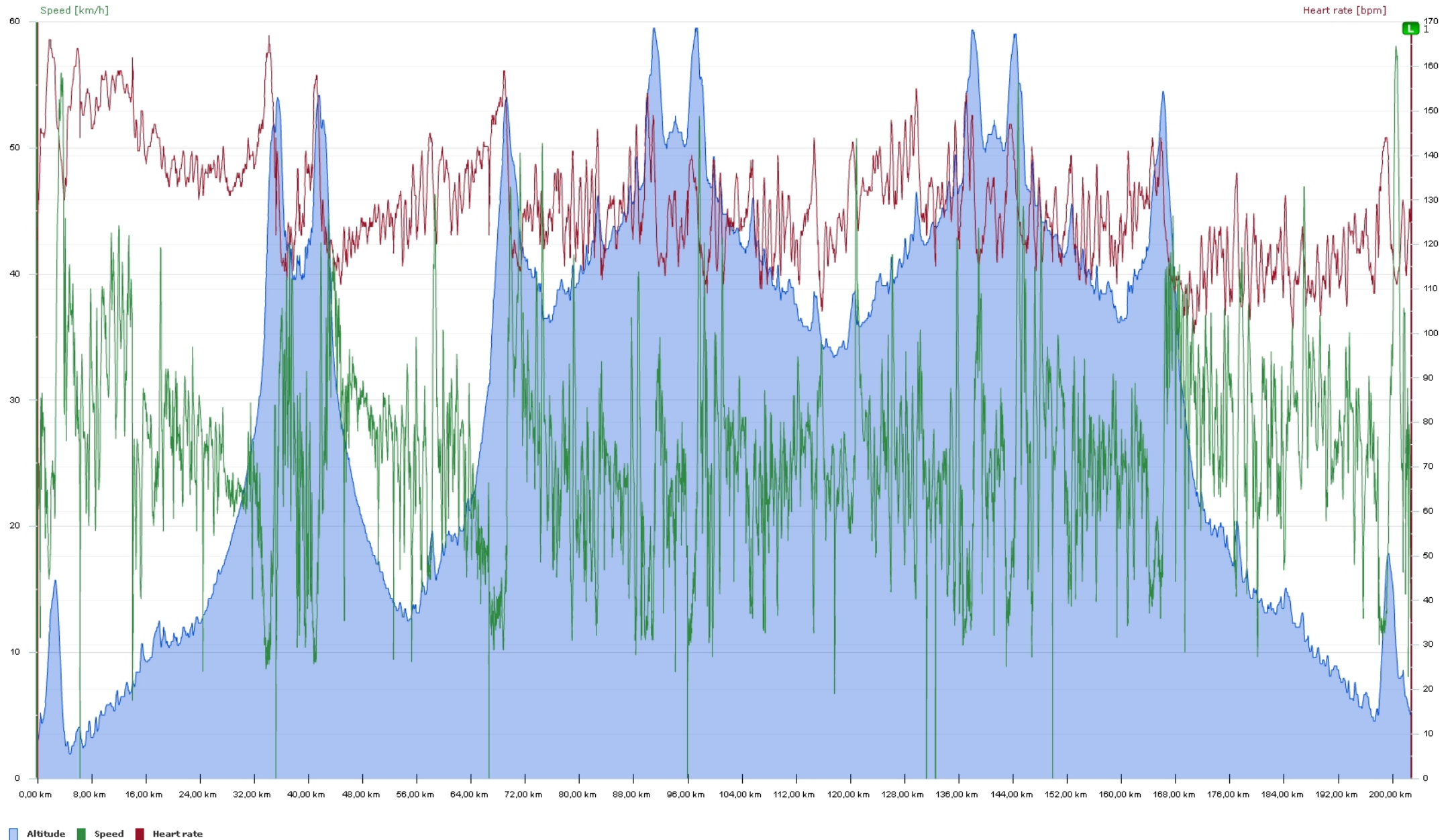


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Tyance=200km Date / Time: 24.05.2014 - 08:29 Clock



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **24.05.2014 - 08:29 Clock**

INFO

Start time	08:29 Clock
Date	24.05.2014
Unit	kmh
Bike	Bike 1
Number of log entries	6784
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	11

AVERAGE

Heart rate	130 bpm
Temperature	28,0 °C
Speed	23,88 km/h
Altitude	197 m
Cadence	76 R/min
Power	101 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-14 m/min

TOTAL VALUES

Trip distance	202,66 km
Trip time	8:28:08 h
Trip distance uphill	44,74 km
Trip distance downhill	48,45 km
Trip time uphill	2:28:59 h
Trip time downhill	1:31:21 h
Altitude uphill	2280 m
Altitude downhill	2272 m
Calories	5563 kcal

MIN/MAX VALUES

Heart rate	100 / 167 bpm
Temperature	19,0 / 39,0 °C
Speed	0,00 / 58,09 km/h
Altitude	12 / 367 m
Power	0 / 448 Watt
Cadence	0 / 113 R/min
Incline	-11 / 12 %
Rate of ascent	-74 / 23 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Tyance=200km Date / Time: **24.05.2014 - 08:29 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	08:28:08 Since start: 08:28:08	202,66 Since start: 202,66	Avg. 23,88 Min. 0,00 Max. 58,09	Avg. 130 Min. 100 Max. 167	5563	Avg. 197 Max. 367	2280	2272	Avg. 3 Max. 12	Avg. -2 Max. -11	Avg. 62 Max. 113	Avg. 101 Max. 448
Total	08:28:08	202,66			5563		2280	2272				
Avg. Lap	08:28:08	202,66	23,88	130	5563	197	2280	2272	3	-2	62	101
Min.	08:28:08	202,66	0,00	100	5563		2280	2272				
Max.	08:28:08	202,66	58,09	167	5563	367	2280	2272	12	-11	113	448

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **24.05.2014 - 08:29 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:01	00:13:21 Since start: 00:13:21	6,28 Since start: 6,28	Avg. 28,07 Min. 0,00 Max. 55,98	Avg. 151 Min. 121 Max. 166	189	Avg. 43 Max. 97	99	92	Avg. 2 Max. 9	Avg. -3 Max. -8	Avg. 73 Max. 107	Avg. 169 Max. 411
2	00:00:02	00:00:04 Since start: 00:13:25	0,00 Since start: 6,29	Avg. 3,75 Min. 0,00 Max. 7,50	Avg. 144 Min. 144 Max. 145	1	Avg. 25 Max. 25	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
3	00:00:01	00:00:11 Since start: 00:13:36	0,01 Since start: 6,30	Avg. 3,66 Min. 0,00 Max. 6,16	Avg. 145 Min. 144 Max. 147	2	Avg. 25 Max. 25	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
4	00:09:25	01:10:34 Since start: 01:24:11	28,89 Since start: 35,20	Avg. 24,52 Min. 0,00 Max. 43,86	Avg. 144 Min. 122 Max. 167	916	Avg. 105 Max. 323	405	109	Avg. 3 Max. 12	Avg. -1 Max. -4	Avg. 77 Max. 111	Avg. 145 Max. 448
5	00:00:04	01:17:47 Since start: 02:41:58	31,43 Since start: 66,63	Avg. 24,20 Min. 0,00 Max. 46,36	Avg. 130 Min. 111 Max. 158	848	Avg. 167 Max. 334	341	472	Avg. 3 Max. 10	Avg. -2 Max. -11	Avg. 62 Max. 103	Avg. 91 Max. 343
6	00:06:27	00:00:24 Since start: 02:42:23	0,00 Since start: 66,63	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 132 Min. 122 Max. 135	5	Avg. 192 Max. 193	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
7	00:05:00	01:21:38 Since start: 04:04:01	29,33 Since start: 95,97	Avg. 21,52 Min. 0,00 Max. 50,40	Avg. 131 Min. 112 Max. 159	904	Avg. 276 Max. 367	422	300	Avg. 3 Max. 11	Avg. -2 Max. -8	Avg. 56 Max. 100	Avg. 97 Max. 331
8	00:00:02	01:29:24 Since start: 05:33:25	35,25 Since start: 131,23	Avg. 23,62 Min. 0,00 Max. 52,52	Avg. 128 Min. 105 Max. 155	951	Avg. 255 Max. 367	328	384	Avg. 2 Max. 8	Avg. -2 Max. -7	Avg. 61 Max. 103	Avg. 88 Max. 352

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **24.05.2014 - 08:29 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
9	00:04:57	00:00:04 Since start: 05:33:29	0,00 Since start: 131,23	Avg. 2,21 Min. 0,00 Max. 4,42	Avg. 124 Min. 122 Max. 127	1	Avg. 262 Max. 262	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
10	00:00:12	00:03:42 Since start: 05:37:11	1,30 Since start: 132,53	Avg. 21,34 Min. 0,00 Max. 27,70	Avg. 128 Min. 115 Max. 135	38	Avg. 267 Max. 272	10	2	Avg. 1 Max. 2	Avg. 0 Max. 0	Avg. 63 Max. 93	Avg. 76 Max. 184
11	00:00:13	00:45:41 Since start: 06:22:53	17,27 Since start: 149,81	Avg. 22,62 Min. 0,00 Max. 55,21	Avg. 132 Min. 114 Max. 154	509	Avg. 309 Max. 366	229	235	Avg. 3 Max. 10	Avg. -3 Max. -8	Avg. 61 Max. 100	Avg. 102 Max. 299
Total	00:26:24	06:22:53	149,81			4371		1834	1594				
Avg. Pause	00:02:24	00:34:48	13,61	15,96	135	397	175	166	144	1	-1	41	70
Min.	00:00:01	00:00:04	0,00	0,00	105	1		0	0				
Max.	00:09:25	01:29:24	35,25	55,98	167	951	367	422	472	12	-11	111	448

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Туапсе=200км Date / Time: 24.05.2014 - 08:29 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light rain



light wind



Training partner:



20 чубаков

Trip distance profile:

hilly



Training type:

Горный марафон, раскаточно

Description:

Туапсе-Псеушхо-Терзиян-Октябрьский-Терзиян-Туапсе=202,6км, заклинивало цепь неск раз, слегка припал, легкий дождь, мокро после Горного, время=9:00ч

External link:

<http://>

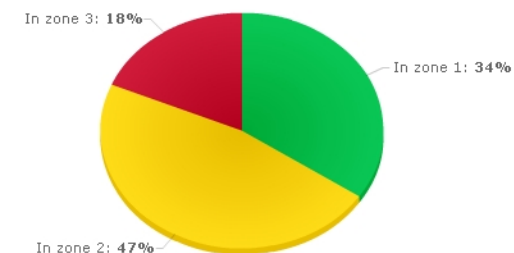
Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **24.05.2014 - 08:29 Clock**

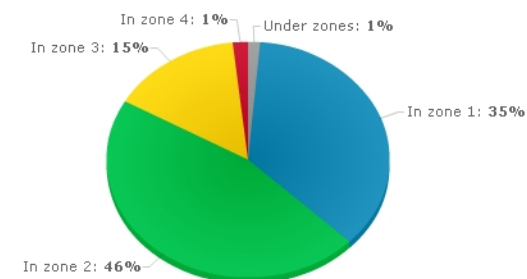
Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - < 125 bpm)	2:54:56 h
In zone 2 (125 - < 142 bpm)	3:58:35 h
In zone 3 (142 - < 178 bpm)	1:34:36 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:06:54 h
In zone 1 (> 107 - 125 bpm)	3:02:17 h
In zone 2 (> 125 - 142 bpm)	3:53:38 h
In zone 3 (> 142 - 160 bpm)	1:16:27 h
In zone 4 (> 160 - 178 bpm)	0:08:51 h
Over zones	0:00:00 h



Power Zones