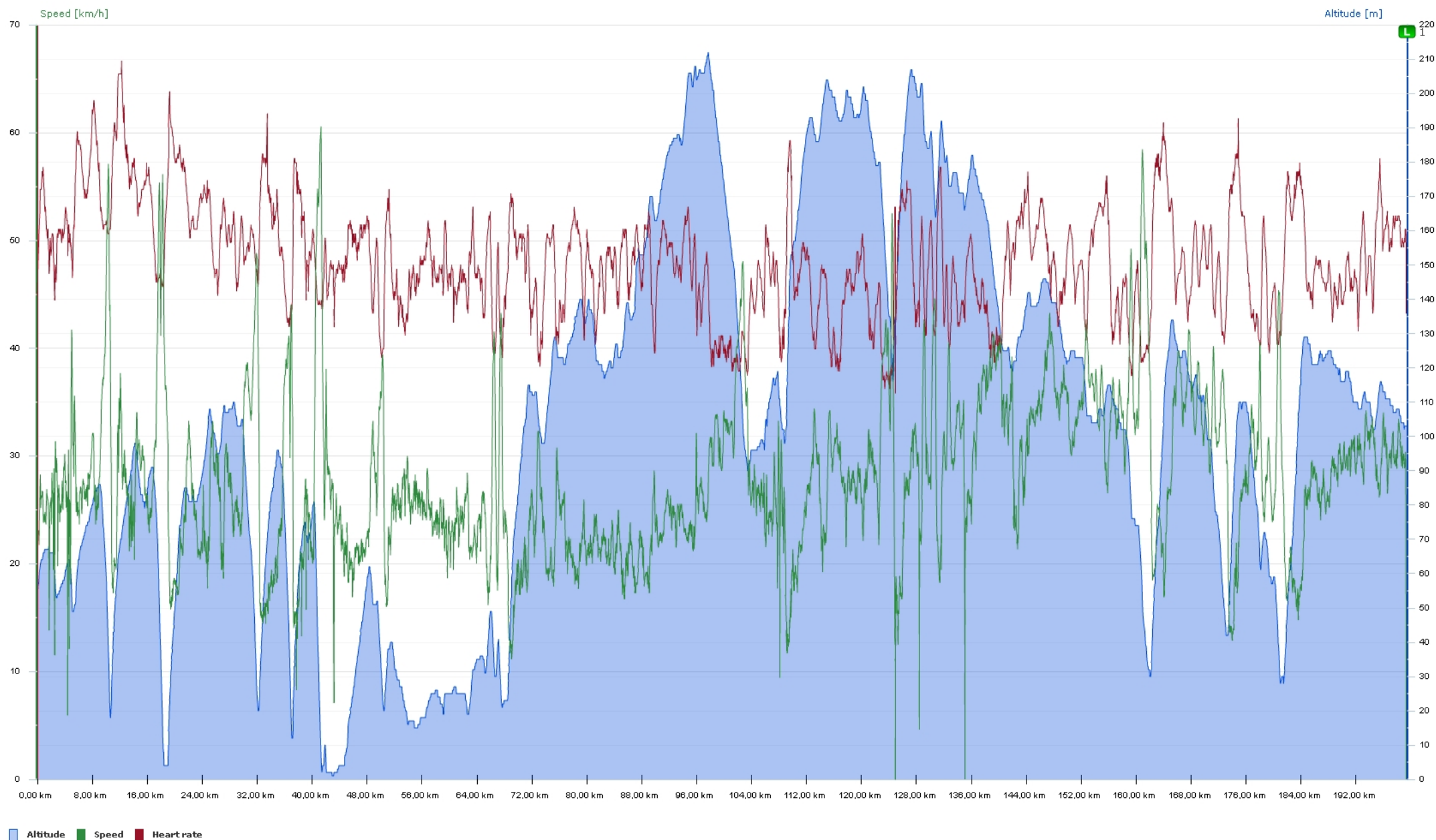


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200км Date / Time: 13.09.2015 - 08:05 Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Красный Сулин=200км Date / Time: **13.09.2015 - 08:05 Clock**

INFO

Start time	08:05 Clock
Date	13.09.2015
Unit	kmh
Bike	Bike 1
Number of log entries	6104
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	5

AVERAGE

Heart rate	118 bpm
Temperature	17,7 °C
Speed	26,12 km/h
Altitude	103 m
Cadence	75 R/min
Power	100 Watt
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-11 m/min

TOTAL VALUES

Trip distance	199,39 km
Trip time	7:37:30 h
Trip distance uphill	38,04 km
Trip distance downhill	39,56 km
Trip time uphill	1:47:07 h
Trip time downhill	1:09:22 h
Altitude uphill	1569 m
Altitude downhill	1525 m
Calories	3807 kcal

MIN/MAX VALUES

Heart rate	87 / 162 bpm
Temperature	15,0 / 23,0 °C
Speed	0,00 / 60,59 km/h
Altitude	1 / 212 m
Power	0 / 561 Watt
Cadence	0 / 107 R/min
Incline	-8 / 9 %
Rate of ascent	-73 / 29 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200км Date / Time: **13.09.2015 - 08:05 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	07:37:30 Since start: 07:37:30	199,39 Since start: 199,39	Avg. 26,12 Min. 0,00 Max. 60,59	Avg. 118 Min. 87 Max. 162	3807	Avg. 103 Max. 212	1569	1525	Avg. 2 Max. 9	Avg. -1 Max. -8	Avg. 63 Max. 107	Avg. 101 Max. 561
Total	07:37:30	199,39			3807		1569	1525				
Avg. Lap	07:37:30	199,39	26,12	118	3807	103	1569	1525	2	-1	63	101
Min.	07:37:30	199,39	0,00	87	3807		1569	1525				
Max.	07:37:30	199,39	60,59	162	3807	212	1569	1525	9	-8	107	561

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200км Date / Time: **13.09.2015 - 08:05 Clock**

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:25:17	05:04:58 Since start: 05:04:58	124,94 Since start: 124,94	Avg. 24,56 Min. 0,00 Max. 60,59	Avg. 118 Min. 88 Max. 162	2545	Avg. 96 Max. 212	1059	979	Avg. 2 Max. 9	Avg. -2 Max. -8	Avg. 64 Max. 107	Avg. 90 Max. 561
2	00:00:04	00:00:05 Since start: 05:05:03	0,00 Since start: 124,94	Avg. 1,64 Min. 0,00 Max. 3,27	Avg. 89 Min. 87 Max. 92	0	Avg. 139 Max. 139	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
3	00:00:01	00:22:30 Since start: 05:27:33	10,09 Since start: 135,04	Avg. 26,82 Min. 0,00 Max. 44,63	Avg. 117 Min. 94 Max. 138	183	Avg. 181 Max. 207	112	84	Avg. 2 Max. 6	Avg. -1 Max. -5	Avg. 56 Max. 98	Avg. 120 Max. 285
4	00:00:24	02:09:32 Since start: 07:37:05	64,28 Since start: 199,32	Avg. 29,78 Min. 0,00 Max. 58,48	Avg. 118 Min. 91 Max. 149	1074	Avg. 107 Max. 182	398	462	Avg. 2 Max. 6	Avg. -1 Max. -4	Avg. 61 Max. 101	Avg. 122 Max. 400
5	00:00:03	00:00:20 Since start: 07:37:25	0,06 Since start: 199,39	Avg. 9,12 Min. 0,00 Max. 15,39	Avg. 106 Min. 105 Max. 108	2	Avg. 103 Max. 103	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 4 Max. 22	Avg. 4 Max. 17
Total	00:25:49	07:37:25	199,39			3807		1569	1525				
Avg. Pause	00:05:09	01:31:29	39,87	18,38	109	761	125	313	305	1	-1	37	67
Min.	00:00:01	00:00:05	0,00	0,00	87	0		0	0				
Max.	00:25:17	05:04:58	124,94	60,59	162	2545	212	1059	979	9	-8	107	561

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Красный Сулин=200км Date / Time: 13.09.2015 - 08:05 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light rain



strong wind



Training partner:



12 участников

Trip distance profile:

hilly



Training type:

марафон

Description:

External link:

<http://>

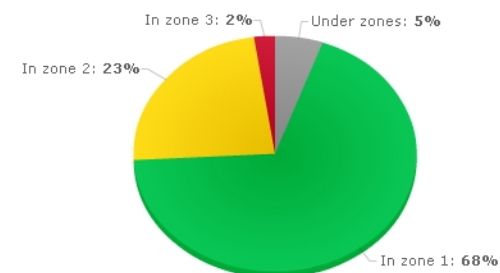
Linked track:

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Красный Сулин=200км Date / Time: **13.09.2015 - 08:05 Clock**

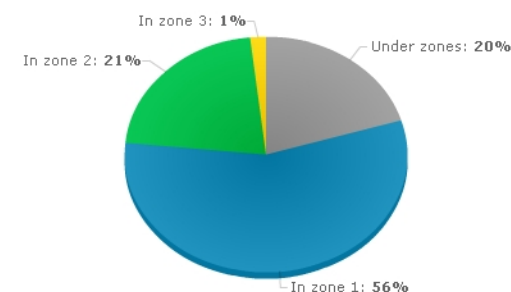
Pulse Zones

Under zones	0:24:59 h
In zone 1 (99 - < 126 bpm)	5:14:13 h
In zone 2 (126 - < 144 bpm)	1:47:20 h
In zone 3 (144 - < 180 bpm)	0:10:57 h
Over zones	0:00:00 h



Intensity Zones

Under zones	1:32:49 h
In zone 1 (> 108 - 126 bpm)	4:17:42 h
In zone 2 (> 126 - 144 bpm)	1:38:38 h
In zone 3 (> 144 - 162 bpm)	0:08:19 h
In zone 4 (> 162 - 180 bpm)	0:00:00 h
Over zones	0:00:00 h



Power Zones