

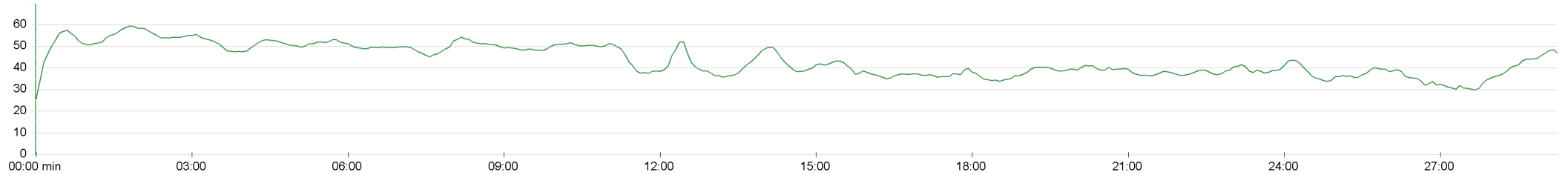



# ACTIVITY - GRAPHS

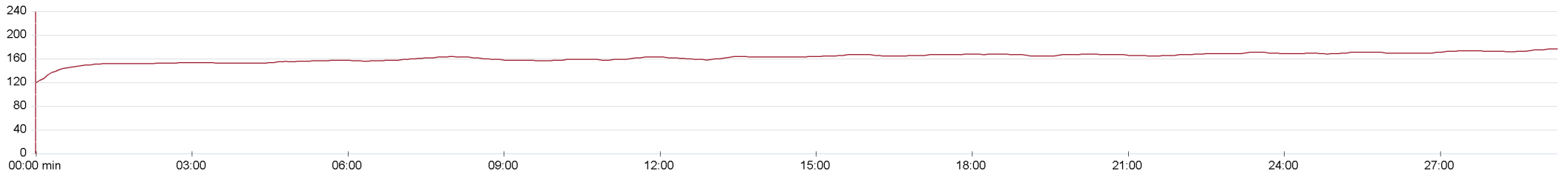
 Новоазовский РТТ=21км

Анриано / Bike 1 / 16.07.2016 - 09:41

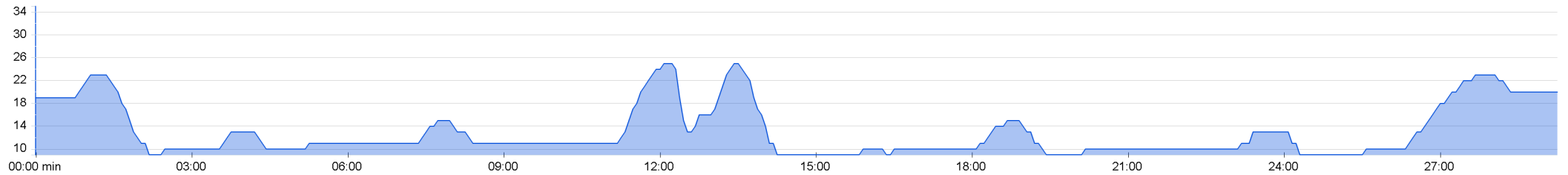
 Speed [km/h]




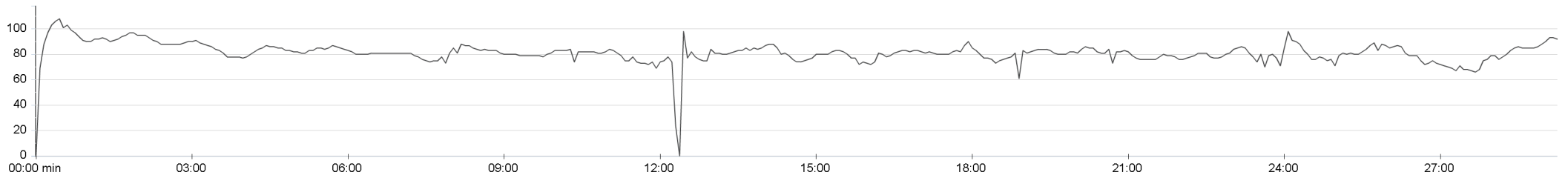
 Heart rate [bpm]



 Altitude [m]



 Cadence [rpm]



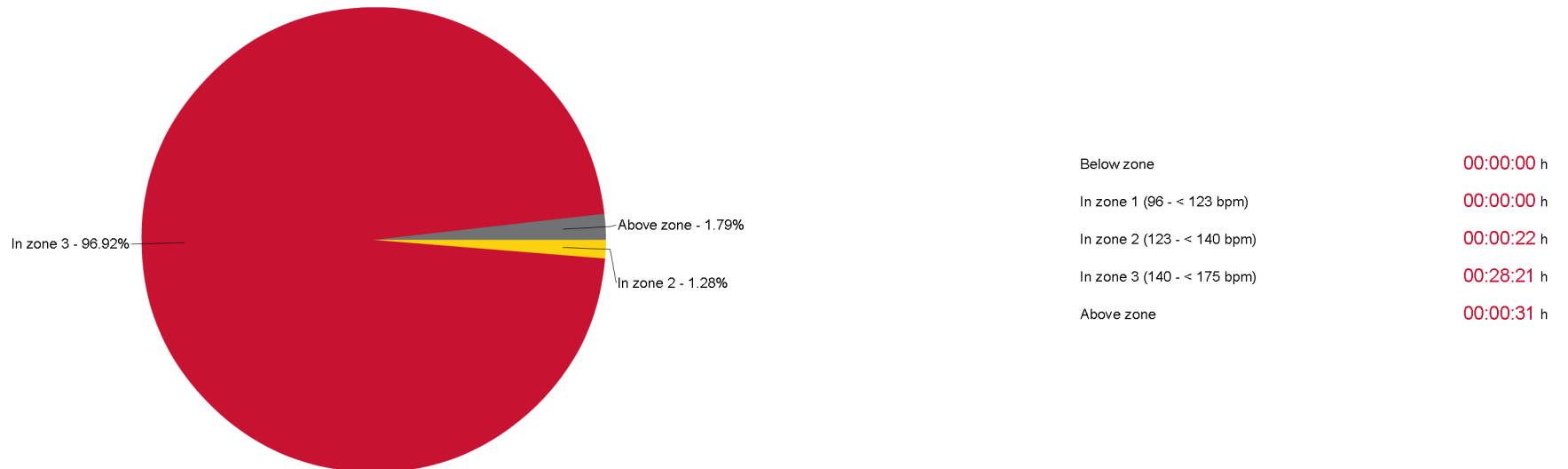
# ACTIVITY - VALUES

Новоазовский PTT=21км

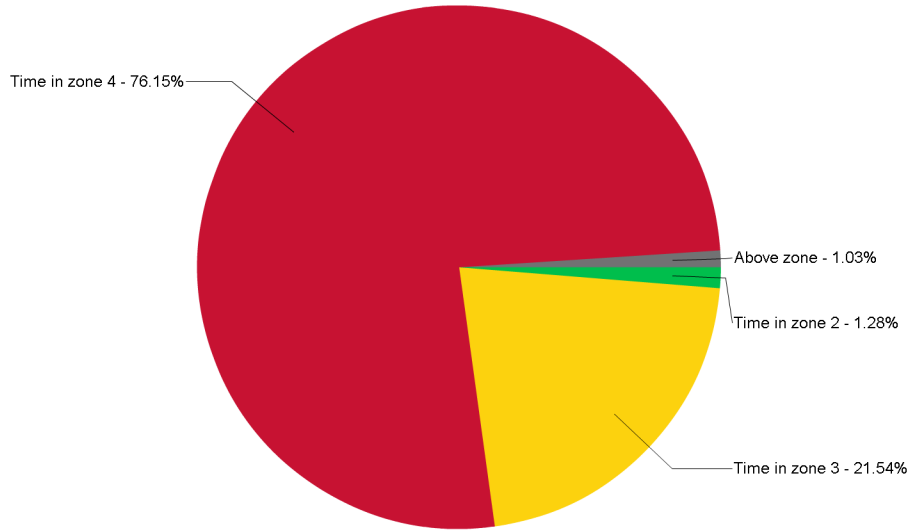
Андриано / Bike 1 / 16.07.2016 - 09:41

<p><b>Training time</b> 00:29:15.0 h</p> <p>↑ 00:04:12.0 ↓ 00:03:04.5</p>	<p><b>Distance</b> 21,15 km</p> <p>↑ 2,70 ↓ 2,51</p>	<p><b>Speed</b> ∅ 43,39 km/h</p> <p>min. 25,56 ∅ 38,69 ↓ 49,17 max. 59,38</p>	<p><b>Altitude</b> ↑ 64 m ↓ 63</p> <p>min. 9 ∅ 12 max. 25</p>	<p><b>Heart rate</b> ∅ 162 bpm</p> <p>min. 120 max. 177</p>
<p><b>Calories</b> 449 kcal</p>	<p><b>Incline</b> ↑ ∅ 1 % ↓ ∅ -1</p> <p>min. -5 max. 3</p>	<p><b>Rise rate</b> ↑ ∅ 8 m/min ↓ ∅ -11</p> <p>min. -43 max. 18</p>	<p><b>Cadence</b> ∅ 81 rpm</p> <p>min. 0 max. 108</p>	<p><b>Power</b> ∅ 421 Watt</p> <p>min. 0 max. 883</p>
<p><b>Temperature</b> ∅ 35,8 °C</p> <p>min. 31,0 max. 41,0</p>				

## Heart rate zones

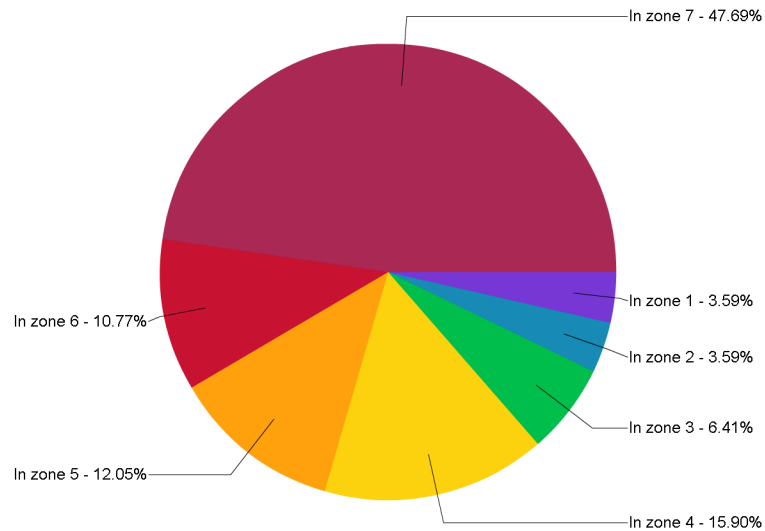


## Intensity zones


















Below zone	00:00:00 h
Time in zone 1 (> 105 - 122 bpm)	00:00:00 h
Time in zone 2 (> 122 - 140 bpm)	00:00:22 h
Time in zone 3 (> 140 - 157 bpm)	00:06:18 h
Time in zone 4 (> 157 - 175 bpm)	00:22:16 h
Above zone	00:00:18 h

## Power zones




In zone 1 (0 - 140 Watt)	00:01:03 h
In zone 2 (> 140 - 190 Watt)	00:01:03 h
In zone 3 (> 190 - 227 Watt)	00:01:52 h
In zone 4 (> 227 - 265 Watt)	00:04:39 h
In zone 5 (> 265 - 302 Watt)	00:03:31 h
In zone 6 (> 302 - 377 Watt)	00:03:09 h
In zone 7 (> 377 - 2000 Watt)	00:13:57 h

## Notes

<p> Weather</p> <p>  5 Bft</p>	<p> Trip Profile</p> <p> flat</p>	<p> Feelings</p> <p></p>	<p> Evaluation</p> <p></p>	<p> Description</p> <p>жара и обратно приличный встречняк, взяли бронзу благодаря Вовчику Гамаюнову, он тележил, я терпел, изредка выходя...</p>
<p> Linked track</p>	<p> External link</p>			
<p> Training partner</p> <p> 22 пары</p>				
<p> Training type</p> <p>парная гонка очень тяжело</p>				

# ACTIVITY - LAPS

 Новоазовский РТТ=21км

Андриано / Bike 1 / 16.07.2016 - 09:41



## 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	0:29:15.0	21,15	Avg. 43,43	Avg. 162		Avg. 12			Avg. 1	Avg. -1	Avg. 81	Avg. 418
	Distance since start 0:29:15.0	Distance since start 21,15	Min. 25,56 Max. 59,38	Min. 120 Max. 177	449	Max. 25	64	63	Max. 3	Max. -5	Max. 108	Max. 883
<b>Total</b>	00:29:15.0	21,15			449		64	63				
<b>Avg. lap</b>	00:29:15.0	21,15	43,43	162	449	12	64	63	1	-1	81	418
<b>Min.</b>	00:29:15.0	21,15	25,56	120	449	12	64	63	1	-1	81	418
<b>Max.</b>	00:29:15.0	21,15	59,38	177	449	25	3	63	3	-5	108	883