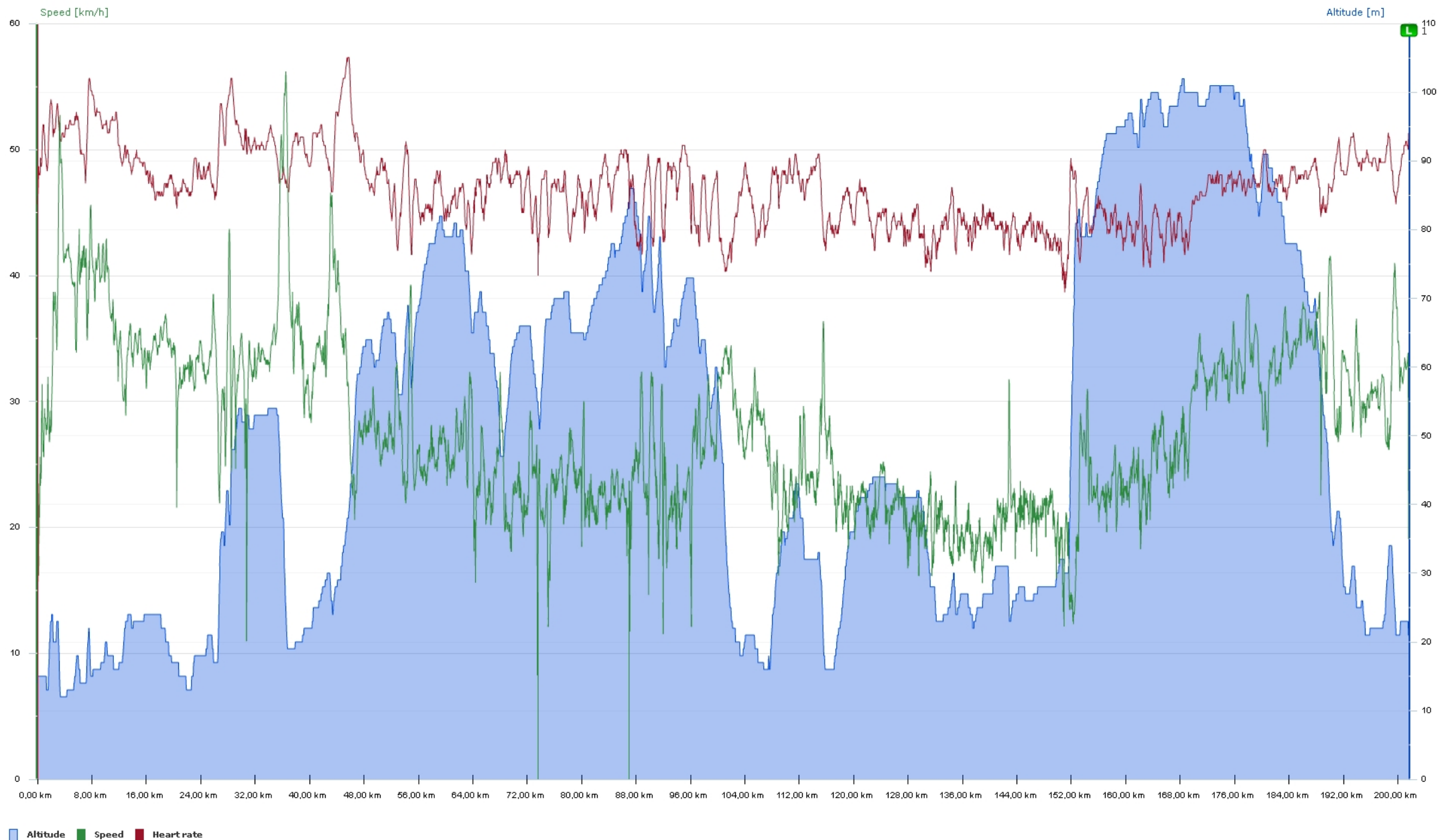


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южный-200км Date / Time: 19.04.2014 - 08:00 Clock



# LOG



Device / Bike: **ADRIANO / Bike 1** Name: Южный=200км Date / Time: **19.04.2014 - 08:00 Clock**

## INFO

Start time	08:00 Clock
Date	19.04.2014
Unit	kmh
Bike	Bike 1
Number of log entries	6138
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	2

## AVERAGE

Heart rate	139 bpm
Temperature	21,5 °C
Speed	26,27 km/h
Altitude	51 m
Cadence	74 R/min
Power	104 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

## TOTAL VALUES

Trip distance	201,60 km
Trip time	7:40:14 h
Trip distance uphill	15,73 km
Trip distance downhill	16,14 km
Trip time uphill	0:39:00 h
Trip time downhill	0:30:04 h
Altitude uphill	542 m
Altitude downhill	535 m
Calories	5665 kcal

## MIN/MAX VALUES

Heart rate	116 / 172 bpm
Temperature	14,0 / 32,0 °C
Speed	0,00 / 56,22 km/h
Altitude	12 / 102 m
Power	0 / 567 Watt
Cadence	0 / 103 R/min
Incline	-5 / 6 %
Rate of ascent	-36 / 18 m/min

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южный-200км Date / Time: **19.04.2014 - 08:00 Clock**

Lap	Duration (h)	Trip distan...	Speed (km...	Heart Rate...	Calories (...)	Altitude (m)	Altitude up...	Altitude do...	Incline uphill...	Incline dow...	Cadence (R...	Power (...)
1	07:40:14 Since start: 07:40:14	201,60 Since start: 201,60	Avg. 26,27 Min. 0,00 Max. 56,22	Avg. 139 Min. 116 Max. 172	5665	Avg. 51 Max. 102	542	535	Avg. 1 Max. 6	Avg. -1 Max. -5	Avg. 70 Max. 103	Avg. 104 Max. 567
<b>Total</b>	07:40:14	201,60			5665		542	535				
<b>Avg. Lap</b>	07:40:14	201,60	26,27	139	5665	51	542	535	1	-1	70	104
<b>Min.</b>	07:40:14	201,60	0,00	116	5665		542	535				
<b>Max.</b>	07:40:14	201,60	56,22	172	5665	102	542	535	6	-5	103	567

# LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южный=200км Date / Time: **19.04.2014 - 08:00 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:12:15	02:26:09 Since start: 02:26:09	73,54 Since start: 73,54	Avg. 30,18 Min. 0,00 Max. 56,22	Avg. 146 Min. 123 Max. 172	1940	Avg. 44 Max. 82	225	184	Avg. 1 Max. 4	Avg. -1 Max. -4	Avg. 73 Max. 103	Avg. 153 Max. 567
2	00:00:58	00:36:17 Since start: 03:02:26	13,46 Since start: 87,00	Avg. 22,27 Min. 0,00 Max. 30,04	Avg. 140 Min. 120 Max. 150	448	Avg. 69 Max. 85	42	12	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 67 Max. 96	Avg. 66 Max. 186
<b>Total</b>	00:13:13	03:02:26	87,00			2389		267	196				
<b>Avg. Pause</b>	00:06:36	01:31:13	43,50	26,22	143	1194	57	133	98	1	-1	70	109
<b>Min.</b>	00:00:58	00:36:17	13,46	0,00	120	448		42	12				
<b>Max.</b>	00:12:15	02:26:09	73,54	56,22	172	1940	85	225	184	4	-4	103	567

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южный=200км Date / Time: 19.04.2014 - 08:00 Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



strong wind



Training partner:



25 или больше

Trip distance profile:

flat



Training type:

марафон - раскатка, последние 40км -  
тренировка разделки

Description:

Против часовой стрелки:

Тачанка-Азов-Кугей-м4-Новобатайск-Кагальницкая-Тачанка=201,6км

восточный ветер до 8м/с, чуть капнуло, время в пути=7:40, пить-стоп=13мин, итого 7:53ч

External link:

<http://>

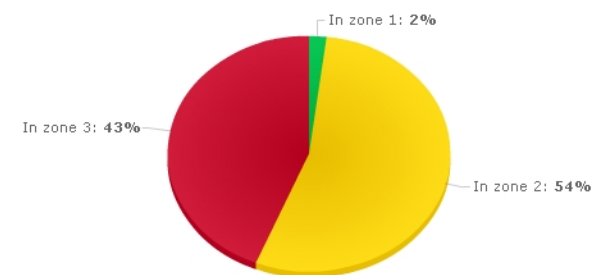
Linked track:

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южный-200км Date / Time: 19.04.2014 - 08:00 Clock

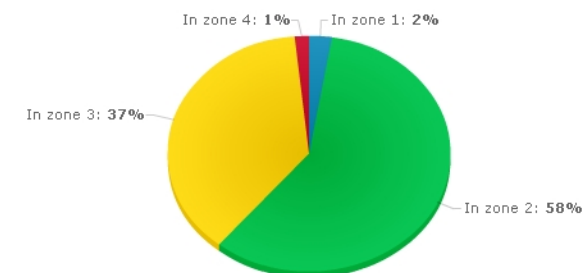
### Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - < 125 bpm)	0:09:04 h
In zone 2 (125 - < 142 bpm)	4:09:20 h
In zone 3 (142 - < 178 bpm)	3:21:49 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 107 - 125 bpm)	0:12:00 h
In zone 2 (> 125 - 142 bpm)	4:28:37 h
In zone 3 (> 142 - 160 bpm)	2:52:07 h
In zone 4 (> 160 - 178 bpm)	0:07:30 h
Over zones	0:00:00 h



### Power Zones