

TRAINING DATA

Device / Bike: vflukash / Bike 1
Date / Time: 03.05.2015 - 07:59 Clock

Notes

Rating: ★★★★★

Weather:

light cloud



light wind



Training partner:



37

Trip distance profile:

slightly hilly



Training type:

Марафон

Description:

Львы-Ольгинка-Зерноград-Березовая-Гвардейская=200км, время=6:34ч

External link:

http://

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▼ Trip distance & Time			
Trip distance:	201,26 km	Trip time:	6:34:38 h
Avg. speed:	30,60 km/h	Max. speed:	62,90 km/h
Trip distance +:	201,26 km	Trip distance -:	0,00 km
Avg. power:	115 Watt	Max. power:	486 Watt

▼ Cadence			
Avg. cadence:	92 R/min	Max. cadence:	124 R/min
Avg. Expansion:	5,4 m/R		

▼ Heart rate			
Avg. heart rate:	145 bpm	Max. heart rate:	188 bpm
Zone 1 (97 - < 123):	0:03:49 h	% in zone 1:	1 %
Zone 2 (123 - < 141):	2:26:01 h	% in zone 2:	37 %
Zone 3 (141 - < 176):	4:03:02 h	% in zone 3:	62 %
Calories:	5739 kcal		

▼ Uphill			
Trip distance:	20,75 km	Trip time:	0:52:08 h
Avg. speed:	23,88 km/h	Altitude:	681 m
Avg. incline:	2 %	Max. incline:	6 %
Max. altitude:	67 m	Avg. Expansion:	4,4 m/R

▼ Downhill			
Trip distance:	23,68 km	Trip time:	0:39:13 h
Avg. speed:	36,23 km/h	Altitude:	708 m
Avg. incline:	2 %	Max. incline:	7 %

▼ Temperature			
Minimum:	12,9 °C	Maximum:	27,2 °C