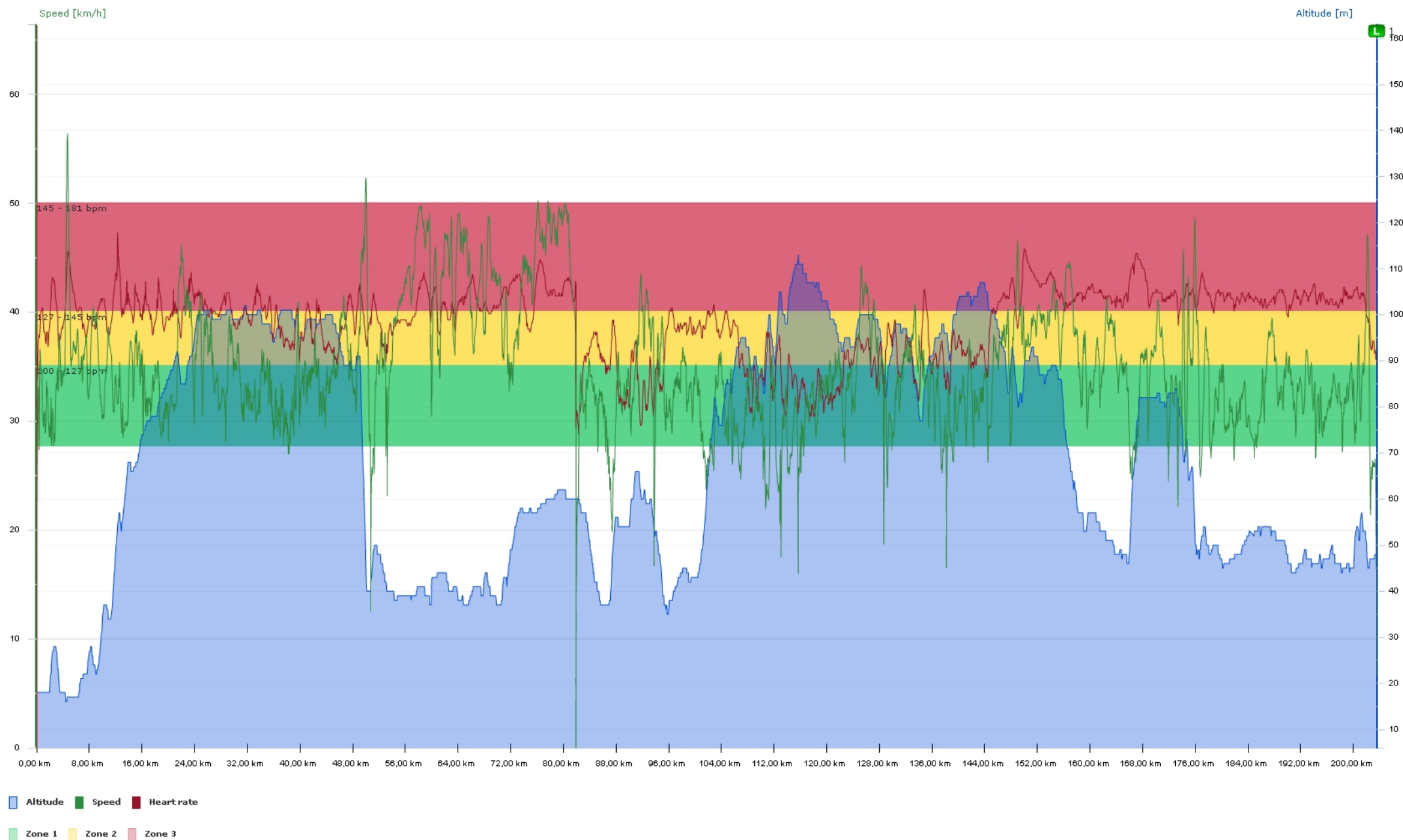


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Южный=200км** Date / Time: **14.09.2013 - 08:00 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Южный=200км Date / Time: **14.09.2013 - 08:00 Clock**

INFO

Start time	08:00 Clock
Date	14.09.2013
Unit	kmh
Bike	Bike 1
Number of log entries	4760
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	2

TOTAL VALUES

Trip distance:	203,48 km
Trip time	5:56:59 h
Trip distance uphill	21,59 km
Trip distance downhill	18,41 km
Trip time uphill	0:41:51 h
Trip time downhill	0:28:30 h
Altitude uphill:	578 m
Altitude downhill:	548 m
Calories	4292 kcal

AVERAGE

Heart rate	140 bpm
Temperature	23,4 °C
Speed	34,11 km/h
Altitude	69 m
Cadence	75 R/min
Power	200 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-8 m/min

MIN/MAX VALUES

Heart rate	104 / 171 bpm
Temperature	14,0 / 30,0 °C
Speed	0,00 / 56,42 km/h
Altitude	16 / 113 m
Power	0 / 848 Watt
Cadence	0 / 108 R/min
Incline	-5 / 4 %
Rate of ascent	-43 / 15 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Южный-200км Date / Time: **14.09.2013 - 08:00 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	05:56:59 Since st... 05:56:59	203,48 Since st... 203,48	Avg. 34,11 Min. 0,00 Max. 56,42	Avg. 140 Min. 104 Max. 171	4292	Avg. 69 Max. 113	578	548	Avg. 1 Max. 4	Avg. -1 Max. -5	Avg. 75 Max. 108	Avg. 201 Max. 848
Total	05:56:59	203,48			4292		578	548				
Avg. Lap	05:56:59	203,48	34,11	140	4292	69	578	548	1	-1	75	201
Min.	05:56:59	203,48	0,00	104	4292		578	548				
Max.	05:56:59	203,48	56,42	171	4292	113	578	548	4	-5	108	848

Break	Pause ti...	Duration...	Trip dist...	Speed (...)	Heart R...	Calories ...	Altitude ...	Altitude ...	Altitude ...	Incline u...	Incline d...	Cadence...	Power...	
1	00:07:35	02:14:31	81,89	Avg. 36,...	Avg. 144	1694	Avg. 64	207	165	Avg. 1	Avg. -1	Avg. 81	Avg. 256	
		Since st...	Since st...	Min. 0,00	Min. 110		Max. 102			Max. 3	Max. -5	Max. 108	Max. 848	
		02:14:31	81,89	Max. 56,...	Max. 171									
2	00:17:27	00:00:19	0,01	Avg. 4,04	Avg. 110	1	Avg. 60	0	0	Avg. 0	Avg. 0	Avg. 0	Avg. 0	
		Since st...	Since st...	Min. 0,00	Min. 106		Max. 61			Max. 0	Max. 0	Max. 0	Max. 0	
		02:14:50	81,90	Max. 6,35	Max. 112									
Total Avg. Pause Min. Max.	00:25:02	02:14:50	81,90			1696		207	165					
	00:12:31	01:07:25	40,95	20,...	127	848	62	103	82	0	0	40	128	
	00:07:35	00:00:19	0,01	0,00	106	1		0	0					
	00:17:27	02:14:31	81,89	56,...	171	1694	102	207	165	3	-5	108	848	
	◀													▶
	◀													▶

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южный=200км Date / Time: **14.09.2013 - 08:00 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



16 чуваков и 2 чувихи!

Trip distance profile:

flat



Training type:

Марафон, бодро.

Description:

Ростов(Тачанка)-Кагальницкая-Новобатайск-м4-Бурхановка-Кугей-Азов-Ростов(Тачанка)
=203км, время=6:25ч, восточный ветер=6м/с, на 82-м км падение=25мин...

External link:

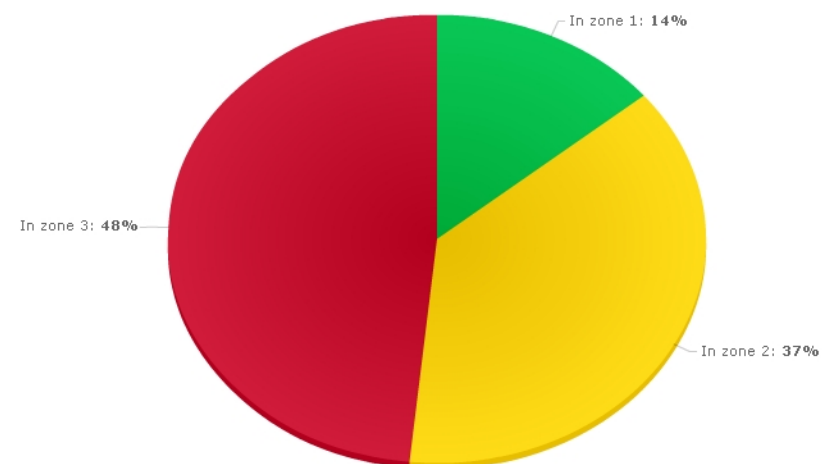
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=20&start=120>

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южный-200км Date / Time: 14.09.2013 - 08:00 Clock

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:49:49 h
In zone 2 (127 - 145 bpm)	2:14:28 h
In zone 3 (145 - 181 bpm)	2:52:42 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:01:16 h
In zone 1 (109 - 127 bpm)	0:52:26 h
In zone 2 (127 - 145 bpm)	2:23:46 h
In zone 3 (145 - 163 bpm)	2:37:42 h
In zone 4 (163 - 181 bpm)	0:01:48 h
Over zones	0:00:00 h

