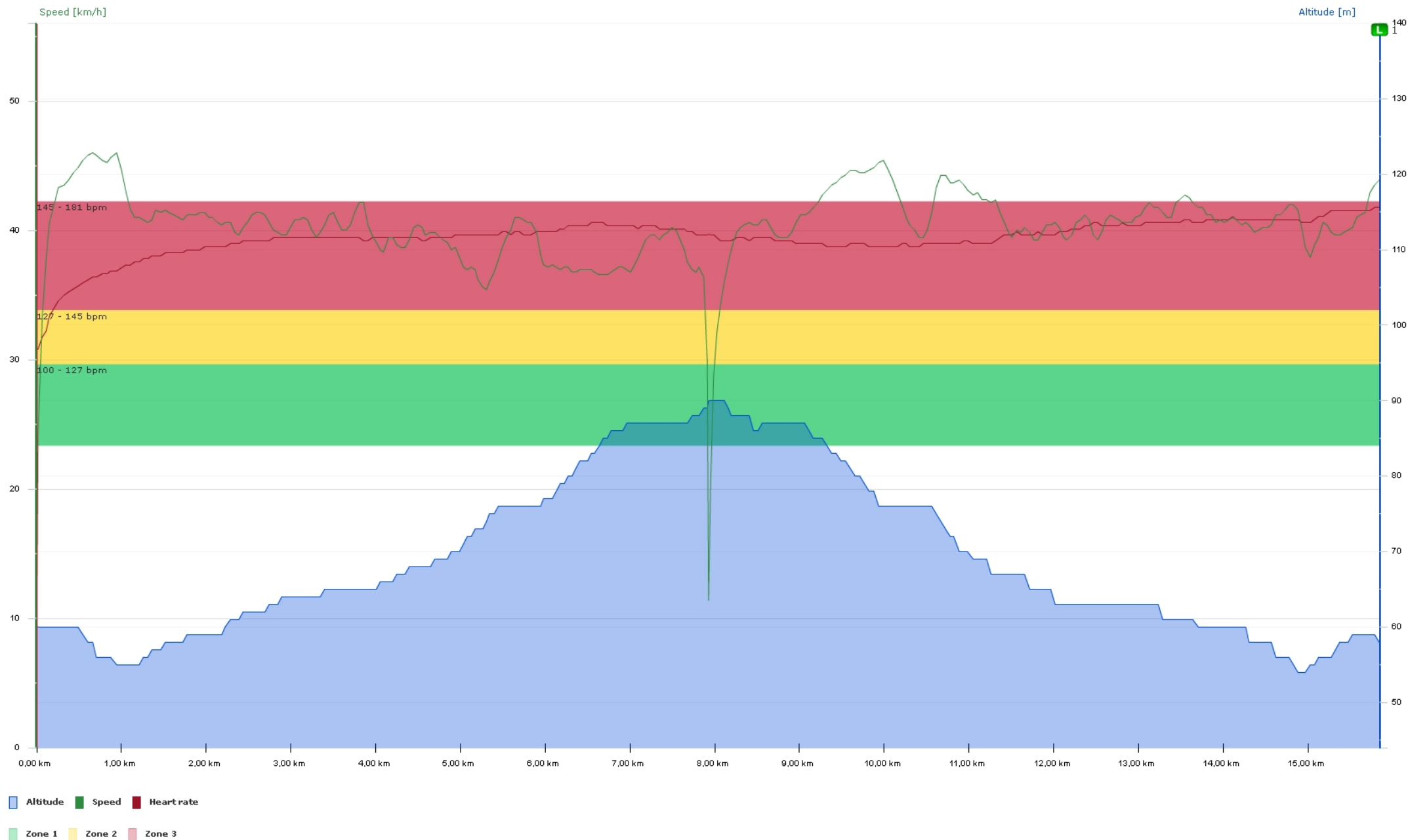


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15км** Date / Time: **28.09.2013 - 10:49 Clock**



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Малодубравный=15км Date / Time: **28.09.2013 - 10:49 Clock**

INFO

Start time	10:49 Clock
Date	28.09.2013
Unit	kmh
Bike	Bike 1
Number of log entries	317
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance:	15,84 km
Trip time	0:23:42 h
Trip distance uphill	1,96 km
Trip distance downhill	1,79 km
Trip time uphill	0:03:04 h
Trip time downhill	0:02:28 h
Altitude uphill:	41 m
Altitude downhill:	43 m
Calories	382 kcal

AVERAGE

Heart rate	168 bpm
Temperature	11,1 °C
Speed	40,07 km/h
Altitude	69 m
Cadence	81 R/min
Power	311 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-7 m/min

MIN/MAX VALUES

Heart rate	132 / 179 bpm
Temperature	10,0 / 13,0 °C
Speed	7,32 / 46,02 km/h
Altitude	54 / 90 m
Power	0 / 506 Watt
Cadence	0 / 100 R/min
Incline	-1 / 1 %
Rate of ascent	-7 / 6 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15км** Date / Time: **28.09.2013 - 10:49 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	00:23:42 Since st... 00:23:42	15,84 Since st... 15,84	Avg. 40,07 Min. 7,32 Max. 46,02	Avg. 168 Min. 132 Max. 179	381	Avg. 69 Max. 90	41	43	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 81 Max. 100	Avg. 312 Max. 506
Total	00:23:42	15,84			381		41	43				
Avg. Lap	00:23:42	15,84	40,07	168	381	69	41	43	1	-1	81	312
Min.	00:23:42	15,84	7,32	132	381		41	43				
Max.	00:23:42	15,84	46,02	179	381	90	41	43	1	-1	100	506

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Малодубравный=15км Date / Time: 28.09.2013 - 10:49 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



light wind



Training partner:



22 чувака

Trip distance profile:

flat



Training type:

Разделка, мощно.

Description:

Малодубравный - ж/д переезд и обратно=15,8км, время=23:42, средняя V=40км/ч, ветер западный 3м/с.

External link:

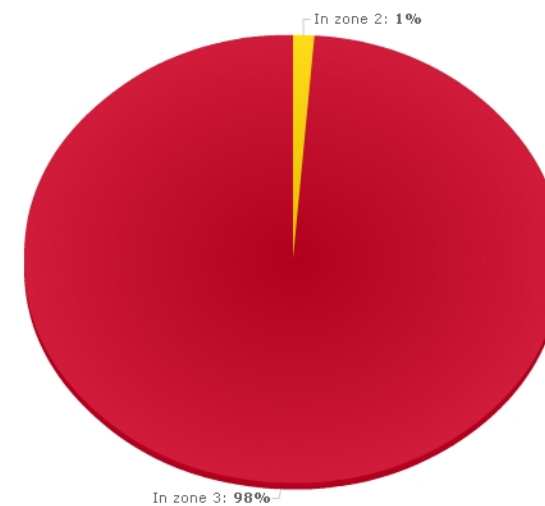
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=533>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Малодубравный=15км** Date / Time: **28.09.2013 - 10:49 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:00 h
In zone 2 (127 - 145 bpm)	0:00:18 h
In zone 3 (145 - 181 bpm)	0:23:24 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:00 h
In zone 2 (127 - 145 bpm)	0:00:18 h
In zone 3 (145 - 163 bpm)	0:01:48 h
In zone 4 (163 - 181 bpm)	0:21:36 h
Over zones	0:00:00 h

