40,... | Avg. 115 Min. 97 Max. 134 | 219 | Avg. 179 Max. 198 | 71 | 85 | Avg. 1 Max. 6 | Avg. -1 Max. -3 | Avg. 56 Max. 93 | Avg. 70 Max. 258 |

| Break | Pause ti... | Duration... | Trip dist... | Speed [...] | Heart R... | Calories ... | Altitude ... | Altitude ... | Altitude ... | Incline u... | Incline d... | Cadence... | Power... | |
|-------------------------------------|-------------|-------------------------------------|--------------------------------|---|----------------------------------|--------------|--------------------------|--------------|--------------|----------------------|------------------------|------------------------|-------------------------|---|
| 17 | 00:00:16 | 00:14:51 Since st... 08:38:43 | 6,93 Since st... 236,15 | Avg. 27,... Min. 0,00 Max. 60,... | Avg. 112 Min. 95 Max. 136 | 116 | Avg. 118 Max. 150 | 59 | 78 | Avg. 2 Max. 5 | Avg. -1 Max. -5 | Avg. 44 Max. 87 | Avg. 83 Max. 241 | |
| 18 | 00:00:02 | 01:41:39 Since st... 10:20:22 | 42,89 Since st... 279,04 | Avg. 25,... Min. 0,00 Max. 55,... | Avg. 113 Min. 95 Max. 138 | 819 | Avg. 101 Max. 156 | 273 | 332 | Avg. 2 Max. 6 | Avg. -1 Max. -6 | Avg. 54 Max. 91 | Avg. 69 Max. 355 | |
| 19 | 00:09:02 | 00:00:12 Since st... 10:20:34 | 0,00 Since st... 279,05 | Avg. 1,04 Min. 0,00 Max. 2,10 | Avg. 112 Min. 102 Max. 117 | 1 | Avg. 73 Max. 72 | 0 | 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | Avg. 0 Max. 0 | |
| Total Avg. Pause Min. Max. | 01:48:35 | 10:20:34 | 279,05 | | | 6387 | | 2002 | 2023 | | | | | |
| | 00:05:42 | 00:32:39 | 14,68 | 17,... | 118 | 336 | 105 | 105 | 106 | 1 | -1 | 36 | 55 | |
| | 00:00:01 | 00:00:07 | 0,00 | 0,00 | 95 | 1 | | 0 | 0 | | | | | |
| | 00:23:25 | 03:10:59 | 103,20 | 61,... | 166 | 2239 | 198 | 764 | 724 | 8 | -6 | 101 | 612 | |
| | ◀ | | | | | | | | | | | | | ▶ |
| | ◀ | | | | | | | | | | | | | ▶ |

Device / Bike: **ADRIANO** / Bike 1 Name: Украина-2=300км Date / Time: 17.08.2013 - 07:10 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



strong wind



Training partner:



9 чуваков

Trip distance profile:

hilly



Training type:

Марафон, бодро, временами тяжело...

Description:

Таганрогский выезд(ДПС)-Самбек-Авило_Успенка-Куйбышево-Новоборовицы-Родионовка-новошахтинский въезд(ДПС)=296км, время=12:44ч, северо-восточный=4-6м/с, временами брызгал дождь, взорвалась камера на заднем с частичным разрывом покрышки, после второго взрыва камеры через 20км замена покрыхи на запасную Харауста!

External link:

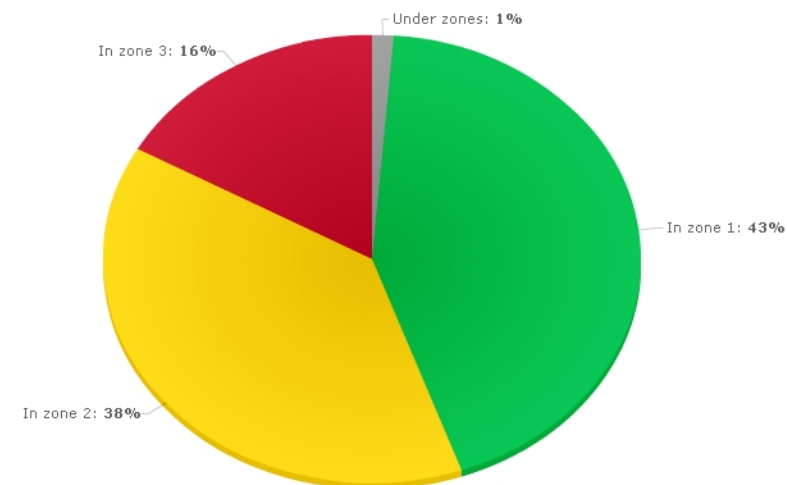
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=22&p=8189#p8189>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Украина-2=300км** Date / Time: **17.08.2013 - 07:10 Clock**

Pulse Zones

| | |
|---------------------------|-----------|
| Under zones | 0:08:28 h |
| In zone 1 (100 - 127 bpm) | 4:43:44 h |
| In zone 2 (127 - 145 bpm) | 4:12:50 h |
| In zone 3 (145 - 181 bpm) | 1:50:19 h |
| Over zones | 0:00:00 h |



Intensity Zones

| | |
|---------------------------|-----------|
| Under zones | 1:23:53 h |
| In zone 1 (109 - 127 bpm) | 3:42:57 h |
| In zone 2 (127 - 145 bpm) | 4:09:45 h |
| In zone 3 (145 - 163 bpm) | 1:38:10 h |
| In zone 4 (163 - 181 bpm) | 0:00:36 h |
| Over zones | 0:00:00 h |

