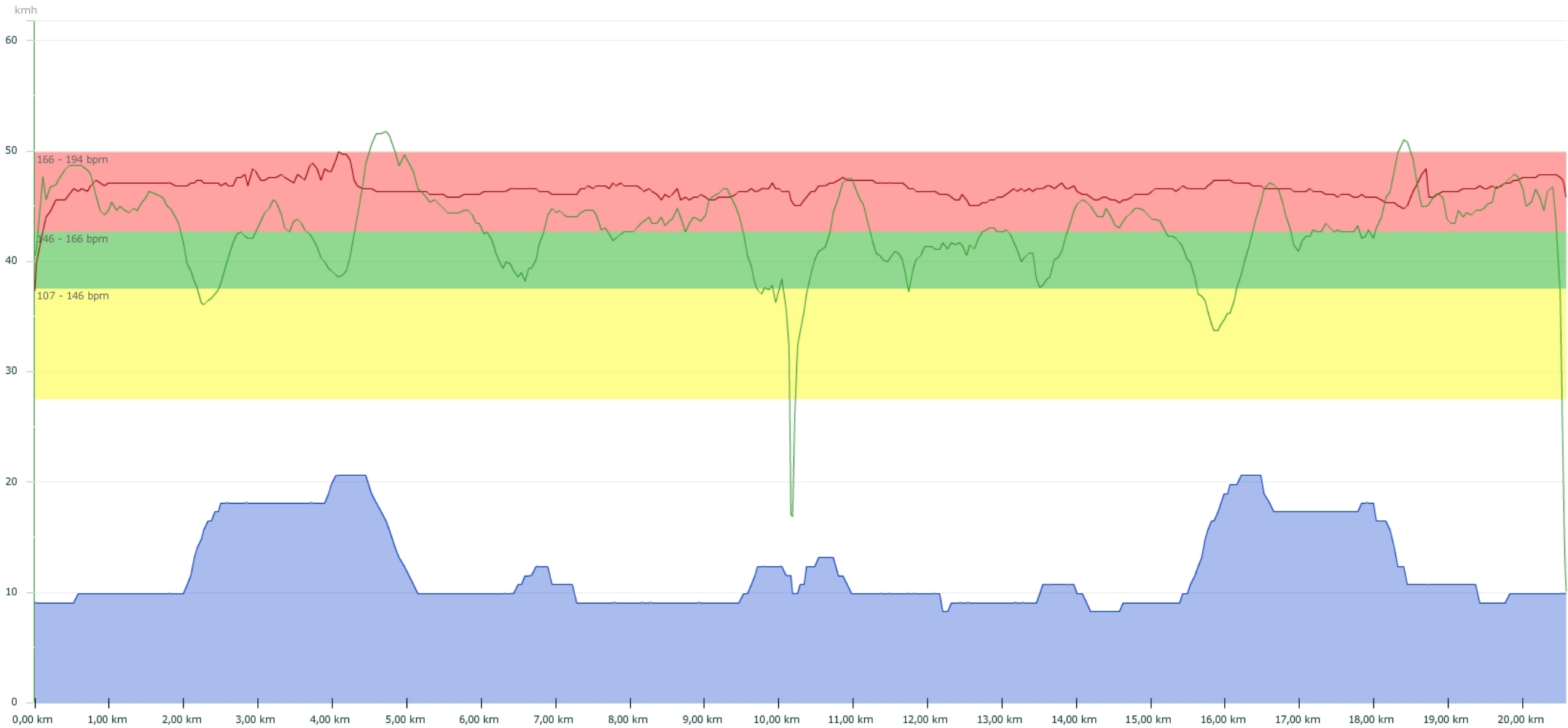


LOG

Computer / bike: **valeradi / Bike 1** Name: **parnaia gonka s V.Vodolagoi. Noviy azov.** Date / Time: **10.05.2015 - 10:56 - 11:25**



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

LOG

Computer / bike: **valeradi / Bike 1** Name: **parnaia gonka s V.Vodolagoi. Noviy azov.** Date / Time: **10.05.2015 - 10:56 - 11:25**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

veter zap 1 m/s

MARKERS

LOG

Computer / bike: **valeradi / Bike 1** Name: **parnaia gonka s V.Vodolagoi. Noviy azov.** Date / Time: **10.05.2015 - 10:56 - 11:25**

INFO

| | |
|-----------------------|-------------|
| Date | 10.05.2015 |
| Start time | 10:56 Clock |
| Stopp time | 11:25 Clock |
| Bike | Bike 1 |
| Wheel size | 2133 mm |
| Unit | kmh |
| Calories | 444 kcal |
| Number of log entries | 390 |
| Log time interval | 5 s |

TOTAL VALUES

| | |
|----------------------|------------|
| Trip distance | 20,58 km |
| Trip distance uphill | 2,00 km |
| Distance downhill | 1,75 km |
| Trip time | 00:29:10 h |
| Trip time uphill | 00:03:09 h |
| Trip time downhill | 00:02:19 h |
| Meters uphill | 45 m |
| Meters downhill | 44 m |
| Break time | 00:00:00 h |

MIN/MAX VALUES

| | |
|----------------|-----------------|
| Heart rate | 145/194 bpm |
| Temperature | 17,0/27,0 °C |
| Speed | 10,08/51,77 kmh |
| Altitude | 477/492 m |
| Incline | -2/2 % |
| Rate of ascent | -17/12 m/min |
| Cadence | 0/129 R/min |
| Power | 0/478 Watt |

AVERAGE VALUES

| | |
|---------------------------|-----------|
| Heart rate | 181 bpm |
| Temperature | 19,2 °C |
| Speed | 42,38 kmh |
| Altitude | 481 m |
| Inclination uphill | 1 % |
| Inclination downhill | 1 % |
| Inclination rate uphill | 7 m/min |
| Inclination rate downhill | 8 m/min |
| Power | 306 Watt |
| Cadence | 75 R/min |

LOG

Computer / bike: **valeradi / Bike 1** Name: **parnaia gonka s V.Vodolagoi. Noviy azov.** Date / Time: **10.05.2015 - 10:56 - 11:25**

HEART RATE ZONES

| | |
|-----------------|---------------|
| Zone 1 | 107 - 146 bpm |
| Zone 2 | 146 - 166 bpm |
| Zone 3 | 166 - 194 bpm |
| Time in Zone 1: | 00:00:00 h |
| Time in Zone 2: | 00:00:04 h |
| Time in Zone 3: | 00:29:01 h |
| Outside | 00:00:04 h |

