
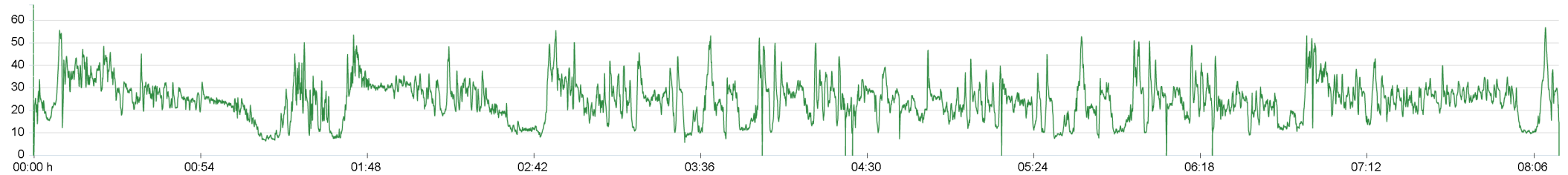


# ACTIVITY - GRAPHS

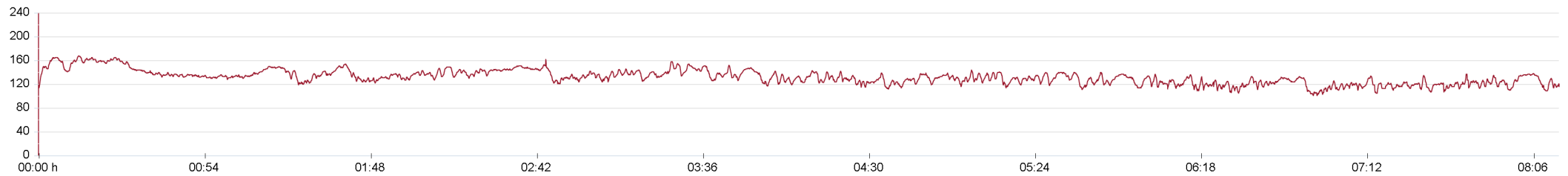
 Tyance=200km

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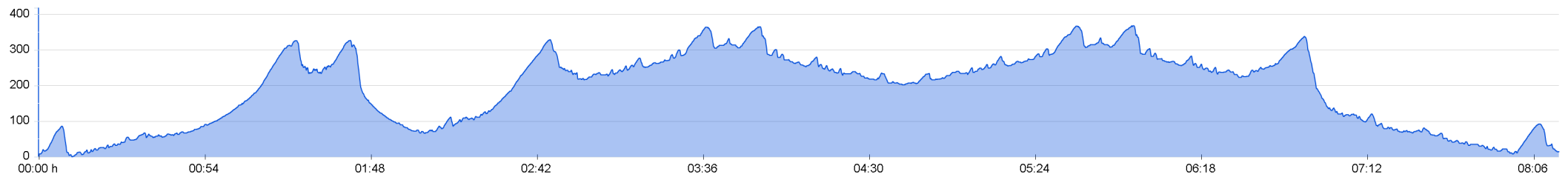
## Speed [km/h]



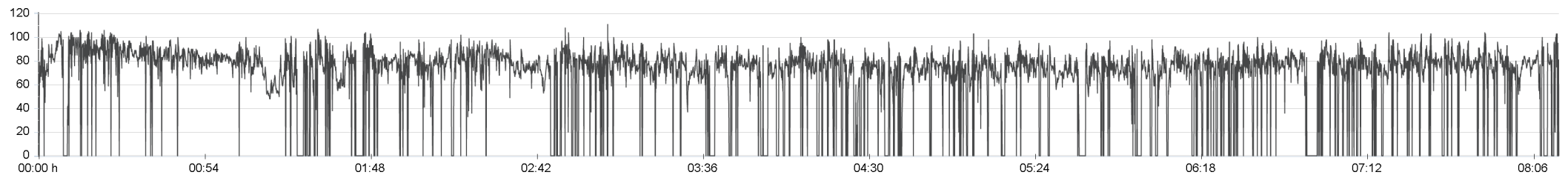
## Heart rate [bpm]



## Altitude [m]



## Cadence [rpm]



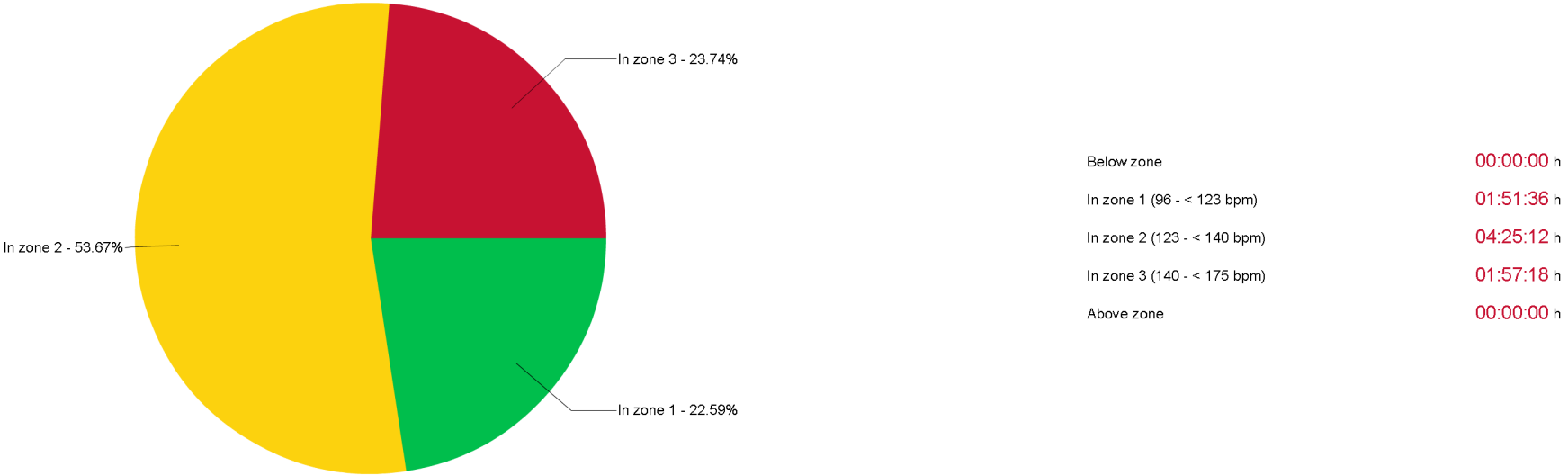
ACTIVITY - VALUES

Tyance=200км


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<div><div></div><div>Training time</div><div>08:14:06.1 h</div></div> <div><div></div><div>02:35:28.5</div><div>01:27:31.5</div></div>	<div><div></div><div>Distance</div><div>202,45 km</div></div> <div><div></div><div>45,73</div><div>50,77</div></div>	<div><div></div><div>Speed</div><div>Ø 24,58 km/h</div></div> <div><div>min.</div><div>0,00</div><div>17,65</div><div>34,80</div><div>max.</div><div>56,75</div></div>	<div><div></div><div>Altitude</div><div>↑ 2345 m</div><div>↓ 2342</div></div> <div><div>min.</div><div>0</div><div>192</div><div>max.</div><div>368</div></div>	<div><div></div><div>Heart rate</div><div>Ø 131 bpm</div></div> <div><div>min.</div><div>101</div><div>max.</div><div>168</div></div>
<div><div></div><div>Calories</div><div>5355 kcal</div></div>	<div><div></div><div>Incline</div><div>↑ Ø 3 %</div><div>↓ -2</div></div> <div><div>min.</div><div>-12</div><div>max.</div><div>12</div></div>	<div><div></div><div>Rise rate</div><div>↑ Ø 7 m/min</div><div>↓ -15</div></div> <div><div>min.</div><div>-93</div><div>max.</div><div>26</div></div>	<div><div></div><div>Cadence</div><div>Ø 77 rpm</div></div> <div><div>min.</div><div>0</div><div>max.</div><div>111</div></div>	<div><div></div><div>Power</div><div>Ø 131 Watt</div></div> <div><div>min.</div><div>0</div><div>max.</div><div>533</div></div>
<div><div></div><div>Temperature</div><div>Ø 27,6 °C</div></div> <div><div>min.</div><div>20,0</div><div>max.</div><div>35,0</div></div>				

Heart rate zones

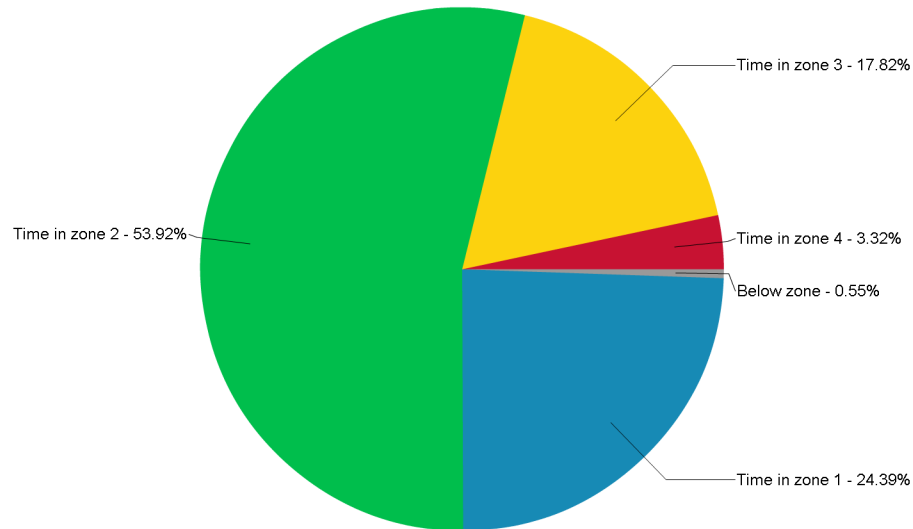


# ACTIVITY - VALUES

 Tyance=200km

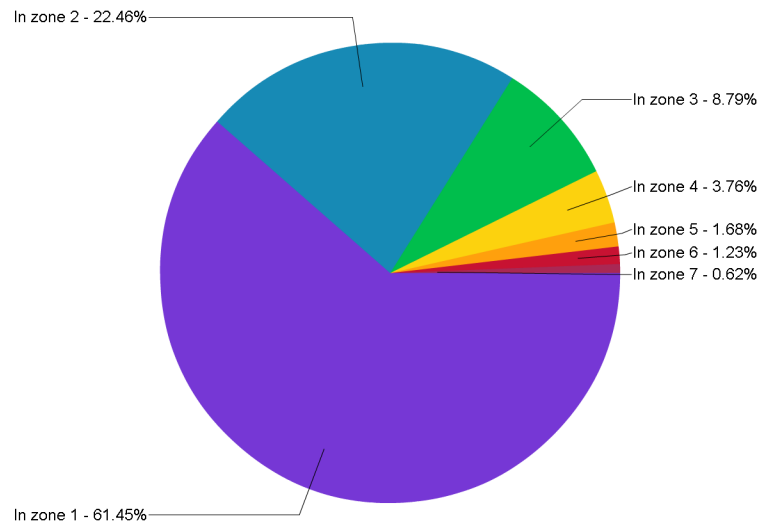
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## Intensity zones




Below zone	00:02:42 h
Time in zone 1 (> 105 - 122 bpm)	02:00:31 h
Time in zone 2 (> 122 - 140 bpm)	04:26:24 h
Time in zone 3 (> 140 - 157 bpm)	01:28:03 h
Time in zone 4 (> 157 - 175 bpm)	00:16:25 h
Above zone	00:00:00 h

## Power zones




In zone 1 (0 - 140 Watt)	05:03:36 h
In zone 2 (> 140 - 190 Watt)	01:51:00 h
In zone 3 (> 190 - 227 Watt)	00:43:25 h
In zone 4 (> 227 - 265 Watt)	00:18:36 h
In zone 5 (> 265 - 302 Watt)	00:08:19 h
In zone 6 (> 302 - 377 Watt)	00:06:04 h
In zone 7 (> 377 - 2000 Watt)	00:03:04 h

# ACTIVITY - VALUES


 Tyance=200км

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## Notes




Weather




2 Bft




Linked track



Trip Profile




undulating




External link


<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=924>




Feelings




Evaluation






Training partner



32 участ...




Training type

[горный марафон в удовольствие](#)

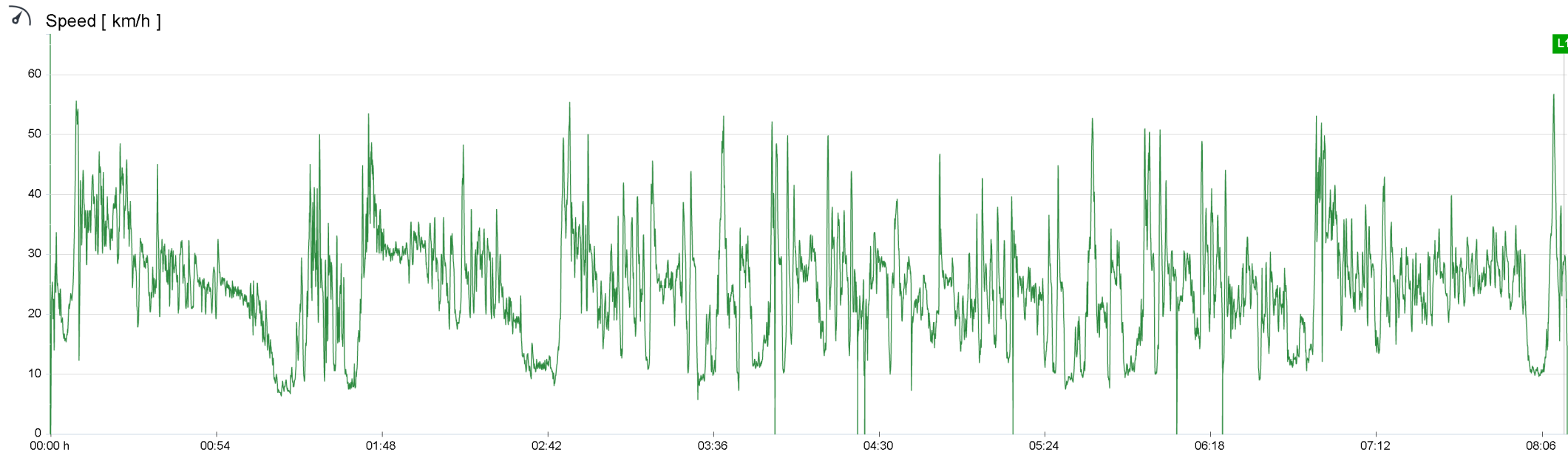


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ACTIVITY - LAPS

 Tyance=200км

Андриано / Bike 1 / 21.05.2016 - 08:07



Laps

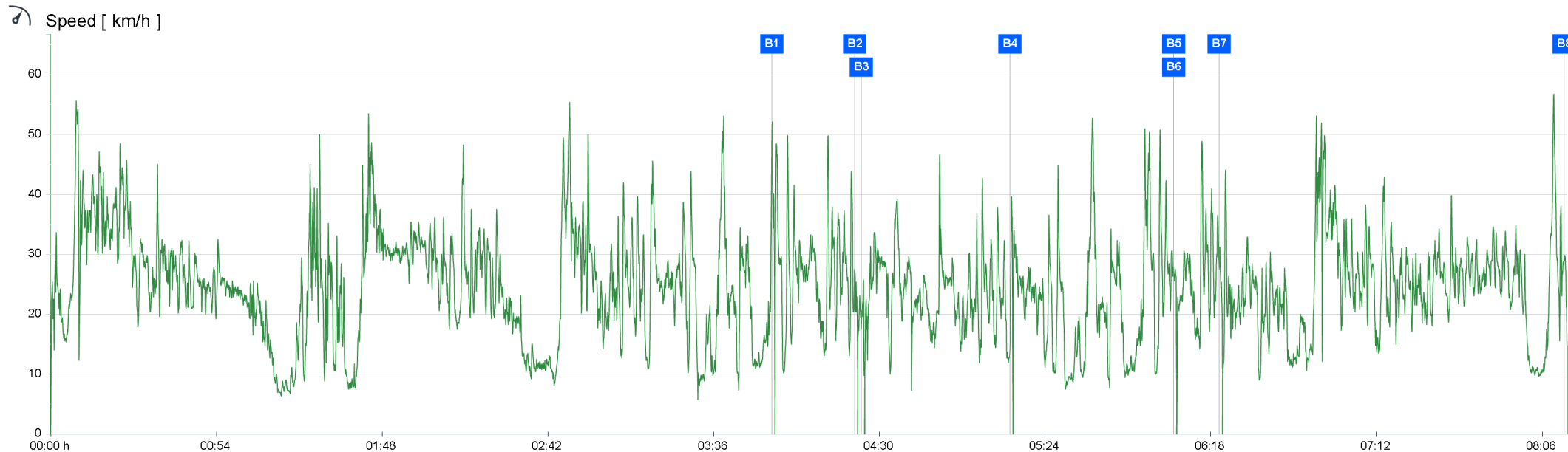
Lap	Lap time (h)	Distance (km)	Speed (km/h)	Heart rate (bpm)	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline uphill (%)	Incline downhill (%)	Cadence (rpm)	Power (Watt)
1	8:14:06.1	202,45	Avg. 24,58	Avg. 132	5356	Avg. 192	2345	2342	Avg. 3	Avg. -2	Avg. 67	Avg. 111
	Distance since start	Distance since start		Min. 101								
	8:14:06.1	202,45	Max. 56,75	Max. 168		Max. 368			Max. 12	Max. -12	Max. 111	Max. 533
Total	08:14:06.1	202,45			5355		2345	2342				
Avg. lap	08:14:06.1	202,45		132	5355	192	2345	2342	3	-2	67	111
Min.	08:14:06.1	202,45	24,58	101	5355		2345	2342				
Max.	08:14:06.1	202,45	56,75	168	5355	368	12	2342	12	-12	111	533

ACTIVITY - BREAKES



Tyance=200км

Андриано / Bike 1 / 21.05.2016 - 08:07




Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:42.0	3:56:01.5 Time since start: 3:56:01.5	98,14 Distance since start: 98,14
2	0:00:34.0	0:26:55.5 Time since start: 4:22:57.0	12,04 Distance since start: 110,18
3	0:00:31.0	0:02:15.0 Time since start: 4:25:12.0	0,70 Distance since start: 110,89
4	0:00:53.0	0:48:22.5 Time since start: 5:13:34.5	19,06 Distance since start: 129,96
5	0:02:41.0	0:53:19.5 Time since start: 6:06:54.0	19,67 Distance since start: 149,64
6	0:00:01.0	0:00:04.5 Time since start: 6:06:58.5	0,00 Distance since start: 149,64

ACTIVITY - BREAKES



 Tyance=200км

Андриано / Bike 1 / 21.05.2016 - 08:07

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
7	0:00:33.0	0:14:51.0 Time since start: 6:21:49.5	6,45 Distance since start: 156,09
8	0:01:04.0	1:52:16.5 Time since start: 8:14:06.1	46,35 Distance since start: 202,45
Total	00:06:59.0	08:14:06.1	202,45
Avg. break	00:00:52.3	01:01:45.7	25,30
Max.	00:02:41.0	03:56:01.5	98,14