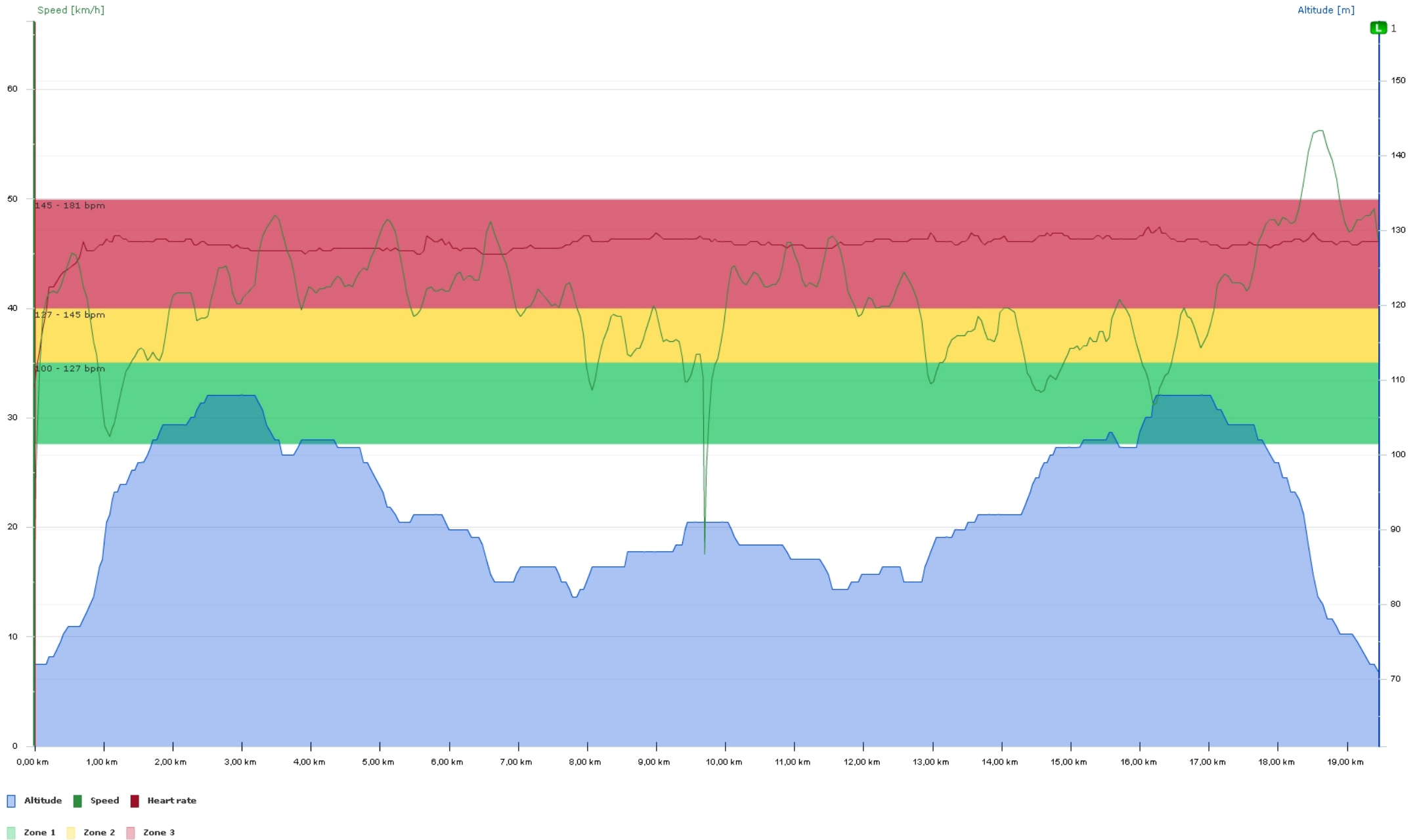


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Каменск)=20км Date / Time: 12.10.2013 - 11:19 Clock



LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Каменск)=20км Date / Time: **12.10.2013 - 11:19 Clock**

INFO

Start time	11:19 Clock
Date	12.10.2013
Unit	kmh
Bike	Bike 1
Number of log entries	390
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance:	19,45 km
Trip time	0:29:10 h
Trip distance uphill	3,15 km
Trip distance downhill	3,54 km
Trip time uphill	0:05:15 h
Trip time downhill	0:04:34 h
Altitude uphill:	81 m
Altitude downhill:	82 m
Calories	457 kcal

AVERAGE

Heart rate	166 bpm
Temperature	18,9 °C
Speed	40,01 km/h
Altitude	92 m
Cadence	84 R/min
Power	317 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-9 m/min

MIN/MAX VALUES

Heart rate	119 / 172 bpm
Temperature	18,0 / 20,0 °C
Speed	14,25 / 56,22 km/h
Altitude	71 / 108 m
Power	27 / 564 Watt
Cadence	71 / 101 R/min
Incline	-4 / 4 %
Rate of ascent	-37 / 18 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Каменск)=20км Date / Time: **12.10.2013 - 11:19 Clock**

Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	00:29:10 Since st... 00:29:10	19,45 Since st... 19,45	Avg. 40,01 Min. 14,25 Max. 56,22	Avg. 166 Min. 119 Max. 172	456	Avg. 92 Max. 108	81	82	Avg. 1 Max. 4	Avg. -1 Max. -4	Avg. 84 Max. 101	Avg. 318 Max. 564
Total	00:29:10	19,45			456		81	82				
Avg. Lap	00:29:10	19,45	40,01	166	456	92	81	82	1	-1	84	318
Min.	00:29:10	19,45	14,25	119	456		81	82				
Max.	00:29:10	19,45	56,22	172	456	108	81	82	4	-4	101	564

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Разделка(Каменск)=20км Date / Time: 12.10.2013 - 11:19 Clock

NOTES

Rating: ★★★★★

Weather:

light cloud



light wind



Training partner:



23 чувака и 3 чувихи

Trip distance profile:

slightly hilly



Training type:

Интенсивно

Description:

х. Филиппенков - 10км по вишневецкому шоссе(разворот) - х. Филиппенков=20км, время 29:09мин, Vcp=40км/ч, северный ветер 2-3м/с.

External link:

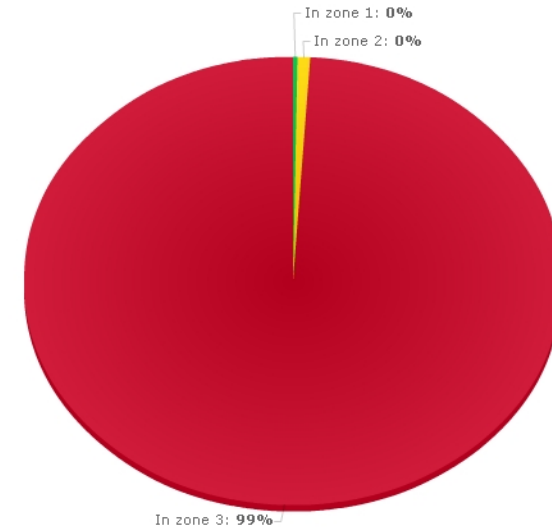
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=537>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Разделка(Каменск)=20км Date / Time: 12.10.2013 - 11:19 Clock

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:00:13 h
In zone 3 (145 - 181 bpm)	0:28:52 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:04 h
In zone 2 (127 - 145 bpm)	0:00:13 h
In zone 3 (145 - 163 bpm)	0:01:25 h
In zone 4 (163 - 181 bpm)	0:27:27 h
Over zones	0:00:00 h

