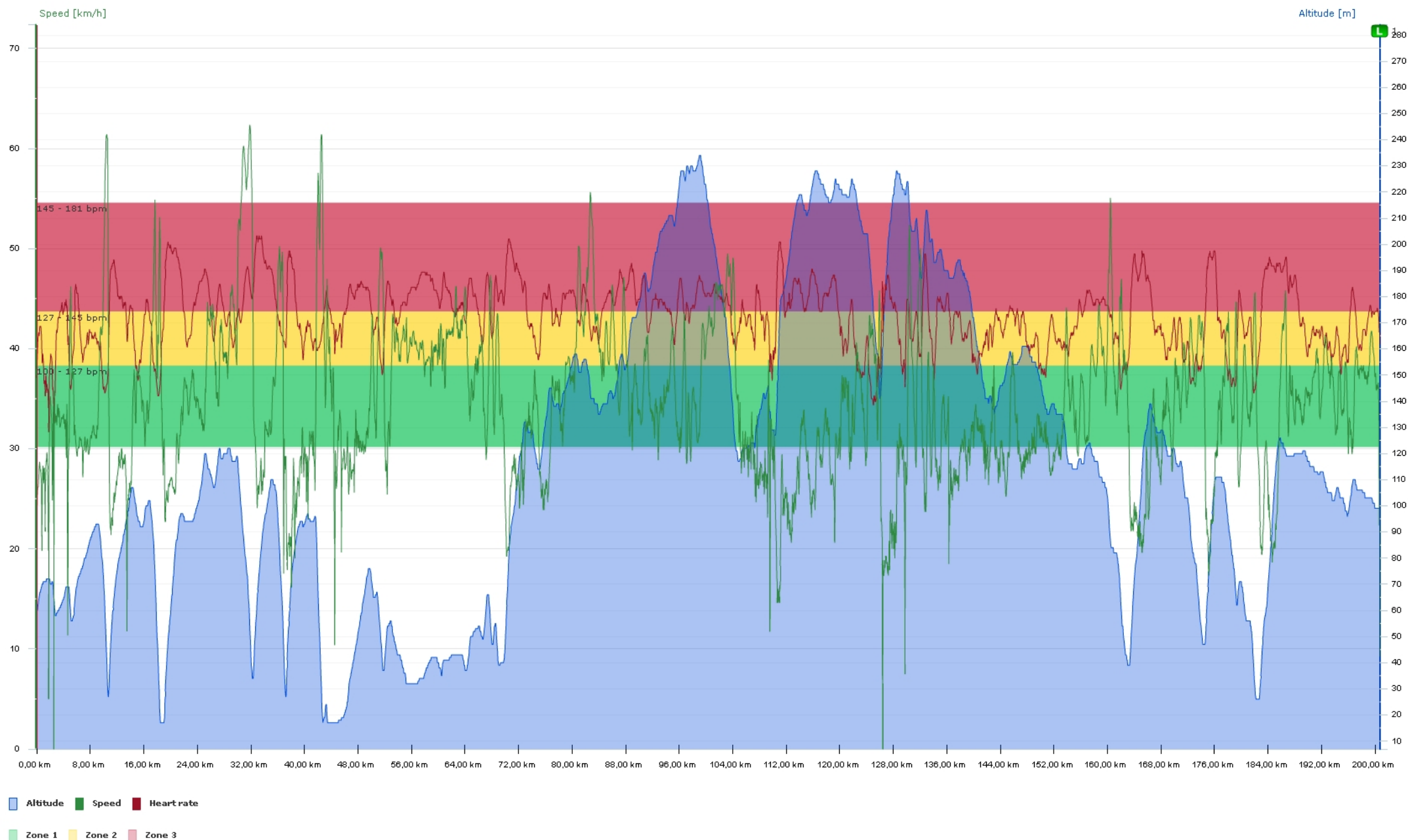


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200км Date / Time: 01.09.2013 - 08:02 Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Красный Сулин=200км Date / Time: **01.09.2013 - 08:02 Clock**

INFO

Start time	08:02 Clock
Date	01.09.2013
Unit	kmh
Bike	Bike 1
Number of log entries	4918
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	4

TOTAL VALUES

Trip distance:	200,62 km
Trip time	6:08:34 h
Trip distance uphill	44,43 km
Trip distance downhill	43,73 km
Trip time uphill	1:37:40 h
Trip time downhill	1:05:33 h
Altitude uphill:	1500 m
Altitude downhill:	1467 m
Calories	4625 kcal

AVERAGE

Heart rate	144 bpm
Temperature	21,2 °C
Speed	32,65 km/h
Altitude	119 m
Cadence	77 R/min
Power	193 Watt
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-12 m/min

MIN/MAX VALUES

Heart rate	105 / 170 bpm
Temperature	17,0 / 30,0 °C
Speed	0,00 / 62,38 km/h
Altitude	17 / 234 m
Power	0 / 671 Watt
Cadence	0 / 112 R/min
Incline	-8 / 9 %
Rate of ascent	-76 / 27 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200км Date / Time: **01.09.2013 - 08:02 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	06:08:34 Since st... 06:08:34	200,62 Since st... 200,62	Avg. 32,65 Min. 0,00 Max. 62,39	Avg. 144 Min. 105 Max. 170	4625	Avg. 119 Max. 234	1500	1467	Avg. 2 Max. 9	Avg. -1 Max. -8	Avg. 77 Max. 112	Avg. 194 Max. 671
Total	06:08:34	200,62			4625		1500	1467				
Avg. Lap	06:08:34	200,62	32,65	144	4625	119	1500	1467	2	-1	77	194
Min.	06:08:34	200,62	0,00	105	4625		1500	1467				
Max.	06:08:34	200,62	62,39	170	4625	234	1500	1467	9	-8	112	671

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200км Date / Time: **01.09.2013 - 08:02 Clock**

Break	Pause ti...	Duration...	Trip dist...	Speed [...]	Heart R...	Calories ...	Altitude ...	Altitude ...	Altitude ...	Incline u...	Incline d...	Cadence...	Power...
1	00:00:20	00:05:53 Since st... 00:05:53	2,55 Since st... 2,55	Avg. 25,... Min. 0,00 Max. 35,...	Avg. 125 Min. 105 Max. 140	58	Avg. 68 Max. 72	13	10	Avg. 1 Max. 2	Avg. -2 Max. -3	Avg. 60 Max. 96	Avg. 104 Max. 264
2	00:00:03	03:41:11 Since st... 03:47:04	123,86 Since st... 126,42	Avg. 33,... Min. 0,00 Max. 62,...	Avg. 146 Min. 108 Max. 170	2844	Avg. 115 Max. 234	1023	927	Avg. 1 Max. 9	Avg. -2 Max. -8	Avg. 78 Max. 112	Avg. 215 Max. 671
3	00:00:09	00:00:11 Since st... 03:47:15	0,01 Since st... 126,43	Avg. 3,20 Min. 0,00 Max. 5,00	Avg. 147 Min. 142 Max. 151	2	Avg. 161 Max. 162	0	0	Avg. 4 Max. 7	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
4	00:19:16	00:00:05 Since st... 03:47:21	0,00 Since st... 126,44	Avg. 1,73 Min. 0,00 Max. 2,46	Avg. 139 Min. 139 Max. 139	1	Avg. 163 Max. 165	0	0	Avg. 7 Max. 7	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
Total	00:19:48	03:47:21	126,44			2908		1036	937				
Avg. Pause	00:04:57	00:56:50	31,61	16,...	139	727	127	259	234	3	-1	34	80
Min.	00:00:03	00:00:05	0,00	0,00	105	1		0	0				
Max.	00:19:16	03:41:11	123,86	62,...	170	2844	234	1023	927	9	-8	112	671

Device / Bike: **ADRIANO** / Bike 1 Name: Красный Сулин=200км Date / Time: 01.09.2013 - 08:02 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



7 чуваков

Trip distance profile:

hilly



Training type:

Марафон, интенсивно.

Description:

Ростов(Львы)-Б.Лог-Новочек(собор)-Каменоломни-м4-Красный Сулин-Новошахтинск-Самбек-Родионовка-Ростов(въезд,ДПС)=200км, время 6:28ч, шли командой(Харауст, Нильс, Андриано, Гамаюн, Степурко, Юрок, Дример), западный ветер 5м/с...

External link:

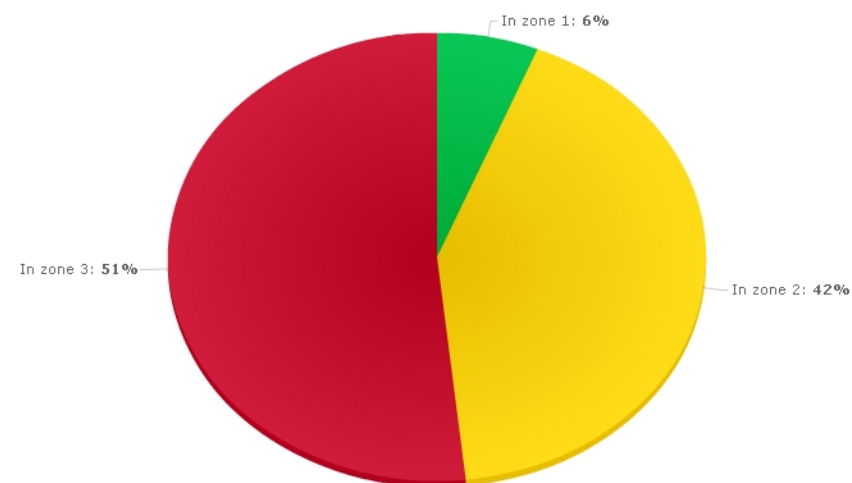
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=505>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200km Date / Time: **01.09.2013 - 08:02 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:22:27 h
In zone 2 (127 - 145 bpm)	2:35:34 h
In zone 3 (145 - 181 bpm)	3:10:33 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:13 h
In zone 1 (109 - 127 bpm)	0:25:14 h
In zone 2 (127 - 145 bpm)	2:45:23 h
In zone 3 (145 - 163 bpm)	2:43:46 h
In zone 4 (163 - 181 bpm)	0:13:57 h
Over zones	0:00:00 h

