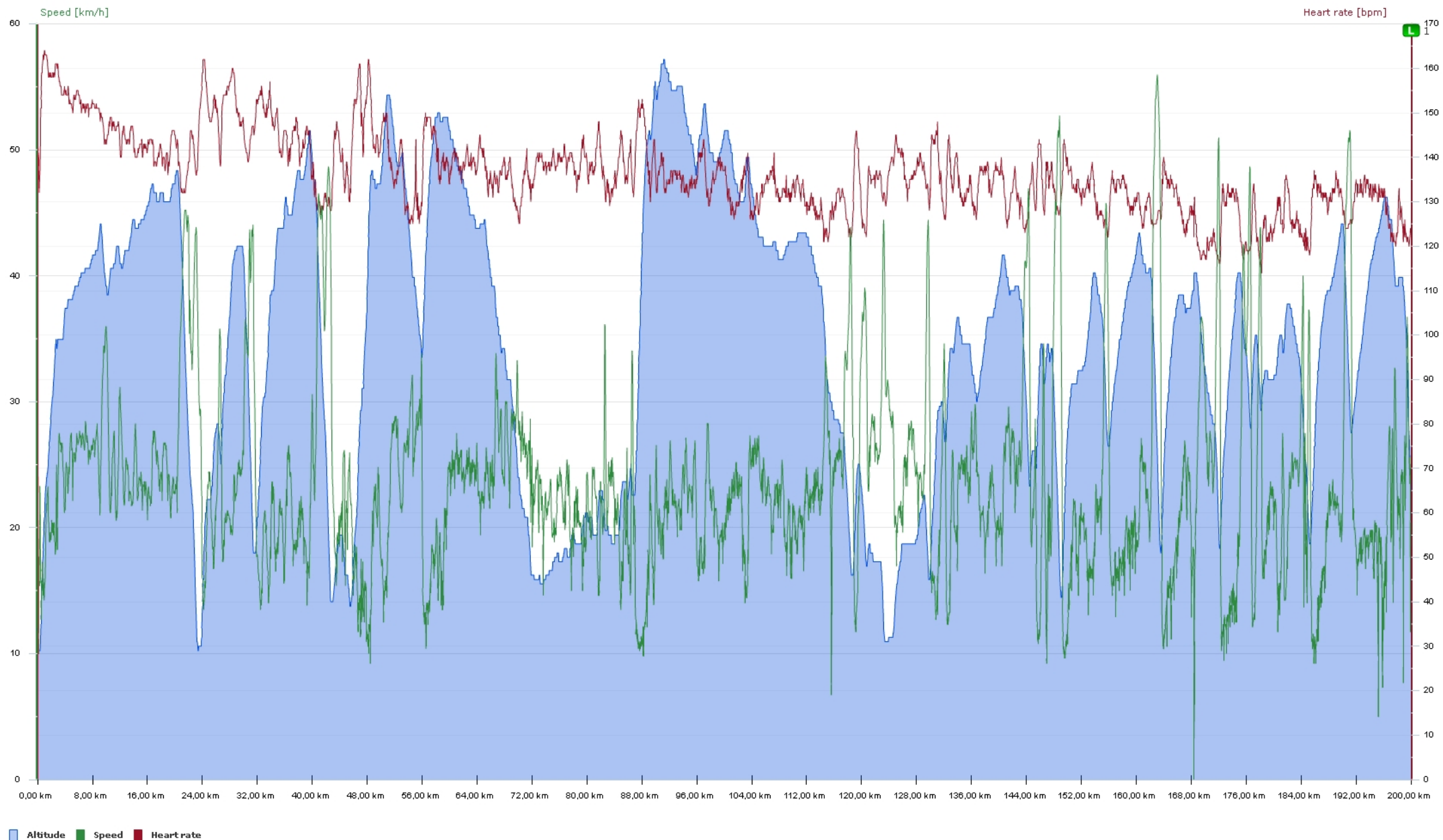


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Матвей=200км** Date / Time: **04.10.2014 - 08:03 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Матвей=200км Date / Time: **04.10.2014 - 08:03** Clock

INFO

Start time	08:03 Clock
Date	04.10.2014
Unit	kmh
Bike	Bike 1
Number of log entries	7404
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	3

AVERAGE

Heart rate	137 bpm
Temperature	16,1 °C
Speed	21,58 km/h
Altitude	99 m
Cadence	71 R/min
Power	65 Watt
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	-10 m/min

TOTAL VALUES

Trip distance	200,01 km
Trip time	9:15:07 h
Trip distance uphill	28,26 km
Trip distance downhill	33,96 km
Trip time uphill	1:41:28 h
Trip time downhill	1:03:31 h
Altitude uphill	1380 m
Altitude downhill	1353 m
Calories	6608 kcal

MIN/MAX VALUES

Heart rate	114 / 164 bpm
Temperature	2,0 / 24,0 °C
Speed	0,00 / 55,98 km/h
Altitude	29 / 162 m
Power	0 / 337 Watt
Cadence	0 / 99 R/min
Incline	-6 / 7 %
Rate of ascent	-44 / 16 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Матвей=200км** Date / Time: **04.10.2014 - 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	09:15:07 Since start: 09:15:07	200,01 Since start: 200,01	Avg. 21,58 Min. 0,00 Max. 55,98	Avg. 137 Min. 114 Max. 164	6606	Avg. 99 Max. 162	1380	1353	Avg. 2 Max. 7	Avg. -1 Max. -6	Avg. 59 Max. 99	Avg. 65 Max. 337
Total	09:15:07	200,01			6606		1380	1353				
Avg. Lap	09:15:07	200,01	21,58	137	6606	99	1380	1353	2	-1	59	65
Min.	09:15:07	200,01	0,00	114	6606		1380	1353				
Max.	09:15:07	200,01	55,98	164	6606	162	1380	1353	7	-6	99	337

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Матвей=200km** Date / Time: **04.10.2014 - 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	00:00:35	07:41:40 Since start: 07:41:40	168,44 Since start: 168,44	Avg. 21,86 Min. 6,35 Max. 55,98	Avg. 139 Min. 121 Max. 164	5624	Avg. 99 Max. 162	1140	1064	Avg. 2 Max. 7	Avg. -1 Max. -6	Avg. 61 Max. 99	Avg. 69 Max. 337
2	00:04:38	00:00:18 Since start: 07:41:58	0,00 Since start: 168,44	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 126 Min. 123 Max. 128	3	Avg. 111 Max. 112	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
3	00:01:14	00:00:13 Since start: 07:42:11	0,00 Since start: 168,45	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 123 Min. 122 Max. 125	2	Avg. 112 Max. 113	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
Total	00:06:27	07:42:11	168,45			5630		1140	1064				
Avg. Pause	00:02:09	02:34:03	56,15	7,29	129	1876	107	380	354	0	0	20	23
Min.	00:00:35	00:00:13	0,00	0,00	121	2		0	0				
Max.	00:04:38	07:41:40	168,44	55,98	164	5624	162	1140	1064	7	-6	99	337

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Матвей=200км Date / Time: 04.10.2014 - 08:03 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



Более 20 чуваков и 2 девушки

Trip distance profile:

hilly



Training type:

марафон - как шмогла

Description:

Ростов-Родионовка-М.Курган-Самбек-Ростов=200км, соло в щадящем темпе пустыми ногами, погода и покрытие класс, время=9:22ч.

External link:

<http://>

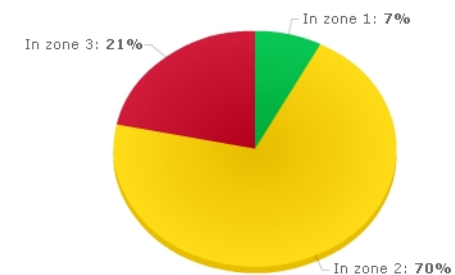
Linked track:

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Матвей=200км Date / Time: 04.10.2014 - 08:03 Clock

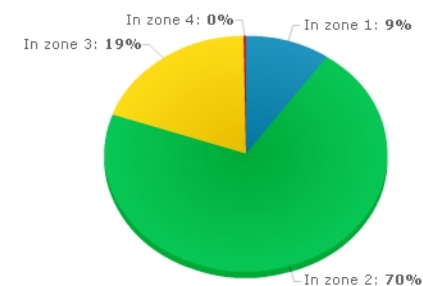
Pulse Zones

Under zones	0:00:00 h
In zone 1 (99 - < 126 bpm)	0:42:22 h
In zone 2 (126 - < 144 bpm)	6:32:18 h
In zone 3 (144 - < 180 bpm)	2:00:27 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 108 - 126 bpm)	0:53:46 h
In zone 2 (> 126 - 144 bpm)	6:32:27 h
In zone 3 (> 144 - 162 bpm)	1:47:19 h
In zone 4 (> 162 - 180 bpm)	0:01:34 h
Over zones	0:00:00 h



Power Zones