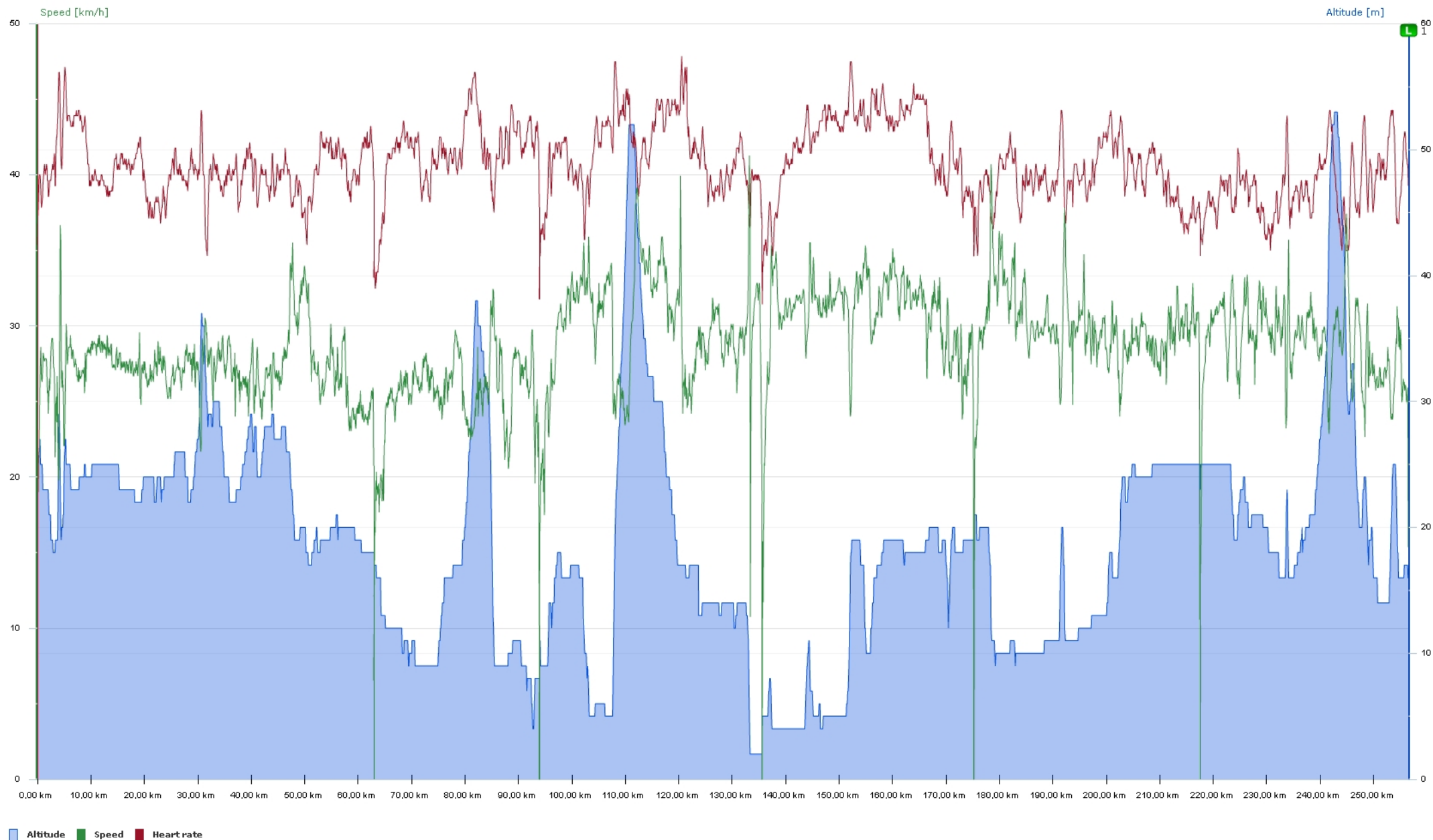


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д2) Date / Time: 13.06.2015 - 05:59 Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южное Кольцо=600км(Д2) Date / Time: **13.06.2015 - 05:59** Clock

INFO

Start time	05:59 Clock
Date	13.06.2015
Unit	kmh
Bike	Bike 1
Number of log entries	3232
Wheel size	2112 mm
Log time interval	10 s
Number of laps	1
Number of pauses	7

AVERAGE

Heart rate	113 bpm
Temperature	33,3 °C
Speed	28,21 km/h
Altitude	18 m
Cadence	73 R/min
Power	111 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	256,51 km
Trip time	9:04:49 h
Trip distance uphill	21,42 km
Trip distance downhill	21,07 km
Trip time uphill	0:49:21 h
Trip time downhill	0:41:32 h
Altitude uphill	338 m
Altitude downhill	352 m
Calories	4317 kcal

MIN/MAX VALUES

Heart rate	88 / 134 bpm
Temperature	21,0 / 41,0 °C
Speed	0,00 / 41,28 km/h
Altitude	2 / 53 m
Power	0 / 306 Watt
Cadence	0 / 103 R/min
Incline	-3 / 3 %
Rate of ascent	-18 / 12 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д2) Date / Time: **13.06.2015 - 05:59 Clock**

Lap	Duration (h)	Trip distan...	Speed (km...	Heart Rate...	Calories (...)	Altitude (m)	Altitude up...	Altitude do...	Incline uphill...	Incline dow...	Cadence (R...	Power (...)
1	09:04:49 Since start: 09:04:48	256,51 Since start: 256,51	Avg. 28,21 Min. 0,00 Max. 41,28	Avg. 113 Min. 88 Max. 134	4315	Avg. 18 Max. 53	338	352	Avg. 1 Max. 3	Avg. -1 Max. -3	Avg. 71 Max. 103	Avg. 111 Max. 306
Total	09:04:49	256,51			4315		338	352				
Avg. Lap	09:04:49	256,51	28,21	113	4315	18	338	352	1	-1	71	111
Min.	09:04:49	256,51	0,00	88	4315		338	352				
Max.	09:04:49	256,51	41,28	134	4315	53	338	352	3	-3	103	306

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д2) Date / Time: **13.06.2015 - 05:59** Clock

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:39:09	02:19:30 Since start: 02:19:29	62,92 Since start: 62,91	Avg. 27,07 Min. 14,78 Max. 36,67	Avg. 113 Min. 97 Max. 132	1086	Avg. 23 Max. 37	73	80	Avg. 1 Max. 3	Avg. -1 Max. -3	Avg. 72 Max. 94	Avg. 102 Max. 252
2	00:06:16	01:14:14 Since start: 03:33:44	30,99 Since start: 93,91	Avg. 25,04 Min. 0,00 Max. 32,45	Avg. 115 Min. 91 Max. 131	606	Avg. 4 Max. 28	39	48	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 67 Max. 89	Avg. 79 Max. 193
3	00:21:05	00:00:15 Since start: 03:33:59	0,00 Since start: 93,92	Avg. 2,11 Min. 0,00 Max. 4,22	Avg. 93 Min. 89 Max. 98	1	Avg. 1 Max. 1	1	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
4	00:52:09	01:25:07 Since start: 04:59:06	41,69 Since start: 135,62	Avg. 29,36 Min. 0,00 Max. 41,28	Avg. 116 Min. 93 Max. 134	702	Avg. 7 Max. 42	66	75	Avg. 1 Max. 3	Avg. -1 Max. -1	Avg. 73 Max. 102	Avg. 128 Max. 306
5	00:07:15	01:18:13 Since start: 06:17:20	39,61 Since start: 175,23	Avg. 30,35 Min. 0,00 Max. 35,52	Avg. 117 Min. 88 Max. 133	663	Avg. 2 Max. 10	49	34	Avg. 1 Max. 2	Avg. -1 Max. -1	Avg. 75 Max. 89	Avg. 138 Max. 287
6	00:00:05	01:25:45 Since start: 07:43:05	42,33 Since start: 217,57	Avg. 29,56 Min. 0,00 Max. 40,70	Avg. 111 Min. 97 Max. 124	652	Avg. 7 Max. 15	34	31	Avg. 1 Max. 2	Avg. -1 Max. -1	Avg. 70 Max. 103	Avg. 114 Max. 237
7	00:08:12	00:00:12 Since start: 07:43:18	0,00 Since start: 217,58	Avg. 1,53 Min. 0,00 Max. 3,07	Avg. 99 Min. 97 Max. 102	1	Avg. 13 Max. 14	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
Total	02:14:11	07:43:18	217,58			3715		262	268				
Avg. Pause	00:19:10	01:06:11	31,08	20,72	109	530	8	37	38	0	0	51	80
Min.	00:00:05	00:00:12	0,00	0,00	88	1		0	0				
Max.	00:52:09	02:19:30	62,92	41,28	134	1086	42	73	80	3	-3	103	306

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д2) Date / Time: **13.06.2015 - 05:59 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



17 участников

Trip distance profile:

flat



Training type:

марафон

Description:

Пролетарск-Б.Орловка-Семикаракорск-Ростов(Тачанка)=257км, северо-восточный=3-4м/с, общее время=11:27ч

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южное Кольцо=600км(Д2) Date / Time: 13.06.2015 - 05:59 Clock

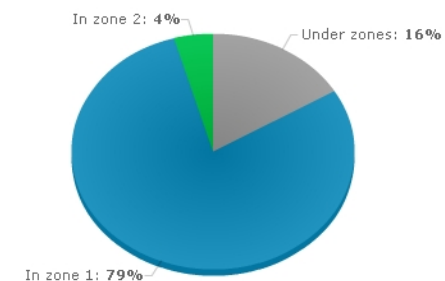
Pulse Zones

Under zones	0:05:44 h
In zone 1 (98 - < 125 bpm)	8:25:29 h
In zone 2 (125 - < 143 bpm)	0:33:34 h
In zone 3 (143 - < 179 bpm)	0:00:00 h
Over zones	0:00:00 h



Intensity Zones

Under zones	1:29:24 h
In zone 1 (> 107 - 125 bpm)	7:11:06 h
In zone 2 (> 125 - 143 bpm)	0:24:18 h
In zone 3 (> 143 - 161 bpm)	0:00:00 h
In zone 4 (> 161 - 179 bpm)	0:00:00 h
Over zones	0:00:00 h



Power Zones