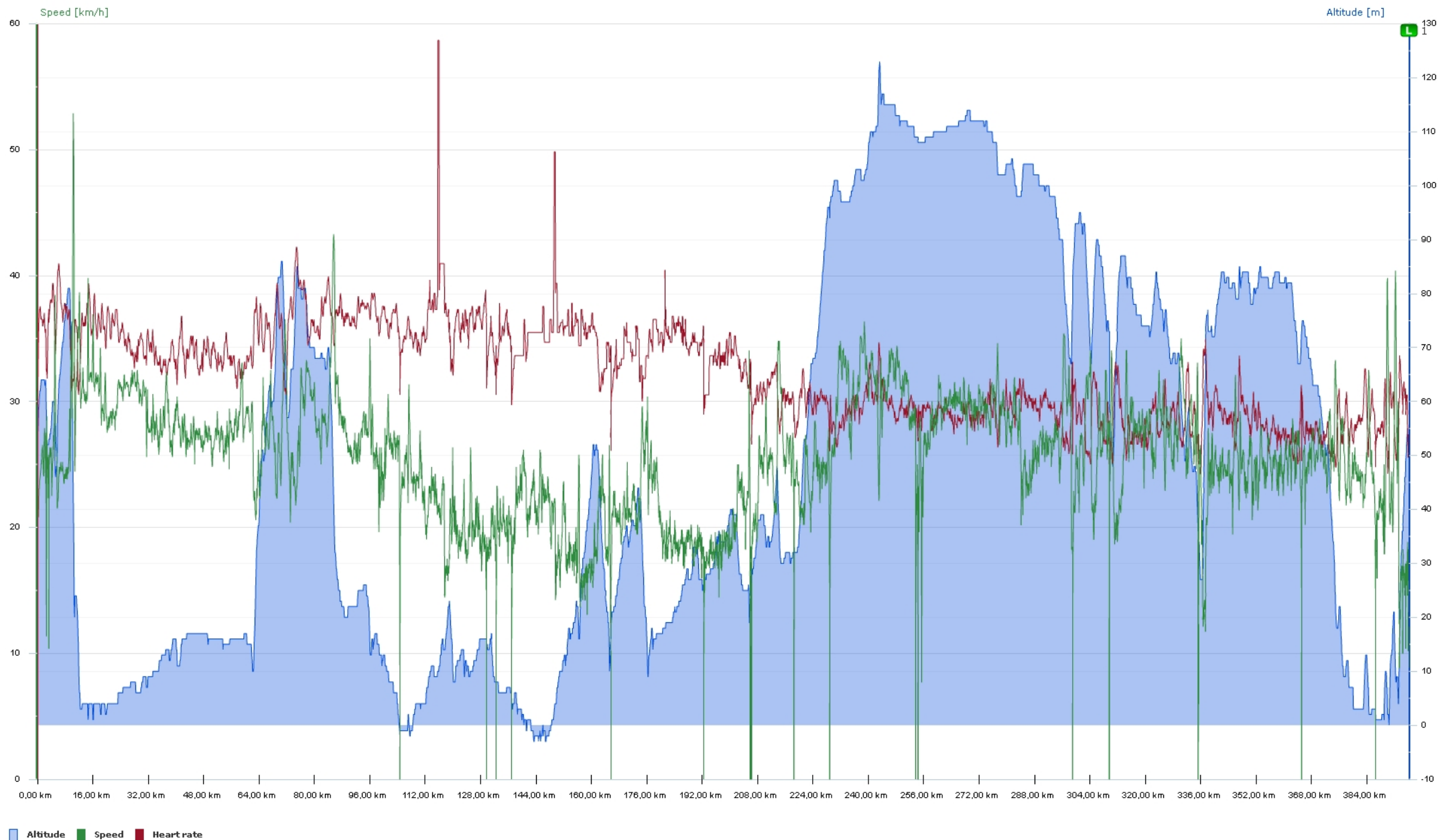


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03** Clock



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03 Clock**

INFO

Start time	06:03 Clock
Date	12.07.2014
Unit	kmh
Bike	Bike 1
Number of log entries	5756
Wheel size	2116 mm
Log time interval	10 s
Number of laps	1
Number of pauses	24

AVERAGE

Heart rate	124 bpm
Temperature	32,7 °C
Speed	24,45 km/h
Altitude	45 m
Cadence	71 R/min
Power	77 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	396,09 km
Trip time	16:09:27 h
Trip distance uphill	49,77 km
Trip distance downhill	48,30 km
Trip time uphill	2:15:54 h
Trip time downhill	1:44:26 h
Altitude uphill	930 m
Altitude downhill	938 m
Calories	9359 kcal

MIN/MAX VALUES

Heart rate	93 / 225 bpm
Temperature	20,0 / 48,0 °C
Speed	0,00 / 52,90 km/h
Altitude	-3 / 123 m
Power	0 / 434 Watt
Cadence	0 / 102 R/min
Incline	-6 / 6 %
Rate of ascent	-48 / 14 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03 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	16:09:27 Since start: 16:09:27	396,09 Since start: 396,09	Avg. 24,45 Min. 0,00 Max. 52,90	Avg. 124 Min. 93 Max. 225	9359	Avg. 45 Max. 123	930	938	Avg. 1 Max. 6	Avg. -1 Max. -6	Avg. 69 Max. 102	Avg. 78 Max. 434
Total	16:09:27	396,09			9359		930	938				
Avg. Lap	16:09:27	396,09	24,45	124	9359	45	930	938	1	-1	69	78
Min.	16:09:27	396,09	0,00	93	9359		930	938				
Max.	16:09:27	396,09	52,90	225	9359	123	930	938	6	-6	102	434

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:14:53	03:45:34 Since start: 03:45:34	104,68 Since start: 104,68	Avg. 27,81 Min. 0,00 Max. 52,90	Avg. 136 Min. 114 Max. 162	2569	Avg. 30 Max. 86	228	285	Avg. 1 Max. 4	Avg. -1 Max. -6	Avg. 71 Max. 100	Avg. 113 Max. 434
2	00:00:09	00:00:17 Since start: 03:45:51	0,03 Since start: 104,72	Avg. 2,60 Min. 0,00 Max. 5,19	Avg. 118 Min. 117 Max. 119	2	Avg. -1 Max. -1	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
3	00:10:15	01:11:30 Since start: 04:57:22	25,04 Since start: 129,77	Avg. 20,98 Min. 0,00 Max. 31,36	Avg. 140 Min. 119 Max. 225	856	Avg. 9 Max. 23	50	33	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 67 Max. 82	Avg. 56 Max. 205
4	00:01:34	00:08:47 Since start: 05:06:09	2,75 Since start: 132,52	Avg. 18,57 Min. 0,00 Max. 21,74	Avg. 131 Min. 119 Max. 141	94	Avg. 12 Max. 17	4	10	Avg. 0 Max. 0	Avg. -1 Max. -1	Avg. 62 Max. 78	Avg. 34 Max. 60
5	00:05:31	00:00:13 Since start: 05:06:22	0,01 Since start: 132,53	Avg. 2,40 Min. 0,00 Max. 4,81	Avg. 124 Min. 117 Max. 132	3	Avg. 9 Max. 10	0	0	Avg. 1 Max. 1	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
6	00:18:28	00:13:30 Since start: 05:19:53	4,49 Since start: 137,02	Avg. 19,81 Min. 0,00 Max. 23,28	Avg. 134 Min. 119 Max. 145	151	Avg. 6 Max. 8	1	7	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 67 Max. 77	Avg. 47 Max. 106
7	00:00:04	01:27:15 Since start: 06:47:09	28,53 Since start: 165,56	Avg. 19,57 Min. 0,00 Max. 26,55	Avg. 135 Min. 114 Max. 191	984	Avg. 16 Max. 52	89	77	Avg. 1 Max. 3	Avg. -1 Max. -3	Avg. 66 Max. 88	Avg. 49 Max. 149
8	00:41:27	00:00:13 Since start: 06:47:22	0,01 Since start: 165,57	Avg. 1,54 Min. 0,00 Max. 3,08	Avg. 114 Min. 100 Max. 129	2	Avg. 18 Max. 19	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: **Степной=400км** Date / Time: **12.07.2014 - 06:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
9	00:14:00	01:19:01 Since start: 08:06:23	26,94 Since start: 192,51	Avg. 20,40 Min. 0,00 Max. 30,39	Avg. 132 Min. 104 Max. 155	854	Avg. 25 Max. 44	62	55	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 69 Max. 91	Avg. 50 Max. 183
10	00:00:09	00:41:47 Since start: 08:48:11	13,43 Since start: 205,94	Avg. 19,22 Min. 0,00 Max. 34,05	Avg. 126 Min. 112 Max. 136	417	Avg. 31 Max. 40	24	29	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 67 Max. 93	Avg. 40 Max. 180
11	00:01:21	00:00:26 Since start: 08:48:37	0,05 Since start: 206,00	Avg. 6,93 Min. 0,00 Max. 10,58	Avg. 123 Min. 118 Max. 127	4	Avg. 25 Max. 26	1	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 23 Max. 46	Avg. 3 Max. 8
12	00:00:02	00:01:06 Since start: 08:49:44	0,24 Since start: 206,25	Avg. 12,09 Min. 0,00 Max. 18,47	Avg. 116 Min. 112 Max. 119	10	Avg. 26 Max. 26	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 43 Max. 72	Avg. 12 Max. 38
13	00:42:46	00:00:14 Since start: 08:49:58	0,00 Since start: 206,25	Avg. 1,82 Min. 0,00 Max. 3,65	Avg. 108 Min. 104 Max. 113	2	Avg. 27 Max. 29	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
14	00:05:45	00:30:00 Since start: 09:19:58	12,29 Since start: 218,54	Avg. 24,52 Min. 0,00 Max. 34,82	Avg. 117 Min. 102 Max. 127	258	Avg. 34 Max. 48	32	29	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 64 Max. 86	Avg. 68 Max. 134
15	00:05:03	00:26:10 Since start: 09:46:09	10,30 Since start: 228,85	Avg. 23,50 Min. 0,00 Max. 28,47	Avg. 114 Min. 100 Max. 125	216	Avg. 63 Max. 96	64	4	Avg. 1 Max. 1	Avg. -2 Max. -2	Avg. 67 Max. 84	Avg. 78 Max. 192
16	00:00:09	00:48:51 Since start: 10:35:00	24,87 Since start: 253,73	Avg. 30,49 Min. 0,00 Max. 36,36	Avg. 113 Min. 101 Max. 133	395	Avg. 106 Max. 123	37	24	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 69 Max. 90	Avg. 124 Max. 288

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
17	00:17:00	00:01:46 Since start: 10:36:46	0,56 Since start: 254,30	Avg. 18,89 Min. 0,00 Max. 25,01	Avg. 108 Min. 103 Max. 113	13	Avg. 108 Max. 109	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 35 Max. 72	Avg. 19 Max. 66
18	00:05:38	01:36:02 Since start: 12:12:48	44,67 Since start: 298,98	Avg. 27,90 Min. 0,00 Max. 35,39	Avg. 112 Min. 99 Max. 127	754	Avg. 103 Max. 114	28	58	Avg. 2 Max. 3	Avg. -1 Max. -1	Avg. 69 Max. 89	Avg. 93 Max. 241
19	00:00:35	00:00:22 Since start: 12:13:10	0,00 Since start: 298,98	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 99 Min. 99 Max. 100	1	Avg. 82 Max. 83	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
20	00:10:30	00:24:38 Since start: 12:37:49	10,59 Since start: 309,57	Avg. 25,58 Min. 0,00 Max. 34,05	Avg. 110 Min. 96 Max. 124	189	Avg. 84 Max. 95	41	49	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 73 Max. 96	Avg. 72 Max. 182
21	00:00:15	00:57:13 Since start: 13:35:02	25,73 Since start: 335,31	Avg. 26,91 Min. 0,00 Max. 35,01	Avg. 109 Min. 96 Max. 127	427	Avg. 69 Max. 87	72	95	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 71 Max. 97	Avg. 81 Max. 190
22	00:08:13	00:00:21 Since start: 13:35:23	0,01 Since start: 335,33	Avg. 2,12 Min. 0,00 Max. 4,23	Avg. 100 Min. 100 Max. 101	2	Avg. 36 Max. 37	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
23	00:03:12	01:14:51 Since start: 14:50:14	29,83 Since start: 365,17	Avg. 23,87 Min. 0,00 Max. 32,12	Avg. 109 Min. 93 Max. 134	563	Avg. 76 Max. 85	93	56	Avg. 3 Max. 5	Avg. -1 Max. -1	Avg. 71 Max. 95	Avg. 67 Max. 265

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
24	00:03:15	00:50:51 Since start: 15:41:06	21,35 Since start: 386,53	Avg. 25,21 Min. 0,00 Max. 33,28	Avg. 107 Min. 95 Max. 125	363	Avg. 30 Max. 75	21	92	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 74 Max. 102	Avg. 57 Max. 166
Total	03:30:14	15:41:06	386,53			9138		847	904				
Avg. Pause	00:08:45	00:39:12	16,10	16,78	118	380	43	35	37	0	0	47	44
Min.	00:00:02	00:00:13	0,00	0,00	93	1		0	0				
Max.	00:42:46	03:45:34	104,68	52,90	225	2569	123	228	285	5	-6	102	434

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



strong wind



Training partner:



6 чуваков

Trip distance profile:

flat



Training type:

Марафон в экстремальных условиях на выживание

Description:

Ростов(Львы)-Александровка-Ольгинка-Дорожный-Усьман-Веселый-Сальск-Егорлык-Ростов (Тачанка)=400км, первые 200км встречный/боковой юго-восточный до 10м/с, жара до 45*С, последние 100км(4 часа) в темноте, время=19:17ч.

External link:

<http://>

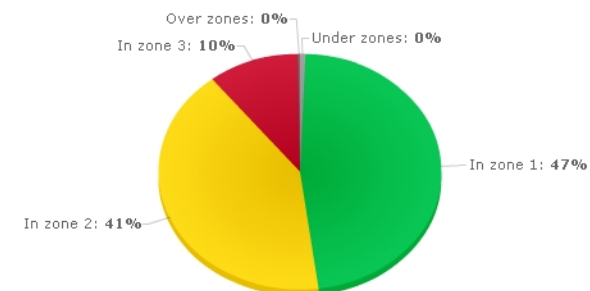
Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной=400км** Date / Time: **12.07.2014 - 06:03 Clock**

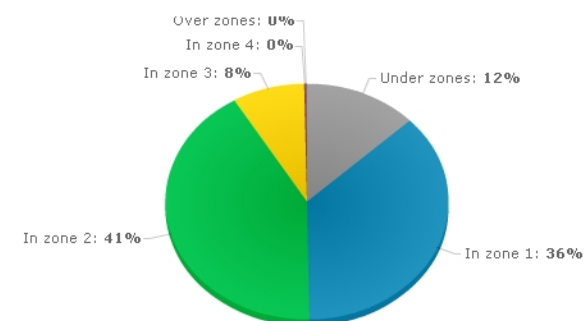
Pulse Zones

Under zones	0:05:55 h
In zone 1 (98 - < 125 bpm)	7:38:37 h
In zone 2 (125 - < 142 bpm)	6:41:47 h
In zone 3 (142 - < 178 bpm)	1:40:54 h
Over zones	0:02:11 h



Intensity Zones

Under zones	2:05:26 h
In zone 1 (> 107 - 125 bpm)	5:56:45 h
In zone 2 (> 125 - 142 bpm)	6:44:03 h
In zone 3 (> 142 - 160 bpm)	1:20:09 h
In zone 4 (> 160 - 178 bpm)	0:00:50 h
Over zones	0:02:11 h



Power Zones