
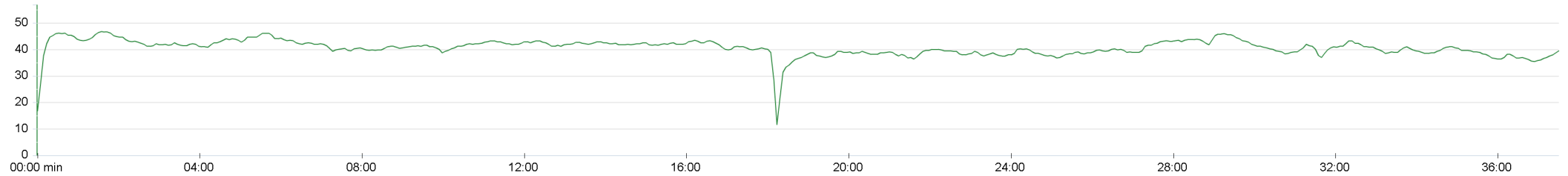


ACTIVITY - GRAPHS

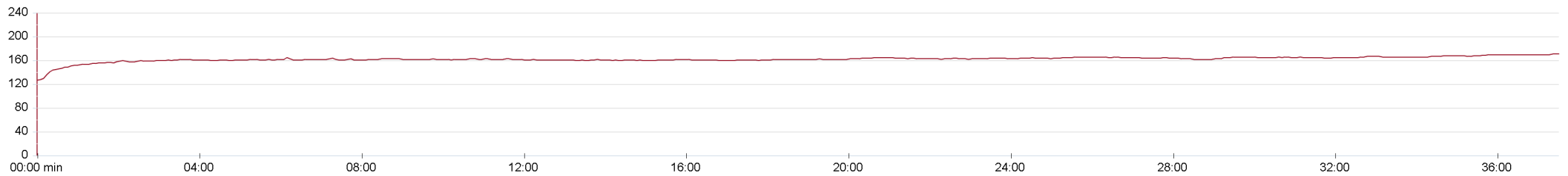
 Рогожка=25км

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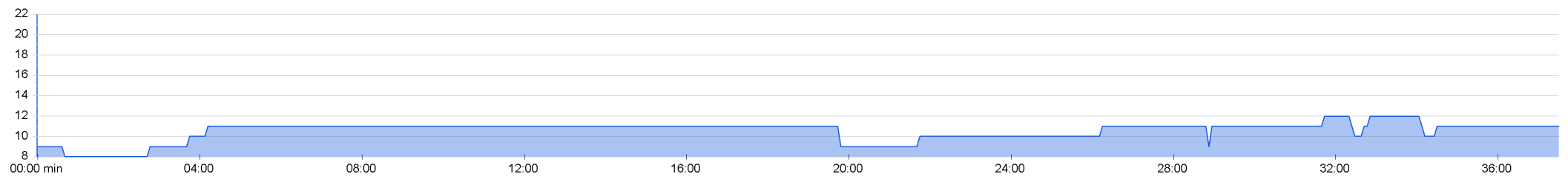
Speed [km/h]



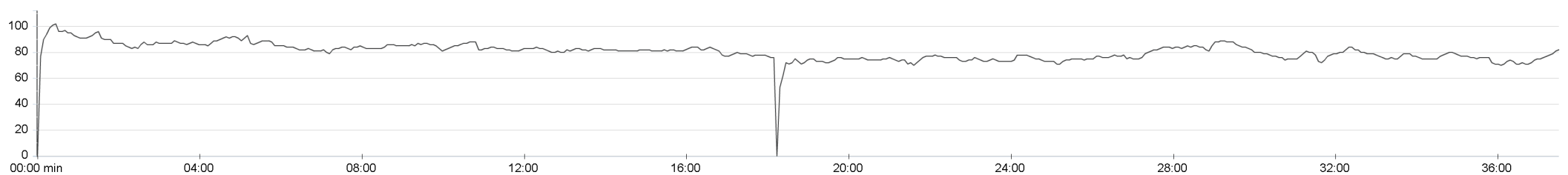
Heart rate [bpm]



Altitude [m]



Cadence [rpm]



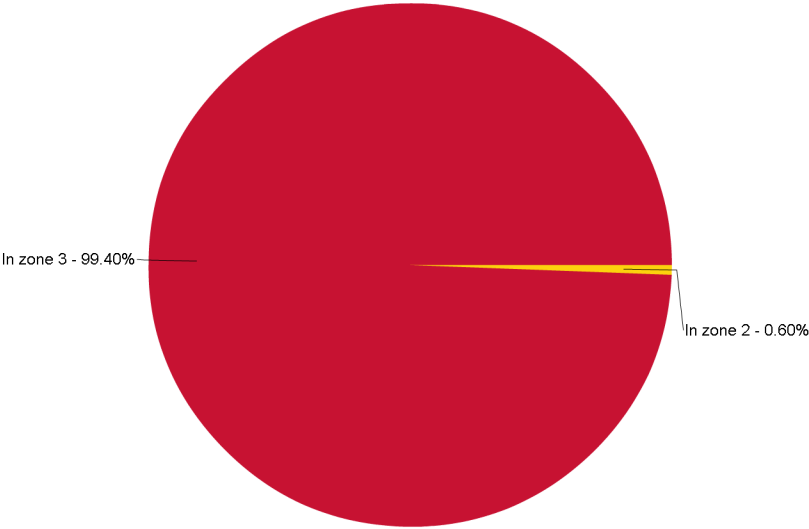
ACTIVITY - VALUES

Рогожка=25км

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<div><div></div><div>Training time</div><div>00:37:30.0 h</div><div><div>00:00:45.0</div><div>00:00:31.5</div></div></div>	<div><div></div><div>Distance</div><div>25,41 km</div><div><div>0,50</div><div>0,35</div></div></div>	<div><div></div><div>Speed</div><div>Ø 40,67 km/h</div><div><div>min. 11,71</div><div>↑Ø 40,38</div><div>↓Ø 40,07</div><div>max. 46,85</div></div></div>	<div><div></div><div>Altitude</div><div>↑ 11 m</div><div>↓ 9</div><div><div>min. 8</div><div>Ø 10</div><div>max. 12</div></div></div>	<div><div></div><div>Heart rate</div><div>Ø 162 bpm</div><div><div>min. 127</div><div></div><div>max. 171</div></div></div>
<div><div></div><div>Calories</div><div>574 kcal</div></div>	<div><div></div><div>Incline</div><div>↑Ø 0 %</div><div>↓Ø -1</div><div><div>min. -1</div><div></div><div>max. 0</div></div></div>	<div><div></div><div>Rise rate</div><div>↑Ø 0 m/min</div><div>↓Ø -6</div><div><div>min. -6</div><div></div><div>max. 0</div></div></div>	<div><div></div><div>Cadence</div><div>Ø 80 rpm</div><div><div>min. 0</div><div></div><div>max. 102</div></div></div>	<div><div></div><div>Power</div><div>Ø 331 Watt</div><div><div>min. 0</div><div></div><div>max. 533</div></div></div>
<div><div></div><div>Temperature</div><div>Ø 33,9 °C</div><div><div>min. 27,0</div><div></div><div>max. 44,0</div></div></div>				

Heart rate zones



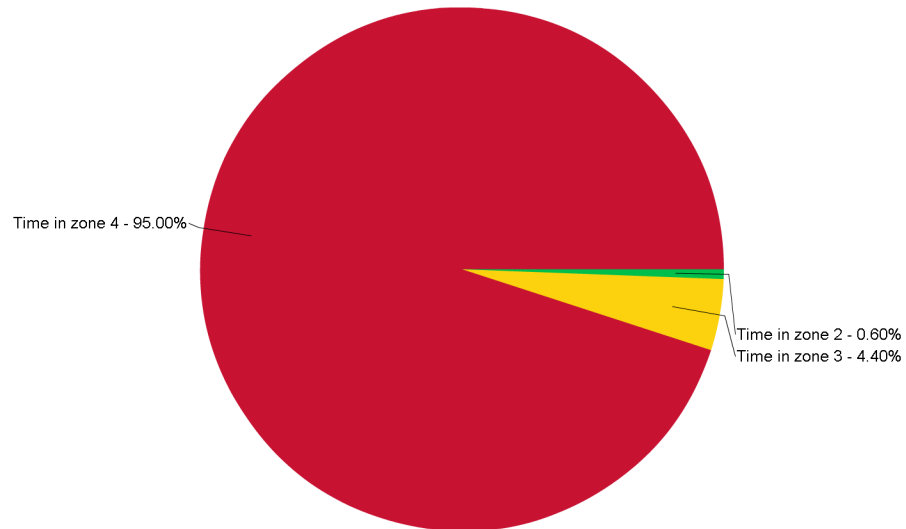
Below zone	00:00:00 h
In zone 1 (96 - < 123 bpm)	00:00:00 h
In zone 2 (123 - < 140 bpm)	00:00:13 h
In zone 3 (140 - < 175 bpm)	00:37:16 h
Above zone	00:00:00 h

ACTIVITY - VALUES

 Рогожка=25км

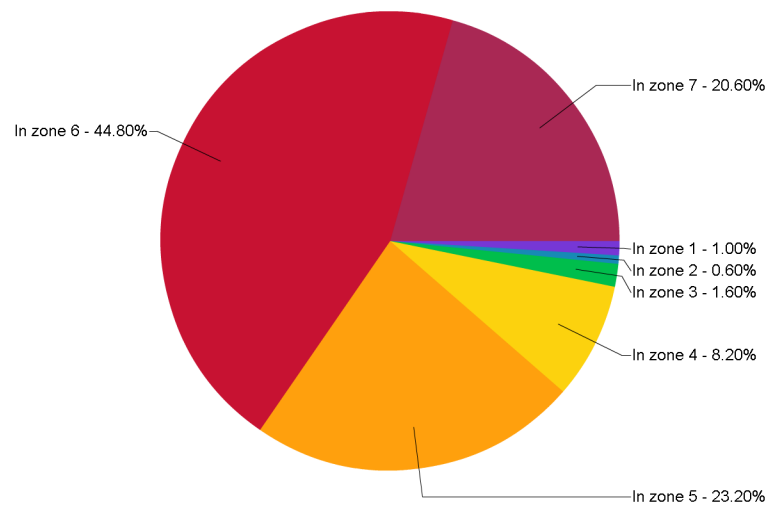
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Intensity zones




Below zone	00:00:00 h
Time in zone 1 (> 105 - 122 bpm)	00:00:00 h
Time in zone 2 (> 122 - 140 bpm)	00:00:13 h
Time in zone 3 (> 140 - 157 bpm)	00:01:39 h
Time in zone 4 (> 157 - 175 bpm)	00:35:37 h
Above zone	00:00:00 h

Power zones









In zone 1 (0 - 140 Watt)	00:00:22 h
In zone 2 (> 140 - 190 Watt)	00:00:13 h
In zone 3 (> 190 - 227 Watt)	00:00:36 h
In zone 4 (> 227 - 265 Watt)	00:03:04 h
In zone 5 (> 265 - 302 Watt)	00:08:42 h
In zone 6 (> 302 - 377 Watt)	00:16:48 h
In zone 7 (> 377 - 2000 Watt)	00:07:43 h

ACTIVITY - VALUES

 Рогожка=25км

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Notes

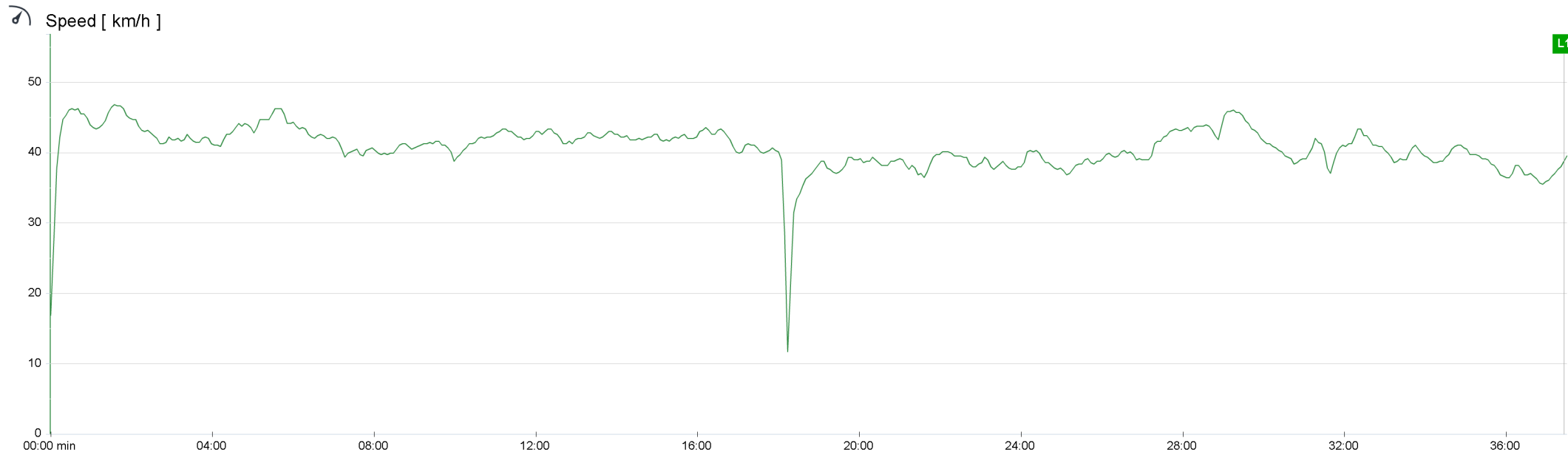
<div>Weather</div> <div> 2 Bft</div>	<div>Trip Profile</div> <div> flat</div>	<div>Feelings</div> <div></div>	<div>Evaluation</div> <div></div>	<div></div> <div>север не хва эконо 40,7 км</div>
<div>Linked track</div> <div></div>	<div>External link</div> <div>http://forum.rostovroadclub.ru/viewtopic.php?f=7&t=931</div>			
<div>Training partner</div> <div> 42 участ...</div>				
<div>Training type</div> <div>разделка интенсивно</div>				

ACTIVITY - LAPS



Рогожка=25км

Андриано / Bike 1 / 28.05.2016 - 10:55



Laps

Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)	Cadence (rpm)	Power (Watt)
1	0:37:30.0	25,41	Avg. 40,70	Avg. 162	575	Avg. 10	11	9	Avg. 0	Avg. -1	Avg. 80	Avg. 330
	Distance since start	Distance since start	Min. 11,71	Min. 127		Max. 12			Max. 0	Max. -1	Max. 102	Max. 533
	0:37:30.0	25,41	Max. 46,85	Max. 171								
Total	00:37:30.0	25,41			574		11	9				
Avg. lap	00:37:30.0	25,41	40,70	162	574	10	11	9		-1	80	330
Min.	00:37:30.0	25,41	11,71	127	574	12	11	9		-1	102	533
Max.	00:37:30.0	25,41	46,85	171	574			9				