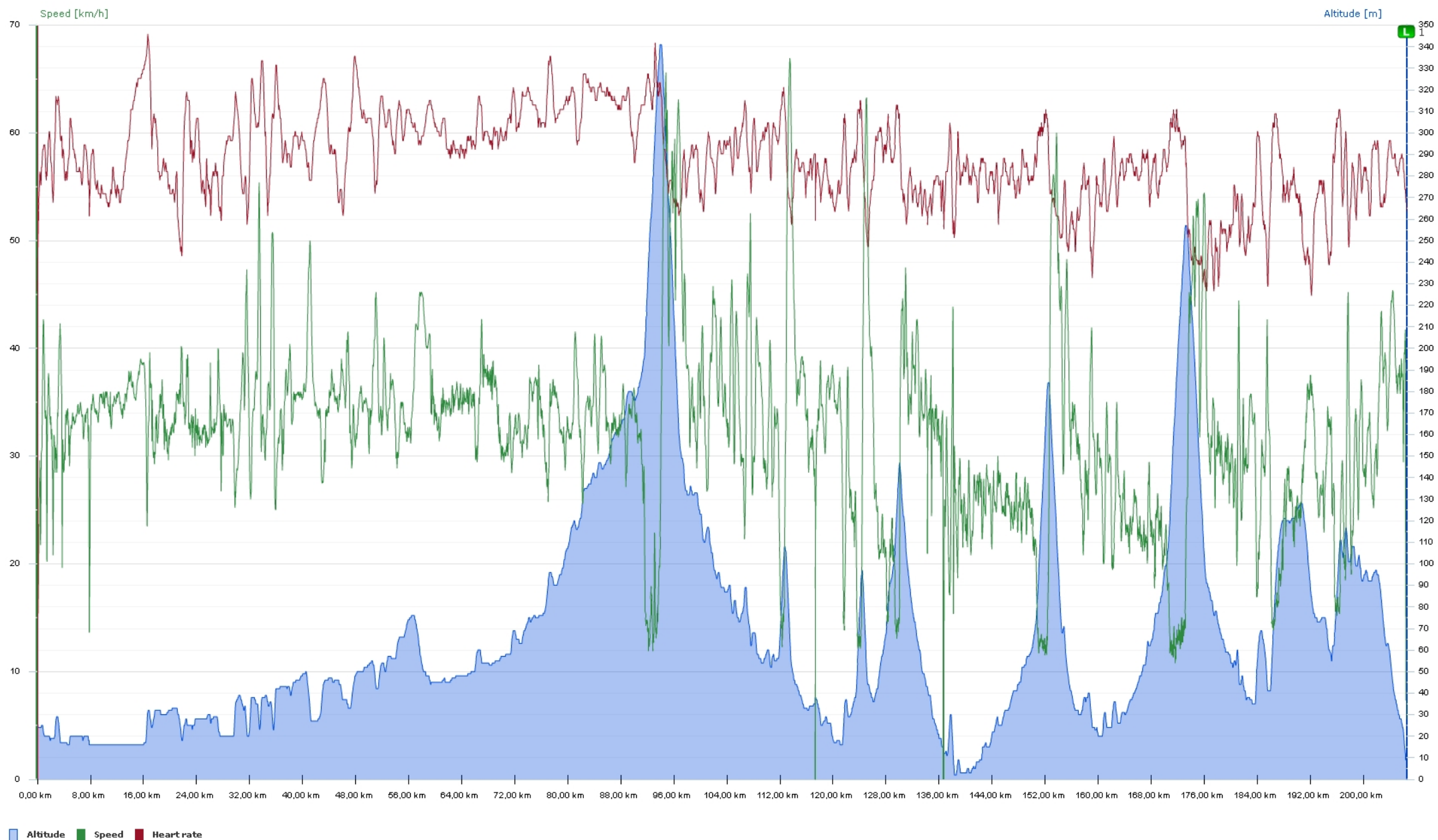


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Краснодар-Кабардинка=200км Date / Time: 10.10.2015 - 07:13 Clock



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Краснодар-Кабардинка=200км Date / Time: 10.10.2015 - 07:13 Clock

INFO

Start time	07:13 Clock
Date	10.10.2015
Unit	kmh
Bike	Bike 1
Number of log entries	5538
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	3

AVERAGE

Heart rate	140 bpm
Temperature	12,4 °C
Speed	29,82 km/h
Altitude	72 m
Cadence	83 R/min
Power	159 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-15 m/min

TOTAL VALUES

Trip distance	206,45 km
Trip time	6:55:06 h
Trip distance uphill	38,80 km
Trip distance downhill	41,84 km
Trip time uphill	1:47:09 h
Trip time downhill	1:04:03 h
Altitude uphill	1617 m
Altitude downhill	1635 m
Calories	4903 kcal

MIN/MAX VALUES

Heart rate	108 / 168 bpm
Temperature	0,0 / 22,0 °C
Speed	0,00 / 66,94 km/h
Altitude	2 / 341 m
Power	0 / 651 Watt
Cadence	0 / 115 R/min
Incline	-8 / 8 %
Rate of ascent	-87 / 30 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: Краснодар-Кабардинка=200км Date / Time: **10.10.2015 - 07:13 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	06:55:06 Since start: 06:55:06	206,45 Since start: 206,45	Avg. 29,82 Min. 0,00 Max. 66,94	Avg. 140 Min. 108 Max. 168	4903	Avg. 67 Max. 336	1617	1635	Avg. 3 Max. 8	Avg. -2 Max. -8	Avg. 78 Max. 115	Avg. 160 Max. 651
Total	06:55:06	206,45			4903		1617	1635				
Avg. Lap	06:55:06	206,45	29,82	140	4903	67	1617	1635	3	-2	78	160
Min.	06:55:06	206,45	0,00	108	4903		1617	1635				
Max.	06:55:06	206,45	66,94	168	4903	336	1617	1635	8	-8	115	651

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Краснодар-Кабардинка=200км Date / Time: 10.10.2015 - 07:13 Clock

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:05:06	03:30:25 Since start: 03:30:25	117,32 Since start: 117,32	Avg. 33,45 Min. 0,00 Max. 66,94	Avg. 145 Min. 108 Max. 168	2622	Avg. 67 Max. 336	686	675	Avg. 2 Max. 7	Avg. -2 Max. -8	Avg. 83 Max. 115	Avg. 198 Max. 651
2	00:00:09	00:41:51 Since start: 04:12:16	19,29 Since start: 136,61	Avg. 27,61 Min. 0,00 Max. 63,29	Avg. 138 Min. 120 Max. 153	484	Avg. 52 Max. 142	205	228	Avg. 3 Max. 8	Avg. -2 Max. -7	Avg. 75 Max. 101	Avg. 133 Max. 358
3	00:00:01	00:00:31 Since start: 04:12:48	0,12 Since start: 136,74	Avg. 12,79 Min. 0,00 Max. 18,47	Avg. 128 Min. 124 Max. 132	6	Avg. 9 Max. 10	0	1	Avg. 0 Max. 0	Avg. -1 Max. -1	Avg. 11 Max. 48	Avg. 5 Max. 21
Total	00:05:16	04:12:48	136,74			3112		891	904				
Avg. Pause	00:01:45	01:24:16	45,58	24,62	137	1037	43	297	301	2	-1	56	112
Min.	00:00:01	00:00:31	0,12	0,00	108	6		0	1				
Max.	00:05:06	03:30:25	117,32	66,94	168	2622	336	686	675	8	-8	115	651

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Краснодар-Кабардинка=200км Date / Time: 10.10.2015 - 07:13 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



более 70

Trip distance profile:

hilly



Training type:

марафон

Description:

Краснодар-Джугба-Кабардинка=206км, юго-западный 2-4м/с, общее время=6:58ч

External link:

<http://>

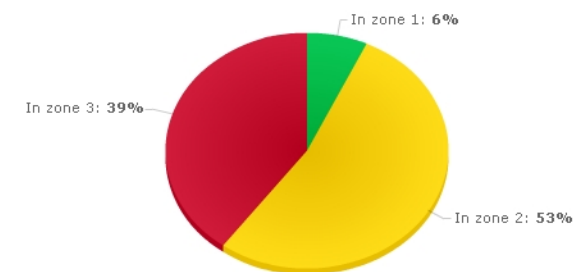
Linked track:

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Краснодар-Кабардинка=200км Date / Time: 10.10.2015 - 07:13 Clock

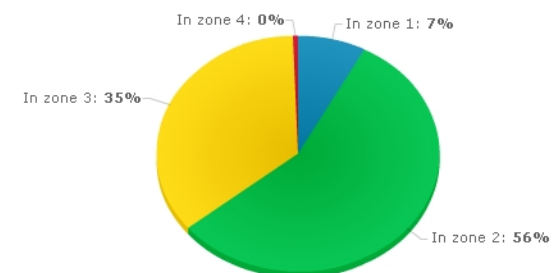
Pulse Zones

Under zones	0:00:00 h
In zone 1 (99 - < 126 bpm)	0:28:39 h
In zone 2 (126 - < 144 bpm)	3:40:51 h
In zone 3 (144 - < 180 bpm)	2:45:36 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (> 108 - 126 bpm)	0:32:15 h
In zone 2 (> 126 - 144 bpm)	3:54:07 h
In zone 3 (> 144 - 162 bpm)	2:26:24 h
In zone 4 (> 162 - 180 bpm)	0:02:19 h
Over zones	0:00:00 h



Power Zones