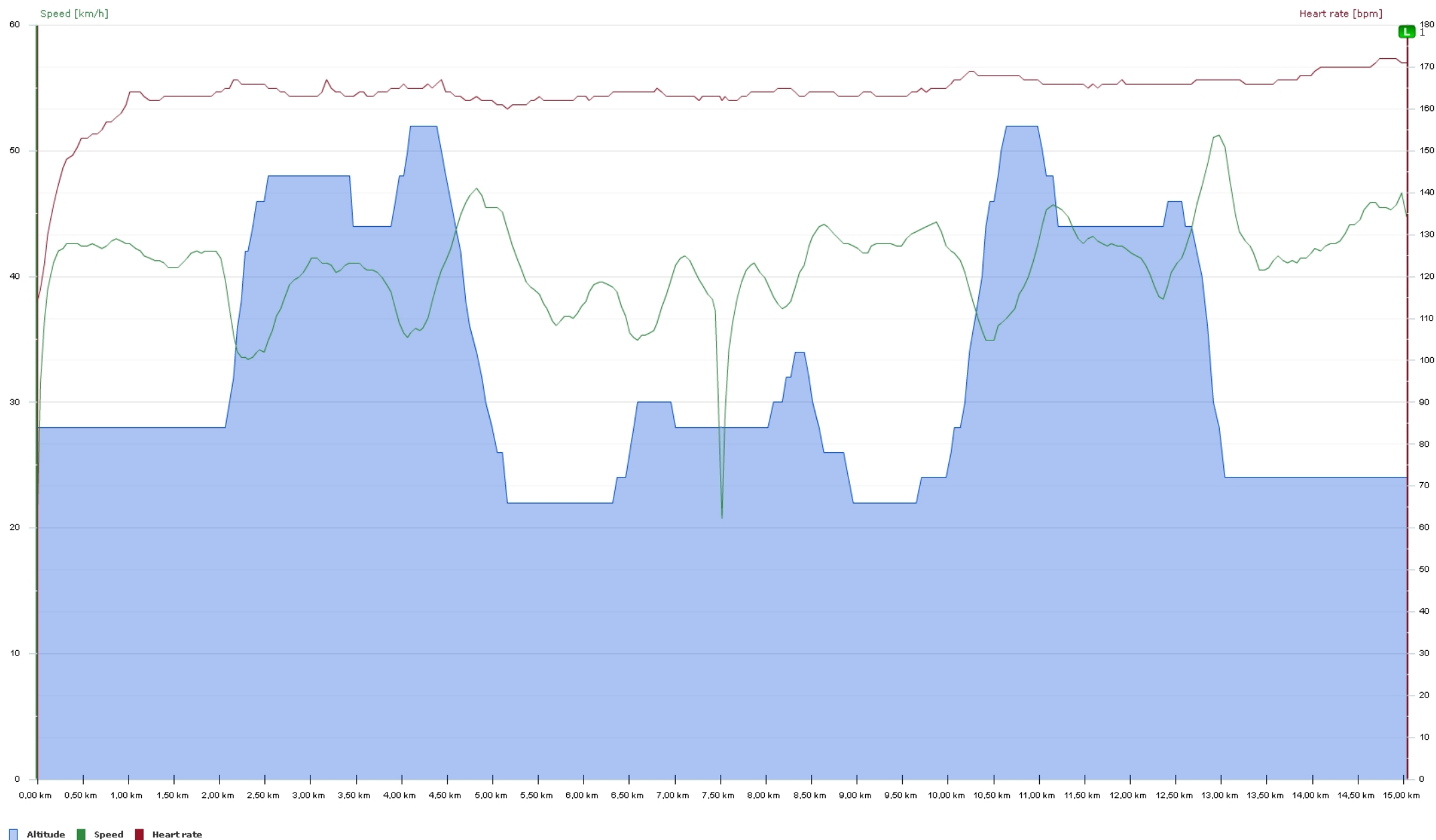


# LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Новая Азовская=15км** Date / Time: **21.06.2015 - 12:03 Clock**



# LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Новая Азовская=15км** Date / Time: **21.06.2015 - 12:03 Clock**

## INFO

Start time	12:03 Clock
Date	21.06.2015
Unit	kmh
Bike	Bike 1
Number of log entries	298
Wheel size	2112 mm
Log time interval	5 s
Number of laps	1
Number of pauses	0

## AVERAGE

Heart rate	163 bpm
Temperature	26,6 °C
Speed	40,51 km/h
Altitude	16 m
Cadence	87 R/min
Power	330 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	-8 m/min

## TOTAL VALUES

Trip distance	15,03 km
Trip time	0:22:16 h
Trip distance uphill	1,51 km
Trip distance downhill	1,69 km
Trip time uphill	0:02:28 h
Trip time downhill	0:02:19 h
Altitude uphill	37 m
Altitude downhill	39 m
Calories	341 kcal

## MIN/MAX VALUES

Heart rate	114 / 172 bpm
Temperature	24,0 / 34,0 °C
Speed	19,78 / 51,26 km/h
Altitude	11 / 26 m
Power	0 / 523 Watt
Cadence	0 / 110 R/min
Incline	-2 / 2 %
Rate of ascent	-17 / 11 m/min

# LOG



Device / Bike: **ADRIANO / Bike 1** Name: Новая Азовская=15км Date / Time: **21.06.2015 - 12:03** 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	00:22:16 Since start: 00:22:16	15,03 Since start: 15,03	Avg. 40,51 Min. 19,78 Max. 51,26	Avg. 163 Min. 114 Max. 172	340	Avg. 16 Max. 26	37	39	Avg. 1 Max. 2	Avg. -1 Max. -2	Avg. 86 Max. 110	Avg. 330 Max. 523
Total	00:22:16	15,03			340		37	39				
Avg. Lap	00:22:16	15,03	40,51	163	340	16	37	39	1	-1	86	330
Min.	00:22:16	15,03	19,78	114	340		37	39				
Max.	00:22:16	15,03	51,26	172	340	26	37	39	2	-2	110	523

## LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Новая Азовская=15км Date / Time: 21.06.2015 - 12:03 Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



light wind



Training partner:



45 участников

Trip distance profile:

flat



Training type:

разделка - интенсивно

Description:

Овощной-Кулешовка(разворот)-Овощной=15км(по новой), юго-западный=3-4м/с, время=22:16мин, Vcp=40,5км/ч

External link:

<http://>

Linked track:

## LOG

Device / Bike: **ADRIANO** / Bike **1** Name: **Новая Азовская=15км** Date / Time: **21.06.2015 - 12:03** Clock

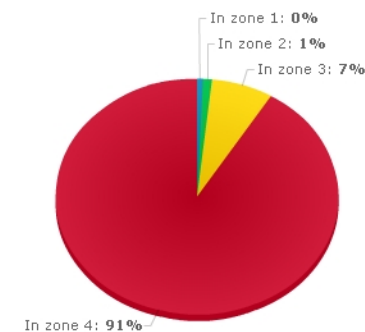
### Pulse Zones

Under zones	0:00:00 h
In zone 1 (98 - < 125 bpm)	0:00:09 h
In zone 2 (125 - < 143 bpm)	0:00:13 h
In zone 3 (143 - < 179 bpm)	0:21:54 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 107 - 125 bpm)	0:00:09 h
In zone 2 (> 125 - 143 bpm)	0:00:13 h
In zone 3 (> 143 - 161 bpm)	0:01:34 h
In zone 4 (> 161 - 179 bpm)	0:20:19 h
Over zones	0:00:00 h



### Power Zones