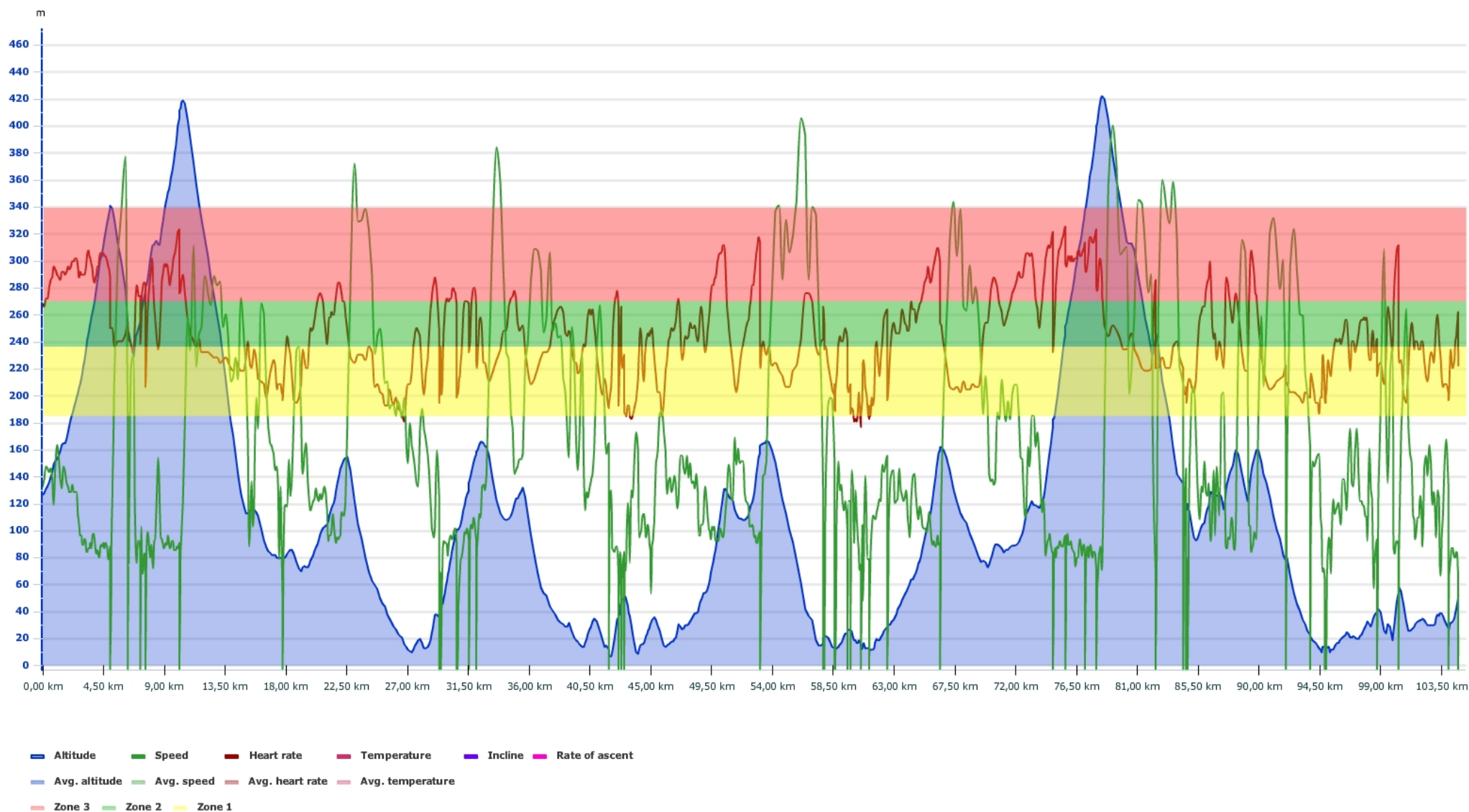


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Koktebel-Ordjonikidze** Date / Time: **04.11.2011 - 10:53 - 18:45**



LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Koktebel-Ordjonikidze** Date / Time: **04.11.2011 - 10:53 - 18:45**



NOTES

Rating:



Weather:

light cloud



light wind



Trip distance profile:

mountainous



Training type:

Hard

Training partner:



Zeka,Kochevnik

Description:

7 perevalov,ne doehaly 10km do Feodosii

MARKERS

1. 

2. 

3. 

4. 

























5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Koktebel-Ordjonikidze** Date / Time: **04.11.2011 - 10:53 - 18:45**




















MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	27. 
10. 	16. 	22. 	28. 
11. 	17. 	23. 	29. 
12. 	18. 	24. 	30. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Koktebel-Ordjonikidze** Date / Time: **04.11.2011 - 10:53 - 18:45**

MARKERS

31. 	37. 	43. 	49. 
32. 	38. 	44. 	
33. 	39. 	45. 	
34. 	40. 	46. 	
35. 	41. 	47. 	
36. 	42. 	48. 	

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Koktebel-Ordjonikidze** Date / Time: **04.11.2011 - 10:53 - 18:45**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	20
Number of log entries	934
Calories	3061 kcal
Bike	Bike 2
Stopp time	18:45 Clock
Start time	10:53 Clock
Date	04.11.2011

TOTAL VALUES

Trip distance	104,75 km
Trip time	05:09:28 h
Break time	02:36:33 h
Distance uphill	45,81 km
Trip time uphill	02:57:55 h
Meters uphill	1711 m
Distance downhill	49,92 km
Trip time downhill	01:36:18 h
Meters downhill	1834 m

MIN. / MAX VALUES

Speed	0,00/58,53 kmh
Heart rate	91/166 bpm
Temperature	8,0/18,0 °C
Altitude	7/422 °C
Incline	-18/11 %
Rate of ascent	-79/26 m/min

AVERAGE VALUES

Speed	20,75 kmh
Heart rate	128 bpm
Temperature	10,6 °C
Altitude	120 m
Incline	1 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Koktebel-Ordjonikidze** Date / Time: **04.11.2011 - 10:53 - 18:45**



HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm

Time in Zone 1:	01:54:20 h
Time in Zone 2:	01:34:27 h
Time in Zone 3:	01:37:29 h

Outside	00:03:10 h
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