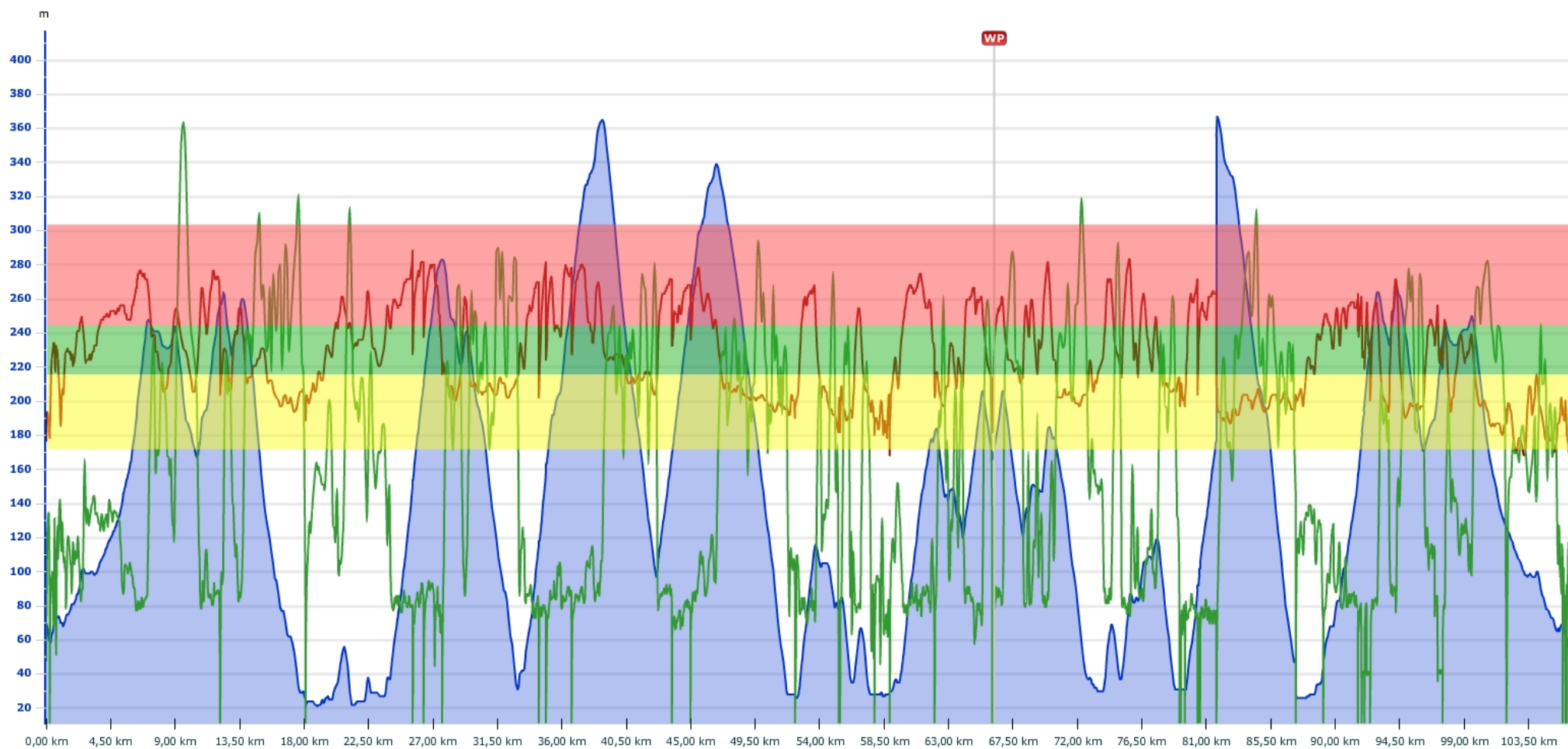


LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Morskoe-Rybachye-Solnechnogorsk** Date / Time: **05.11.2011 - 10:06 - 18:42**



Altitude Speed Heart rate Temperature Incline Rate of ascent
 Avg. altitude Avg. speed Avg. heart rate Avg. temperature
 Zone 3 Zone 2 Zone 1

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Morskoe-Rybachye-Solnechnogorsk** Date / Time: **05.11.2011 - 10:06 - 18:42**



NOTES

Rating:



Weather:



Trip distance profile:



Training type:

Hard porno

Training partner:



Description:

9 perevalov, ne doehali 16km do Alushty

MARKERS

1. 

2. 

3. 

4. 

























5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Morskoe-Rybachye-Solnechnogorsk** Date / Time: **05.11.2011 - 10:06 - 18:42**

MARKERS

7. 	13. 	19. 	25.  Tochka vozvrata=obed
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-Morskoe-Rybachye-Solnechnogorsk** Date / Time: **05.11.2011 - 10:06 - 18:42**

MARKERS

31. 

37. 

43. 

32. 

38. 

44. 

33. 

39. 

45. 

34. 

40. 

35. 

41. 

36. 

42. 

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Morskoe-Rybachye-Solnechnogorsk** Date / Time: **05.11.2011 - 10:06 - 18:42**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	10
Number of log entries	1944
Calories	3488 kcal
Bike	Bike 2
Stopp time	18:42 Clock
Start time	10:06 Clock
Date	05.11.2011

TOTAL VALUES

Trip distance	106,50 km
Trip time	05:24:40 h
Break time	02:43:39 h
Distance uphill	42,77 km
Trip time uphill	03:07:55 h
Meters uphill	2400 m
Distance downhill	47,20 km
Trip time downhill	01:21:36 h
Meters downhill	2606 m

MIN. / MAX VALUES

Speed	0,00/62,58 kmh
Heart rate	93/164 bpm
Temperature	6,0/16,0 °C
Altitude	21/367 °C
Incline	-20/24 %
Rate of ascent	-114/48 m/min

AVERAGE VALUES

Speed	19,80 kmh
Heart rate	132 bpm
Temperature	9,2 °C
Altitude	146 m
Incline	2 %
Rate of ascent	-1 m

LOG

Computer / bike: **ANDRIANO / Bike 2** Name: **Sudak-Morskoe-Rybachye-Solnechnogorsk** Date / Time: **05.11.2011 - 10:06 - 18:42**



HEART RATE ZONES

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

Time in Zone 1: 01:33:31 h

Time in Zone 2: 01:25:26 h

Time in Zone 3: 02:24:30 h

Outside 00:01:11 h

