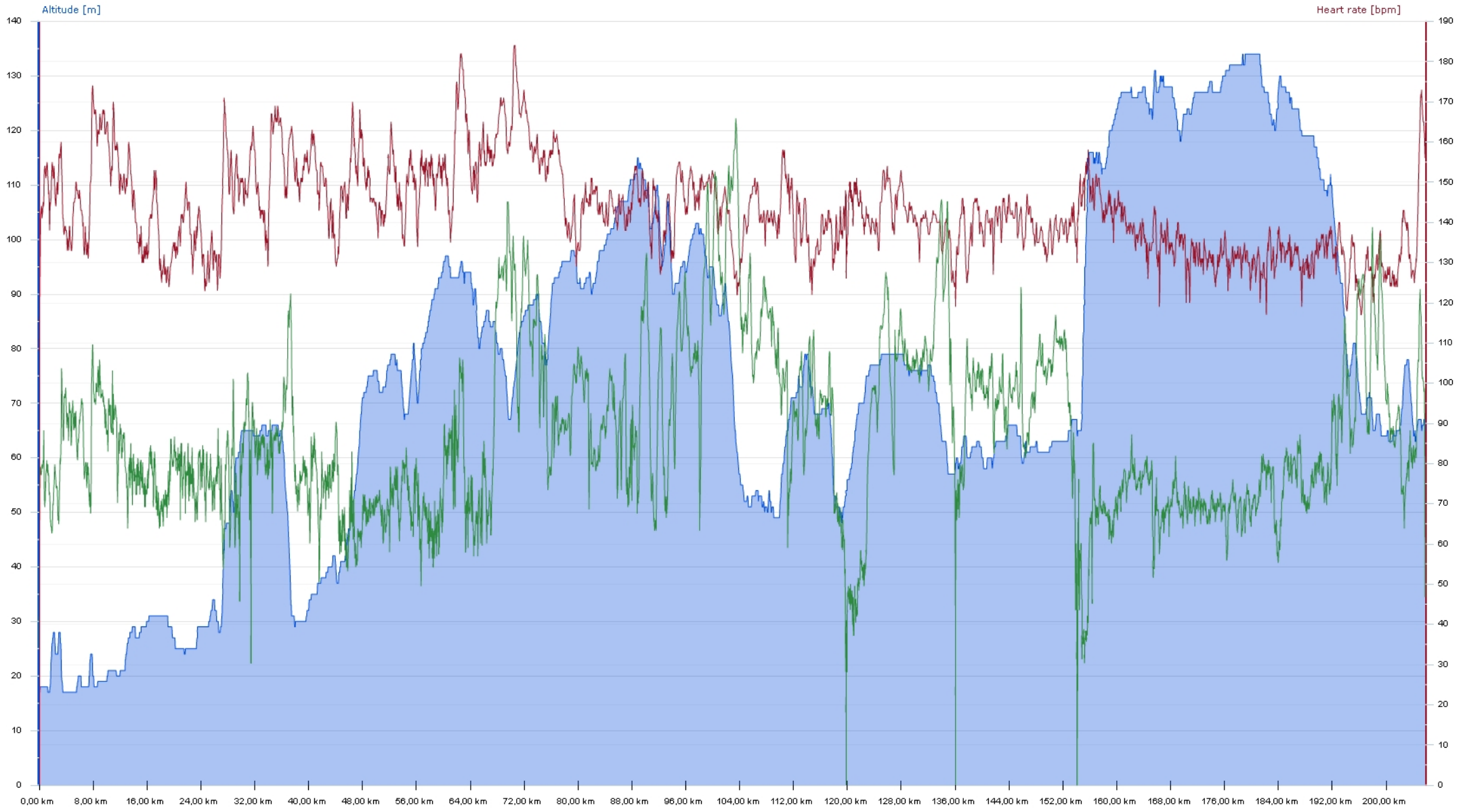


LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 18.04.2015 - 08:00 Clock



Altitude Speed Heart rate

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 18.04.2015 - 08:00 Clock

INFO

Start time	08:00 Clock
Date	18.04.2015
Unit	kmh
Bike	Bike 1
Number of log entries	5409
Wheel size	2155 mm
Log time interval	5 s
Number of laps	1
Number of pauses	3

AVERAGE

Heart rate	142 bpm
Temperature	22,0 °C
Speed	30,44 km/h
Altitude	76 m
Cadence	91 R/min
Power	124 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-7 m/min

TOTAL VALUES

Trip distance	205,80 km
Trip time	6:45:33 h
Trip distance uphill	20,28 km
Trip distance downhill	19,53 km
Trip time uphill	0:44:09 h
Trip time downhill	0:32:11 h
Altitude uphill	616 m
Altitude downhill	567 m
Calories	4317 kcal

MIN/MAX VALUES

Heart rate	103 / 184 bpm
Temperature	16,0 / 29,0 °C
Speed	0,00 / 61,12 km/h
Altitude	15 / 134 m
Power	0 / 677 Watt
Cadence	0 / 123 R/min
Incline	-3 / 9 %
Rate of ascent	-22 / 19 m/min

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 18.04.2015 - 08:00 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	06:45:33 Since start: 06:45:33	205,80 Since start: 205,80	Avg. 30,44 Min. 0,00 Max. 61,12	Avg. 142 Min. 103 Max. 184	4316	Avg. 76 Max. 134	616	567	Avg. 1 Max. 9	Avg. -1 Max. -3	Avg. 88 Max. 123	Avg. 125 Max. 677
Total	06:45:33	205,80			4316		616	567				
Avg. Lap	06:45:33	205,80	30,44	142	4316	76	616	567	1	-1	88	125
Min.	06:45:33	205,80	0,00	103	4316		616	567				
Max.	06:45:33	205,80	61,12	184	4316	134	616	567	9	-3	123	677

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 18.04.2015 - 08:00 Clock

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:05:11	03:50:22 Since start: 03:50:22	119,77 Since start: 119,77	Avg. 31,18 Min. 0,00 Max. 61,12	Avg. 147 Min. 103 Max. 184	2572	Avg. 62 Max. 115	390	352	Avg. 1 Max. 4	Avg. -1 Max. -3	Avg. 90 Max. 123	Avg. 132 Max. 677
2	00:00:27	00:31:01 Since start: 04:21:24	16,25 Since start: 136,03	Avg. 31,41 Min. 0,00 Max. 53,68	Avg. 141 Min. 124 Max. 154	326	Avg. 70 Max. 79	30	26	Avg. 1 Max. 2	Avg. -1 Max. -1	Avg. 80 Max. 116	Avg. 150 Max. 500
3	00:01:27	00:31:39 Since start: 04:53:03	18,10 Since start: 154,13	Avg. 34,35 Min. 0,00 Max. 45,65	Avg. 138 Min. 119 Max. 147	321	Avg. 62 Max. 67	32	26	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 81 Max. 107	Avg. 154 Max. 306
Total	00:07:05	04:53:03	154,13			3220		452	404				
Avg. Pause	00:02:21	01:37:41	51,37	32,32	142	1073	65	150	134	1	-1	84	145
Min.	00:00:27	00:31:01	16,25	0,00	103	321		30	26				
Max.	00:05:11	03:50:22	119,77	61,12	184	2572	115	390	352	4	-3	123	677

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 18.04.2015 - 08:00 Clock

NOTES

Rating: ★★★★★

Weather:

cloudy



strong wind



Training partner:

Trip distance profile:

flat



Training type:

марафон

Description:

External link:

<http://>

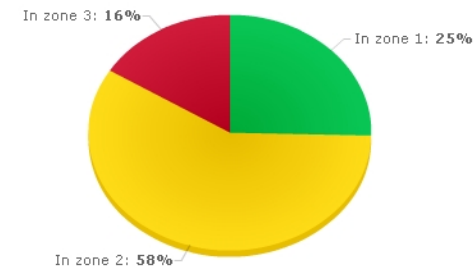
Linked track:

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 18.04.2015 - 08:00 Clock

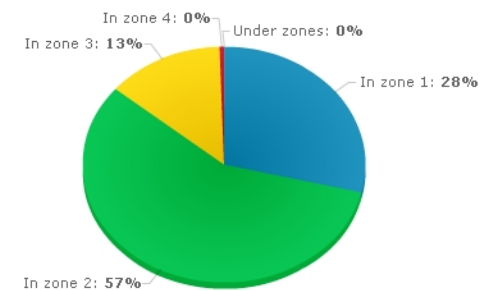
Pulse Zones

Under zones	0:00:00 h
In zone 1 (106 - < 135 bpm)	1:43:02 h
In zone 2 (135 - < 154 bpm)	3:56:58 h
In zone 3 (154 - < 193 bpm)	1:05:33 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:09 h
In zone 1 (> 116 - 135 bpm)	1:56:41 h
In zone 2 (> 135 - 154 bpm)	3:52:15 h
In zone 3 (> 154 - 174 bpm)	0:54:22 h
In zone 4 (> 174 - 193 bpm)	0:02:06 h
Over zones	0:00:00 h



Power Zones