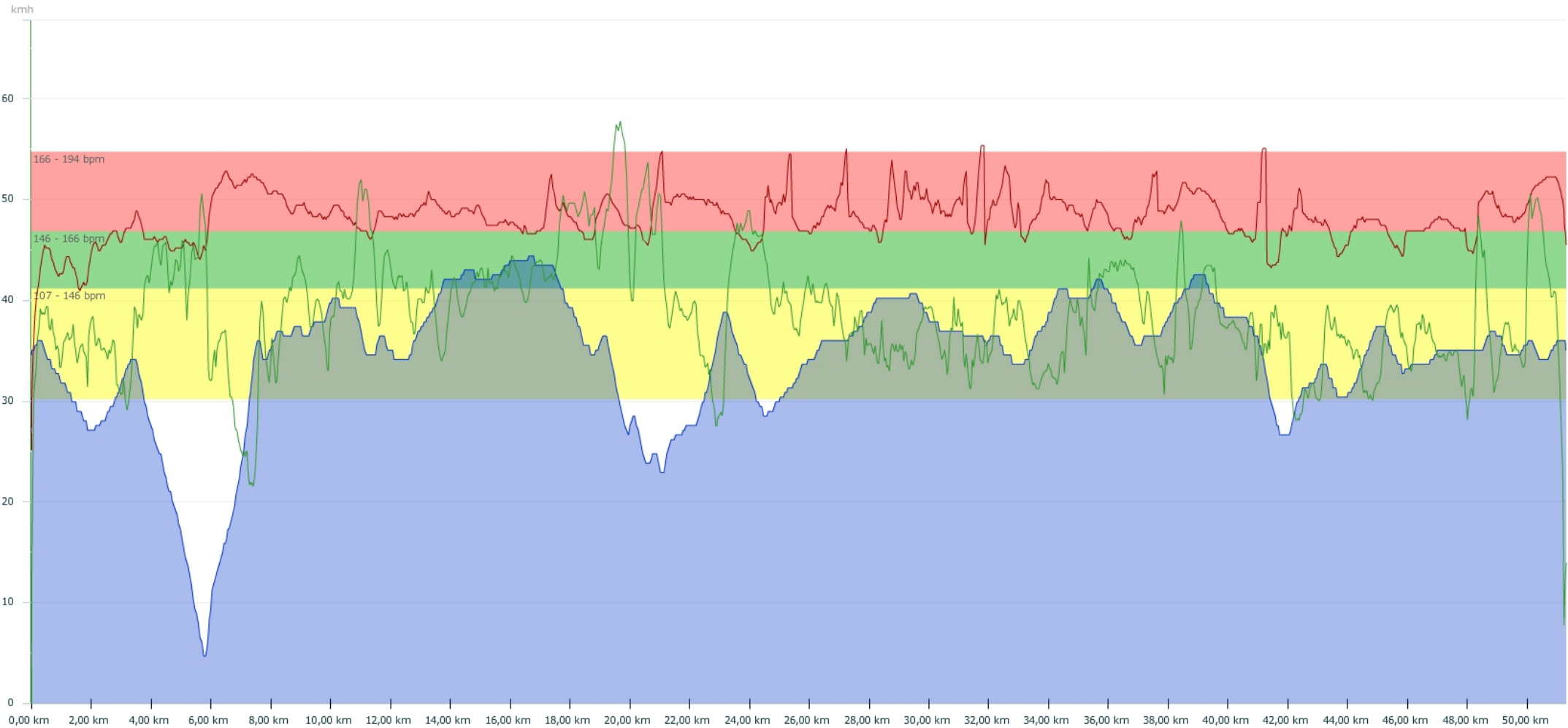


LOG

Computer / bike: **valeradi / Bike 1** Name: **gruppovaia gonka 50 km. petrovka** Date / Time: **11.05.2015 - 10:25 - 11:49**



■ 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: **gruppovaia gonka 50 km. petrovka** Date / Time: **11.05.2015 - 10:25 - 11:49**



NOTES

Rating:



Weather:

cloudless



no wind



Trip distance profile:

flat



Training type:

Training partner:

Description:

MARKERS

1. 

2. 

LOG

Computer / bike: **valeradi / Bike 1** Name: **gruppovaia gonka 50 km. petrovka** Date / Time: **11.05.2015 - 10:25 - 11:49**

INFO

Date	11.05.2015
Start time	10:25 Clock
Stopp time	11:49 Clock
Bike	Bike 1
Wheel size	2133 mm
Unit	kmh
Calories	1148 kcal
Number of log entries	1095
Log time interval	5 s

TOTAL VALUES

Trip distance	51,30 km
Trip distance uphill	10,71 km
Distance downhill	9,85 km
Trip time	01:21:54 h
Trip time uphill	00:18:54 h
Trip time downhill	00:13:48 h
Meters uphill	282 m
Meters downhill	281 m
Break time	00:01:39 h

MIN/MAX VALUES

Heart rate	93/196 bpm
Temperature	18,0/28,0 °C
Speed	0,00/57,78 kmh
Altitude	494/579 m
Incline	-4/6 %
Rate of ascent	-30/32 m/min
Cadence	0/121 R/min
Power	0/611 Watt

AVERAGE VALUES

Heart rate	171 bpm
Temperature	23,5 °C
Speed	37,59 kmh
Altitude	557 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	10 m/min
Power	213 Watt
Cadence	85 R/min

LOG

Computer / bike: **valeradi / Bike 1** Name: **gruppovaia gonka 50 km. petrovka** Date / Time: **11.05.2015 - 10:25 - 11:49**

HEART RATE ZONES

Zone 1	107 - 146 bpm
Zone 2	146 - 166 bpm
Zone 3	166 - 194 bpm
Time in Zone 1:	00:00:27 h
Time in Zone 2:	00:16:48 h
Time in Zone 3:	01:03:36 h
Outside	00:01:03 h

