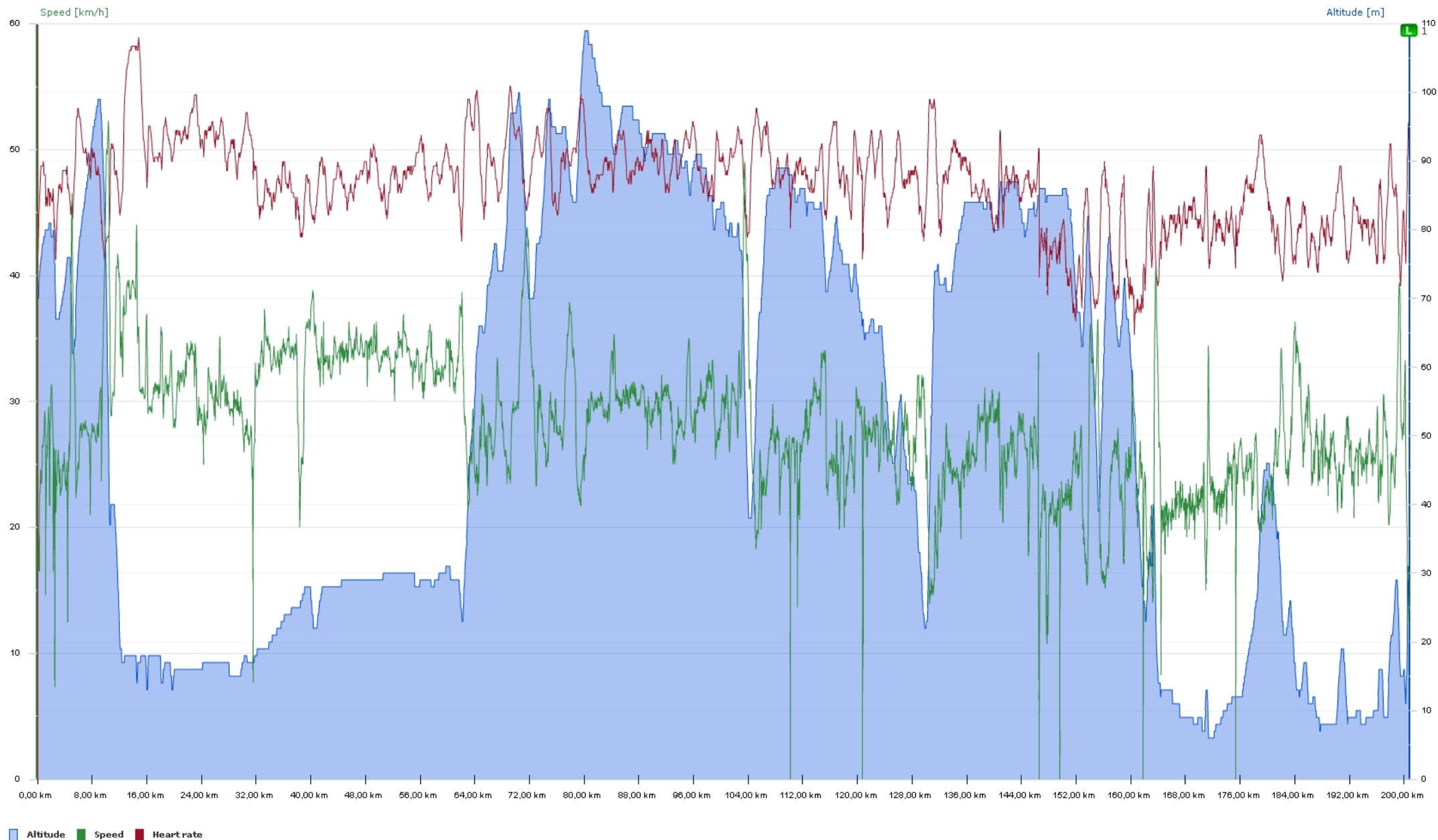


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 Clock**



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 Clock**

INFO

Start time	08:03 Clock
Date	03.05.2014
Unit	kmh
Bike	Bike 1
Number of log entries	5927
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	16

AVERAGE

Heart rate	133 bpm
Temperature	21,5 °C
Speed	27,08 km/h
Altitude	52 m
Cadence	77 R/min
Power	108 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-7 m/min

TOTAL VALUES

Trip distance	200,67 km
Trip time	7:23:45 h
Trip distance uphill	17,91 km
Trip distance downhill	19,56 km
Trip time uphill	0:46:34 h
Trip time downhill	0:37:12 h
Altitude uphill	655 m
Altitude downhill	695 m
Calories	5029 kcal

MIN/MAX VALUES

Heart rate	100 / 167 bpm
Temperature	14,0 / 33,0 °C
Speed	0,00 / 52,32 km/h
Altitude	6 / 109 m
Power	0 / 530 Watt
Cadence	0 / 105 R/min
Incline	-6 / 6 %
Rate of ascent	-52 / 20 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 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	07:23:45 Since start: 07:23:45	200,67 Since start: 200,67	Avg. 27,08 Min. 0,00 Max. 52,32	Avg. 133 Min. 100 Max. 167	5029	Avg. 52 Max. 109	655	695	Avg. 1 Max. 6	Avg. -1 Max. -6	Avg. 71 Max. 105	Avg. 109 Max. 530
Total	07:23:45	200,67			5029		655	695				
Avg. Lap	07:23:45	200,67	27,08	133	5029	52	655	695	1	-1	71	109
Min.	07:23:45	200,67	0,00	100	5029		655	695				
Max.	07:23:45	200,67	52,32	167	5029	109	655	695	6	-6	105	530

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:12	03:39:33 Since start: 03:39:33	110,19 Since start: 110,19	Avg. 30,10 Min. 0,00 Max. 52,32	Avg. 139 Min. 113 Max. 167	2663	Avg. 57 Max. 109	320	302	Avg. 1 Max. 3	Avg. -1 Max. -6	Avg. 76 Max. 100	Avg. 144 Max. 530
2	00:00:15	00:23:51 Since start: 04:03:24	10,57 Since start: 120,77	Avg. 26,51 Min. 0,00 Max. 34,05	Avg. 136 Min. 126 Max. 148	282	Avg. 78 Max. 88	20	42	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 69 Max. 97	Avg. 86 Max. 197
3	00:01:16	00:00:24 Since start: 04:03:49	0,00 Since start: 120,77	Avg. 3,85 Min. 0,00 Max. 4,62	Avg. 128 Min. 118 Max. 130	4	Avg. 66 Max. 67	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
4	00:00:03	00:00:06 Since start: 04:03:55	0,00 Since start: 120,78	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 118 Min. 117 Max. 119	1	Avg. 67 Max. 67	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
5	00:07:34	01:01:01 Since start: 05:04:57	25,75 Since start: 146,54	Avg. 25,30 Min. 0,00 Max. 33,86	Avg. 135 Min. 113 Max. 153	711	Avg. 68 Max. 87	101	83	Avg. 3 Max. 6	Avg. -1 Max. -2	Avg. 70 Max. 95	Avg. 91 Max. 376
6	00:00:02	00:00:09 Since start: 05:05:06	0,00 Since start: 146,54	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 115 Min. 115 Max. 115	1	Avg. 84 Max. 84	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
7	00:00:19	00:00:06 Since start: 05:05:12	0,00 Since start: 146,54	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 117 Min. 115 Max. 119	1	Avg. 84 Max. 84	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
8	00:00:02	00:00:05 Since start: 05:05:18	0,00 Since start: 146,55	Avg. 2,60 Min. 0,00 Max. 5,19	Avg. 119 Min. 119 Max. 119	1	Avg. 84 Max. 84	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
9	00:00:04	00:00:51 Since start: 05:06:09	0,06 Since start: 146,62	Avg. 4,34 Min. 0,00 Max. 6,93	Avg. 113 Min. 113 Max. 119	7	Avg. 84 Max. 86	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
10	00:00:43	00:00:06 Since start: 05:06:16	0,01 Since start: 146,63	Avg. 5,48 Min. 0,00 Max. 10,96	Avg. 119 Min. 117 Max. 121	1	Avg. 86 Max. 86	0	0	Avg. 4 Max. 4	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
11	00:00:04	00:09:13 Since start: 05:15:29	3,00 Since start: 149,63	Avg. 19,31 Min. 0,00 Max. 23,47	Avg. 118 Min. 109 Max. 124	84	Avg. 85 Max. 86	1	2	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 53 Max. 77	Avg. 40 Max. 105
12	00:00:01	00:00:06 Since start: 05:15:36	0,00 Since start: 149,64	Avg. 1,93 Min. 0,00 Max. 3,85	Avg. 117 Min. 117 Max. 118	1	Avg. 85 Max. 85	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
13	00:00:41	00:00:07 Since start: 05:15:43	0,00 Since start: 149,64	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 120 Min. 118 Max. 123	1	Avg. 85 Max. 85	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
14	00:00:10	00:31:34 Since start: 05:47:18	12,15 Since start: 161,80	Avg. 23,03 Min. 0,00 Max. 36,55	Avg. 118 Min. 100 Max. 139	284	Avg. 66 Max. 86	70	129	Avg. 1 Max. 3	Avg. -1 Max. -4	Avg. 50 Max. 94	Avg. 55 Max. 225
15	00:00:42	00:00:07 Since start: 05:47:25	0,01 Since start: 161,82	Avg. 5,87 Min. 0,00 Max. 11,73	Avg. 110 Min. 108 Max. 113	1	Avg. 26 Max. 26	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
16	00:00:56	00:37:04 Since start: 06:24:30	13,55 Since start: 175,37	Avg. 21,91 Min. 0,00 Max. 40,78	Avg. 124 Min. 110 Max. 138	367	Avg. 13 Max. 40	33	47	Avg. 2 Max. 5	Avg. -2 Max. -5	Avg. 69 Max. 105	Avg. 55 Max. 215
Total	00:13:04	06:24:30	175,37			4418		545	605				
Avg. Pause	00:00:49	00:24:01	10,96	10,64	121	276	70	34	37	0	0	24	29
Min.	00:00:01	00:00:05	0,00	0,00	100	1	0	0	0				
Max.	00:07:34	03:39:33	110,19	52,32	167	2663	109	320	302	6	-6	105	530

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light rain



light wind



Training partner:



11 чуваков

Trip distance profile:

flat



Training type:

Марафон, спокойно...

Description:

До Ольгинки мокро, дальше иногда небо брызгало, ветер ю-з=4м/с, на 146км за Кировской лопнула передняя спица - потихоньку доехал с восьмериной, сняв тормоза, время=7:37ч, Vcp=27км/ч.

External link:

<http://>

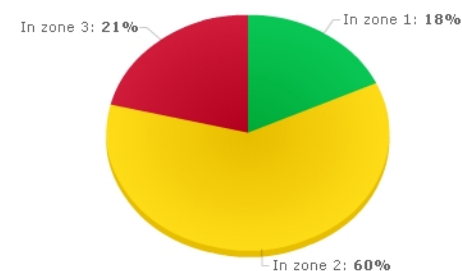
Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **03.05.2014 - 08:03 Clock**

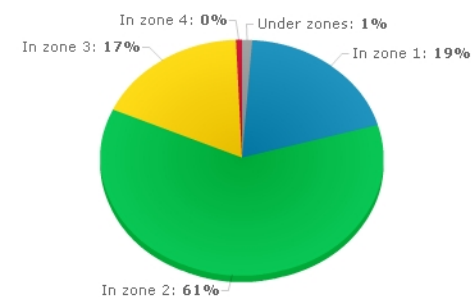
Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - < 125 bpm)	1:20:11 h
In zone 2 (125 - < 142 bpm)	4:29:46 h
In zone 3 (142 - < 178 bpm)	1:33:48 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:05:10 h
In zone 1 (> 107 - 125 bpm)	1:25:59 h
In zone 2 (> 125 - 142 bpm)	4:31:12 h
In zone 3 (> 142 - 160 bpm)	1:18:18 h
In zone 4 (> 160 - 178 bpm)	0:03:04 h
Over zones	0:00:00 h



Power Zones