

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Группа[Каменск]=57км** Date / Time: **13.10.2013 - 10:59** Clock



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INFO

Start time	10:59 Clock
Date	13.10.2013
Unit	kmh
Bike	Bike 1
Number of log entries	1320
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

TOTAL VALUES

Trip distance:	56,58 km
Trip time	1:38:55 h
Trip distance uphill	12,65 km
Trip distance downhill	13,94 km
Trip time uphill	0:27:04 h
Trip time downhill	0:19:43 h
Altitude uphill:	418 m
Altitude downhill:	422 m
Calories	1329 kcal

AVERAGE

Heart rate	150 bpm
Temperature	16,6 °C
Speed	34,32 km/h
Altitude	183 m
Cadence	83 R/min
Power	217 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-11 m/min

MIN/MAX VALUES

Heart rate	110 / 173 bpm
Temperature	14,0 / 20,0 °C
Speed	6,93 / 58,73 km/h
Altitude	126 / 220 m
Power	0 / 739 Watt
Cadence	0 / 119 R/min
Incline	-5 / 5 %
Rate of ascent	-46 / 27 m/min

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Lap	Duration ...	Trip dista...	Speed [...]	Heart Ra...	Calories [...]	Altitude [...]	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence ...	Power [...]
1	01:38:55 Since st... 01:38:55	56,58 Since st... 56,58	Avg. 34,32 Min. 6,93 Max. 58,73	Avg. 150 Min. 110 Max. 173	1328	Avg. 183 Max. 220	418	422	Avg. 1 Max. 5	Avg. -1 Max. -5	Avg. 83 Max. 119	Avg. 218 Max. 739
Total	01:38:55	56,58			1328		418	422				
Avg. Lap	01:38:55	56,58	34,32	150	1328	183	418	422	1	-1	83	218
Min.	01:38:55	56,58	6,93	110	1328		418	422				
Max.	01:38:55	56,58	58,73	173	1328	220	418	422	5	-5	119	739

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NOTES

Rating: ★★★★★

Weather:

light cloud



light wind



Training partner:



20 чуваков и 4 чужи

Trip distance profile:

hilly



Training type:

Напряжно, до 25км в пачке, далее разделом.

Description:

ст.Калитвенская - на Каменск до м4(разворот) - ст.Калитвенская(2 круга)=57км,
Vср=34,3км/ч, северный ветер 3-4м/с.

External link:

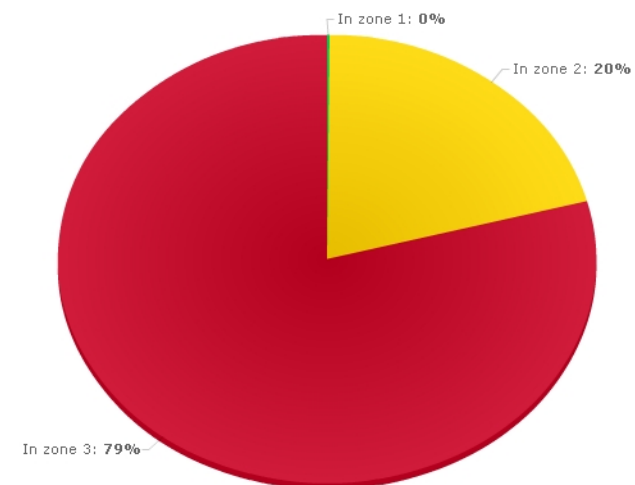
<http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=537>

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Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:00:09 h
In zone 2 (127 - 145 bpm)	0:20:28 h
In zone 3 (145 - 181 bpm)	1:18:18 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:00:22 h
In zone 2 (127 - 145 bpm)	0:23:33 h
In zone 3 (145 - 163 bpm)	1:05:19 h
In zone 4 (163 - 181 bpm)	0:09:40 h
Over zones	0:00:00 h

