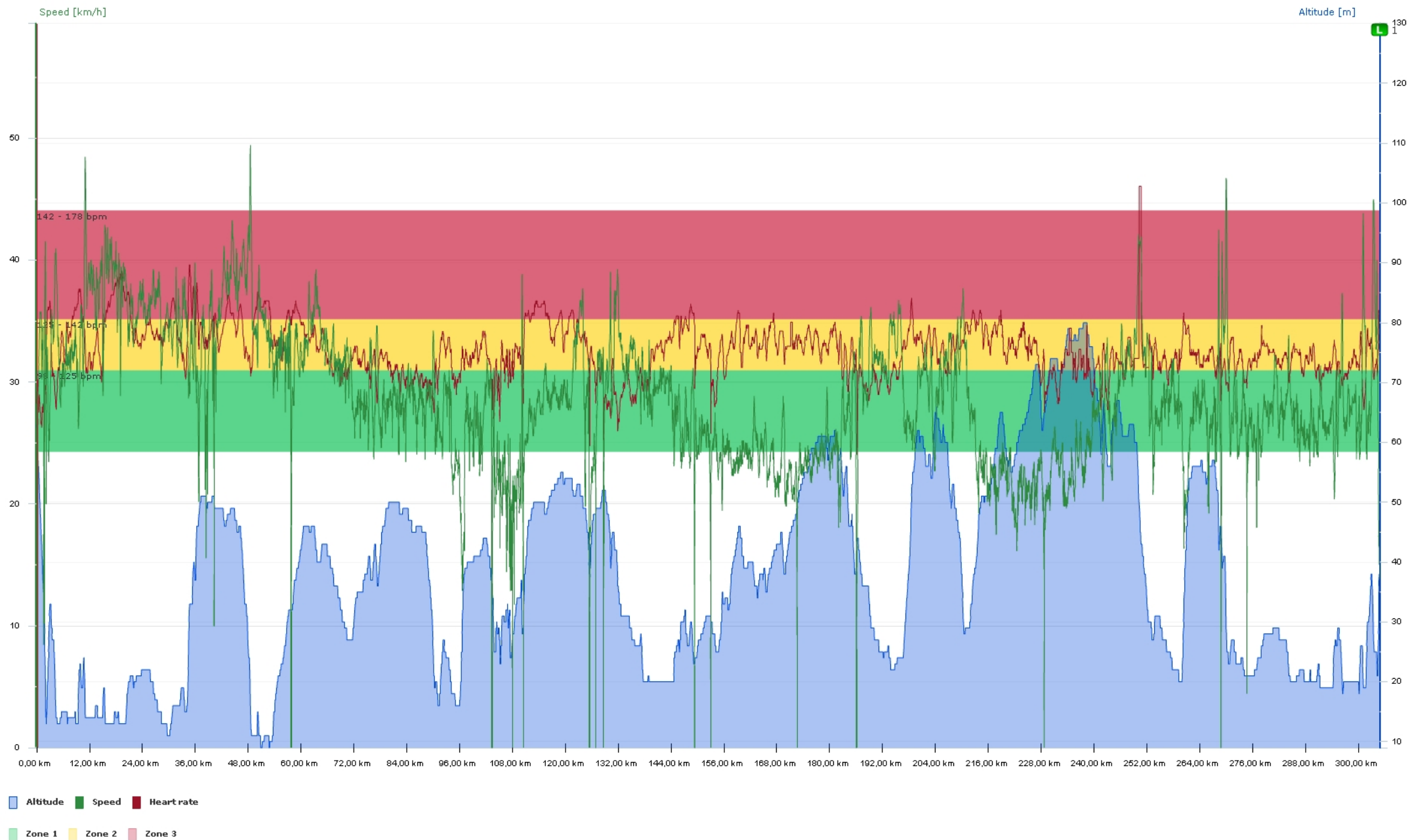


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейский-300км** Date / Time: **17.05.2014 - 07:00 Clock**



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейский=300км** Date / Time: **17.05.2014 - 07:00 Clock**

INFO

Start time	07:00 Clock
Date	17.05.2014
Unit	kmh
Bike	Bike 1
Number of log entries	8792
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	24

AVERAGE

Heart rate	131 bpm
Temperature	33,6 °C
Speed	27,72 km/h
Altitude	39 m
Cadence	72 R/min
Power	115 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance:	304,78 km
Trip time	10:58:26 h
Trip distance uphill	22,14 km
Trip distance downhill	22,64 km
Trip time uphill	0:52:31 h
Trip time downhill	0:42:14 h
Altitude uphill:	730 m
Altitude downhill:	758 m
Calories	7247 kcal

MIN/MAX VALUES

Heart rate	97 / 186 bpm
Temperature	21,0 / 49,0 °C
Speed	0,00 / 49,44 km/h
Altitude	9 / 80 m
Power	0 / 527 Watt
Cadence	0 / 108 R/min
Incline	-5 / 6 %
Rate of ascent	-32 / 24 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейский-300км** Date / Time: **17.05.2014 - 07:00 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	10:58:26 Since start: 10:58:26	304,78 Since start: 304,78	Avg. 27,72 Min. 0,00 Max. 49,44	Avg. 131 Min. 97 Max. 186	7247	Avg. 39 Max. 80	730	758	Avg. 1 Max. 6	Avg. -1 Max. -5	Avg. 72 Max. 108	Avg. 115 Max. 527
Total	10:58:26	304,78			7247		730	758				
Avg. Lap	10:58:26	304,78	27,72	131	7247	39	730	758	1	-1	72	115
Min.	10:58:26	304,78	0,00	97	7247		730	758				
Max.	10:58:26	304,78	49,44	186	7247	80	730	758	6	-5	108	527

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейский-300км** Date / Time: **17.05.2014 - 07:00 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:06	00:01:09 Since start: 00:01:09	0,27 Since start: 0,27	Avg. 13,93 Min. 0,00 Max. 29,24	Avg. 115 Min. 100 Max. 122	10	Avg. 60 Max. 63	0	3	Avg. 0 Max. 0	Avg. -1 Max. -2	Avg. 20 Max. 95	Avg. 7 Max. 55
2	00:00:03	01:39:40 Since start: 01:40:50	57,47 Since start: 57,74	Avg. 34,61 Min. 0,00 Max. 49,44	Avg. 138 Min. 105 Max. 160	1200	Avg. 24 Max. 58	142	170	Avg. 1 Max. 5	Avg. -1 Max. -5	Avg. 74 Max. 108	Avg. 198 Max. 527
3	00:00:10	00:00:14 Since start: 01:41:04	0,03 Since start: 57,77	Avg. 6,73 Min. 0,00 Max. 11,16	Avg. 141 Min. 140 Max. 143	3	Avg. 32 Max. 32	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
4	00:00:09	01:35:56 Since start: 03:17:01	45,56 Since start: 103,34	Avg. 28,48 Min. 0,00 Max. 39,24	Avg. 128 Min. 111 Max. 148	1010	Avg. 37 Max. 50	94	91	Avg. 1 Max. 3	Avg. -1 Max. -2	Avg. 73 Max. 99	Avg. 115 Max. 291
5	00:09:47	00:00:07 Since start: 03:17:08	0,00 Since start: 103,35	Avg. 1,82 Min. 0,00 Max. 3,65	Avg. 121 Min. 121 Max. 122	1	Avg. 34 Max. 35	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
6	00:05:03	00:00:14 Since start: 03:17:22	0,01 Since start: 103,36	Avg. 5,00 Min. 0,00 Max. 7,89	Avg. 118 Min. 115 Max. 121	2	Avg. 34 Max. 35	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
7	00:00:20	00:13:12 Since start: 03:30:34	4,61 Since start: 107,97	Avg. 20,72 Min. 0,00 Max. 31,16	Avg. 123 Min. 108 Max. 135	130	Avg. 28 Max. 36	24	32	Avg. 1 Max. 2	Avg. -1 Max. -4	Avg. 42 Max. 89	Avg. 53 Max. 177
8	00:01:46	00:07:00 Since start: 03:37:34	2,46 Since start: 110,43	Avg. 21,06 Min. 0,00 Max. 38,86	Avg. 128 Min. 114 Max. 134	73	Avg. 31 Max. 37	11	9	Avg. 1 Max. 2	Avg. -2 Max. -5	Avg. 54 Max. 88	Avg. 59 Max. 208

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Ейский-300км** Date / Time: **17.05.2014 - 07:00 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
9	00:00:02	00:31:13 Since start: 04:08:47	15,00 Since start: 125,43	Avg. 28,76 Min. 0,00 Max. 37,70	Avg. 140 Min. 118 Max. 148	386	Avg. 49 Max. 55	29	22	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 77 Max. 96	Avg. 126 Max. 266
10	00:13:51	00:00:23 Since start: 04:09:10	0,04 Since start: 125,48	Avg. 8,19 Min. 0,00 Max. 12,31	Avg. 118 Min. 110 Max. 121	3	Avg. 36 Max. 38	0	2	Avg. 0 Max. 0	Avg. -2 Max. -3	Avg. 0 Max. 0	Avg. 0 Max. 0
11	00:00:10	00:00:14 Since start: 04:09:25	0,01 Since start: 125,50	Avg. 2,94 Min. 0,00 Max. 4,04	Avg. 103 Min. 100 Max. 109	2	Avg. 35 Max. 35	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
12	00:00:21	00:04:13 Since start: 04:13:38	1,40 Since start: 126,90	Avg. 19,52 Min. 0,00 Max. 25,78	Avg. 126 Min. 111 Max. 133	43	Avg. 44 Max. 49	14	0	Avg. 1 Max. 2	Avg. 0 Max. 0	Avg. 64 Max. 84	Avg. 73 Max. 156
13	00:01:57	00:03:42 Since start: 04:17:20	1,78 Since start: 128,69	Avg. 28,66 Min. 0,00 Max. 32,89	Avg. 123 Min. 102 Max. 127	36	Avg. 49 Max. 52	3	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 70 Max. 84	Avg. 128 Max. 178
14	00:00:03	00:41:57 Since start: 04:59:18	20,62 Since start: 149,31	Avg. 29,46 Min. 0,00 Max. 39,24	Avg. 128 Min. 104 Max. 147	440	Avg. 28 Max. 52	27	56	Avg. 1 Max. 3	Avg. -1 Max. -2	Avg. 74 Max. 102	Avg. 120 Max. 391
15	00:03:27	00:00:15 Since start: 04:59:33	0,00 Since start: 149,32	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 131 Min. 119 Max. 138	2	Avg. 23 Max. 24	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
16	00:11:42	00:08:51 Since start: 05:08:24	3,66 Since start: 152,99	Avg. 24,51 Min. 0,00 Max. 27,89	Avg. 132 Min. 104 Max. 137	98	Avg. 28 Max. 31	7	0	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 71 Max. 85	Avg. 85 Max. 171

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейский-300км** Date / Time: **17.05.2014 - 07:00 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
17	00:00:07	00:49:59 Since start: 05:58:23	19,60 Since start: 172,59	Avg. 23,49 Min. 0,00 Max. 28,85	Avg. 133 Min. 106 Max. 145	563	Avg. 38 Max. 50	53	34	Avg. 1 Max. 3	Avg. -1 Max. -1	Avg. 75 Max. 95	Avg. 75 Max. 226
18	00:00:03	00:33:19 Since start: 06:31:42	13,51 Since start: 186,11	Avg. 24,29 Min. 0,00 Max. 32,51	Avg. 133 Min. 118 Max. 141	376	Avg. 55 Max. 62	27	37	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 75 Max. 100	Avg. 70 Max. 198
19	00:04:46	00:00:11 Since start: 06:31:53	0,00 Since start: 186,12	Avg. 1,03 Min. 0,00 Max. 3,08	Avg. 125 Min. 125 Max. 126	2	Avg. 40 Max. 41	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
20	00:00:03	00:00:08 Since start: 06:32:02	0,00 Since start: 186,12	Avg. 1,82 Min. 0,00 Max. 3,65	Avg. 125 Min. 125 Max. 125	1	Avg. 41 Max. 41	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
21	00:26:32	00:00:09 Since start: 06:32:11	0,00 Since start: 186,13	Avg. 1,92 Min. 0,00 Max. 3,08	Avg. 117 Min. 101 Max. 125	1	Avg. 42 Max. 43	1	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
22	00:00:34	00:00:19 Since start: 06:32:30	0,01 Since start: 186,14	Avg. 1,69 Min. 0,00 Max. 2,89	Avg. 100 Min. 97 Max. 107	2	Avg. 43 Max. 43	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
23	00:27:29	01:37:05 Since start: 08:09:35	42,56 Since start: 228,70	Avg. 26,29 Min. 0,00 Max. 37,70	Avg. 132 Min. 108 Max. 149	1077	Avg. 49 Max. 73	126	103	Avg. 1 Max. 3	Avg. -1 Max. -2	Avg. 73 Max. 101	Avg. 104 Max. 325

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейский-300км** Date / Time: **17.05.2014 - 07:00 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
24	00:00:52	01:30:56 Since start: 09:40:31	40,18 Since start: 268,89	Avg. 26,45 Min. 0,00 Max. 42,51	Avg. 128 Min. 111 Max. 186	956	Avg. 56 Max. 80	92	110	Avg. 1 Max. 3	Avg. -1 Max. -4	Avg. 72 Max. 100	Avg. 99 Max. 287
Total	01:49:23	09:40:31	268,89			6429		650	670				
Avg. Pause	00:04:33	00:24:11	11,20	15,89	125	267	39	27	27	0	0	38	55
Min.	00:00:02	00:00:07	0,00	0,00	97	1		0	0				
Max.	00:27:29	01:39:40	57,47	49,44	186	1200	80	142	170	5	-5	108	527

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: **Ейский=300км** Date / Time: **17.05.2014 - 07:00 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



strong wind



Training partner:



~20 чуваков и 1 чувиха

Trip distance profile:

flat



Training type:

Марафон - тяжело.

Description:

Львы-Азов-Порт_Катон-Любимов-Ейское Укрепление-Староминская-Ростов(танк)=301км, время 13:01ч, жара до 45*С, восточный до 6м/с. Сменами по 1км с Борей Сёминым с 100-го км.

External link:

<http://>

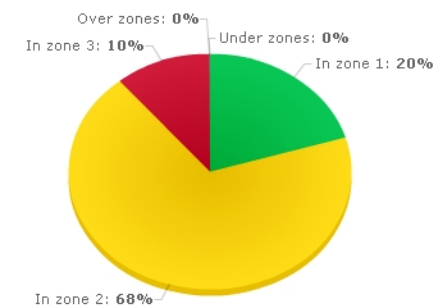
Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейский-300км** Date / Time: **17.05.2014 - 07:00 Clock**

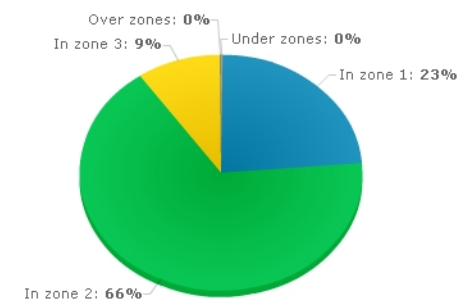
Pulse Zones

Under zones	0:00:04 h
In zone 1 (98 - 125 bpm)	2:13:42 h
In zone 2 (125 - 142 bpm)	7:32:03 h
In zone 3 (142 - 178 bpm)	1:11:52 h
Over zones	0:00:45 h



Intensity Zones

Under zones	0:01:16 h
In zone 1 (107 - 125 bpm)	2:34:39 h
In zone 2 (125 - 142 bpm)	7:18:37 h
In zone 3 (142 - 160 bpm)	1:03:09 h
In zone 4 (160 - 178 bpm)	0:00:00 h
Over zones	0:00:45 h



Power Zones