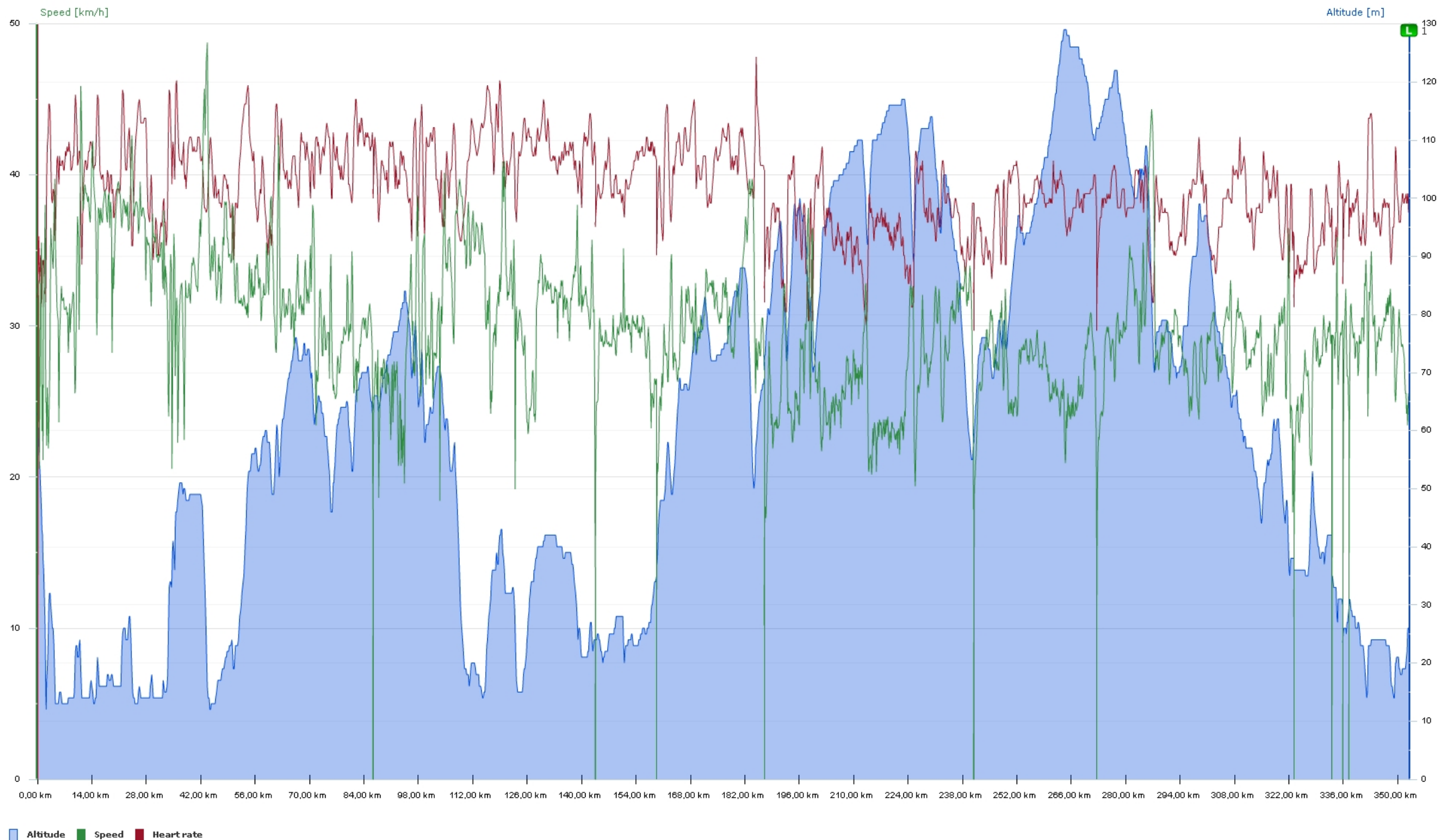


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Южное Кольцо=600км(Д1)** Date / Time: **12.06.2015 - 07:03 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южное Кольцо=600км(Д1) Date / Time: **12.06.2015 - 07:03 Clock**

INFO

Start time	07:03 Clock
Date	12.06.2015
Unit	kmh
Bike	Bike 1
Number of log entries	2163
Wheel size	2112 mm
Log time interval	20 s
Number of laps	1
Number of pauses	12

AVERAGE

Heart rate	124 bpm
Temperature	32,1 °C
Speed	29,01 km/h
Altitude	63 m
Cadence	80 R/min
Power	122 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	-6 m/min

TOTAL VALUES

Trip distance	352,82 km
Trip time	12:08:16 h
Trip distance uphill	98,78 km
Trip distance downhill	85,97 km
Trip time uphill	3:38:58 h
Trip time downhill	2:40:41 h
Altitude uphill	935 m
Altitude downhill	963 m
Calories	6977 kcal

MIN/MAX VALUES

Heart rate	95 / 153 bpm
Temperature	20,0 / 43,0 °C
Speed	0,00 / 48,77 km/h
Altitude	12 / 129 m
Power	0 / 392 Watt
Cadence	0 / 104 R/min
Incline	-3 / 3 %
Rate of ascent	-16 / 13 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д1) Date / Time: **12.06.2015 - 07:03 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	12:08:16	352,82	Avg. 29,01	Avg. 124		Avg. 63			Avg. 1	Avg. -1	Avg. 79	Avg. 123
	Since start:	Since start:	Min. 0,00	Min. 95	6975		935	963				
	12:08:16	352,82	Max. 48,77	Max. 153		Max. 129			Max. 3	Max. -3	Max. 104	Max. 392
Total	12:08:16	352,82			6975		935	963				
Avg. Lap	12:08:16	352,82	29,01	124	6975	63	935	963	1	-1	79	123
Min.	12:08:16	352,82	0,00	95	6975		935	963				
Max.	12:08:16	352,82	48,77	153	6975	129	935	963	3	-3	104	392

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д1) Date / Time: 12.06.2015 - 07:03 Clock

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:49	00:00:24 Since start: 00:00:24	0,06 Since start: 0,06	Avg. 8,93 Min. 7,30 Max. 10,56	Avg. 102 Min. 102 Max. 103	2	Avg. 63 Max. 63	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
2	00:01:48	02:38:51 Since start: 02:39:15	86,25 Since start: 86,32	Avg. 32,57 Min. 0,00 Max. 48,77	Avg. 129 Min. 100 Max. 148	1625	Avg. 39 Max. 76	258	257	Avg. 1 Max. 3	Avg. -1 Max. -3	Avg. 80 Max. 100	Avg. 164 Max. 392
3	00:01:32	01:53:23 Since start: 04:32:39	57,19 Since start: 143,52	Avg. 30,26 Min. 0,00 Max. 40,90	Avg. 131 Min. 114 Max. 148	1197	Avg. 45 Max. 84	138	178	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 80 Max. 104	Avg. 128 Max. 270
4	00:05:27	00:33:21 Since start: 05:06:01	15,79 Since start: 159,31	Avg. 28,32 Min. 0,00 Max. 35,14	Avg. 128 Min. 111 Max. 136	336	Avg. 25 Max. 37	27	16	Avg. 0 Max. 0	Avg. -1 Max. -1	Avg. 78 Max. 94	Avg. 118 Max. 212
5	00:49:23	00:55:27 Since start: 06:01:28	27,68 Since start: 186,99	Avg. 30,01 Min. 0,00 Max. 39,74	Avg. 131 Min. 101 Max. 153	580	Avg. 68 Max. 88	98	66	Avg. 1 Max. 1	Avg. -1 Max. -2	Avg. 81 Max. 99	Avg. 140 Max. 260
6	00:13:14	02:04:24 Since start: 08:05:52	53,90 Since start: 240,90	Avg. 25,98 Min. 0,00 Max. 37,82	Avg. 116 Min. 96 Max. 134	1052	Avg. 98 Max. 117	163	177	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 77 Max. 94	Avg. 86 Max. 216
7	00:00:09	00:00:34 Since start: 08:06:27	0,00 Since start: 240,90	Avg. 1,53 Min. 0,00 Max. 3,07	Avg. 99 Min. 95 Max. 103	3	Avg. 58 Max. 58	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
8	00:16:28	01:11:45 Since start: 09:18:12	31,64 Since start: 272,54	Avg. 26,38 Min. 0,00 Max. 32,45	Avg. 121 Min. 95 Max. 131	654	Avg. 99 Max. 129	95	41	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 78 Max. 94	Avg. 100 Max. 205

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д1) Date / Time: **12.06.2015 - 07:03 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
9	00:27:01	01:46:15 Since start: 11:04:27	50,76 Since start: 323,31	Avg. 28,63 Min. 0,00 Max. 44,35	Avg. 121 Min. 99 Max. 136	960	Avg. 79 Max. 122	94	168	Avg. 1 Max. 1	Avg. -1 Max. -1	Avg. 79 Max. 97	Avg. 115 Max. 243
10	00:02:21	00:22:42 Since start: 11:27:10	9,74 Since start: 333,06	Avg. 25,80 Min. 0,00 Max. 30,72	Avg. 113 Min. 102 Max. 126	183	Avg. 39 Max. 53	24	18	Avg. 1 Max. 2	Avg. -1 Max. -1	Avg. 73 Max. 85	Avg. 95 Max. 188
11	00:04:04	00:05:53 Since start: 11:33:03	2,83 Since start: 335,89	Avg. 27,68 Min. 0,00 Max. 35,90	Avg. 118 Min. 105 Max. 131	52	Avg. 31 Max. 35	4	9	Avg. 1 Max. 2	Avg. -2 Max. -2	Avg. 71 Max. 90	Avg. 121 Max. 262
12	00:00:40	00:03:29 Since start: 11:36:33	1,54 Since start: 337,44	Avg. 24,93 Min. 0,00 Max. 32,45	Avg. 121 Min. 111 Max. 127	33	Avg. 26 Max. 29	6	1	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 73 Max. 92	Avg. 108 Max. 168
Total	02:02:56	11:36:33	337,44			6683		907	932				
Avg. Pause	00:10:14	00:58:02	28,12	24,25	119	556	56	75	77	0	0	64	98
Min.	00:00:09	00:00:24	0,00	0,00	95	2		0	0				
Max.	00:49:23	02:38:51	86,25	48,77	153	1625	129	258	257	3	-3	104	392

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д1) Date / Time: 12.06.2015 - 07:03 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



17 участников

Trip distance profile:

flat



Training type:

марафон

Description:

Ростов(Львы)-Азов-Кугей-м4-Новобатайск-Кагальницкая-Песчанокоское-Пролетарск (ночевка)=353км, северо-восточный=3-4м/с, общее время=14:24ч

External link:

<http://>

Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южное Кольцо=600км(Д1) Date / Time: 12.06.2015 - 07:03 Clock

Pulse Zones

Under zones	0:01:55 h
In zone 1 (98 - < 125 bpm)	5:51:39 h
In zone 2 (125 - < 143 bpm)	5:58:29 h
In zone 3 (143 - < 179 bpm)	0:16:12 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:22:34 h
In zone 1 (> 107 - 125 bpm)	6:01:09 h
In zone 2 (> 125 - 143 bpm)	5:35:25 h
In zone 3 (> 143 - 161 bpm)	0:09:06 h
In zone 4 (> 161 - 179 bpm)	0:00:00 h
Over zones	0:00:00 h



Power Zones