
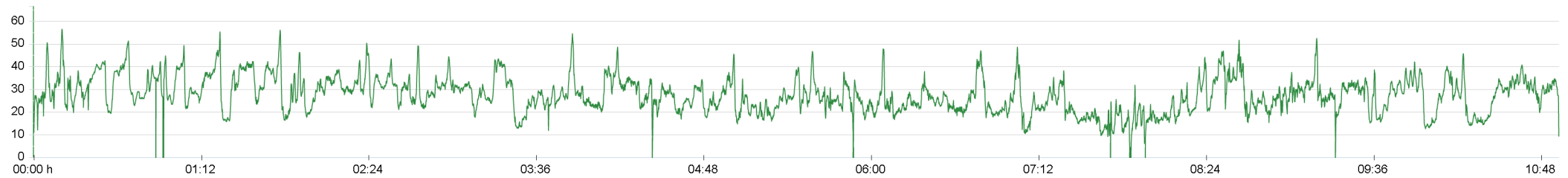


# ACTIVITY - GRAPHS

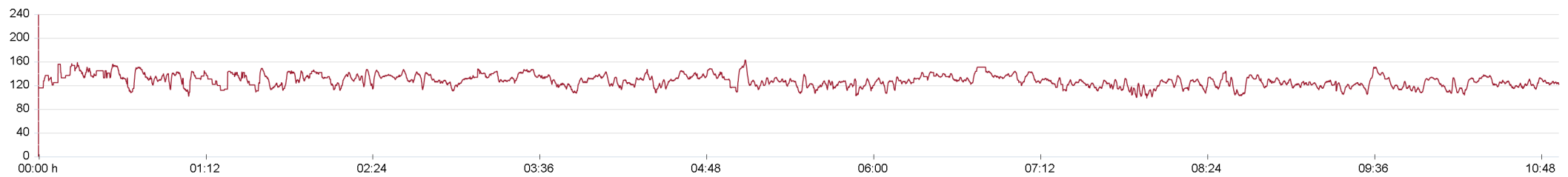
 Украина-2=300км

Андриано / Bike 1 / 27.08.2016 - 06:04

## Speed [km/h]



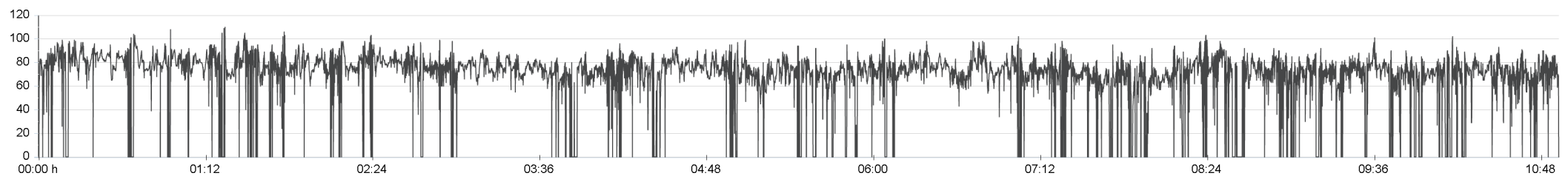
## Heart rate [bpm]



## Altitude [m]



## Cadence [rpm]



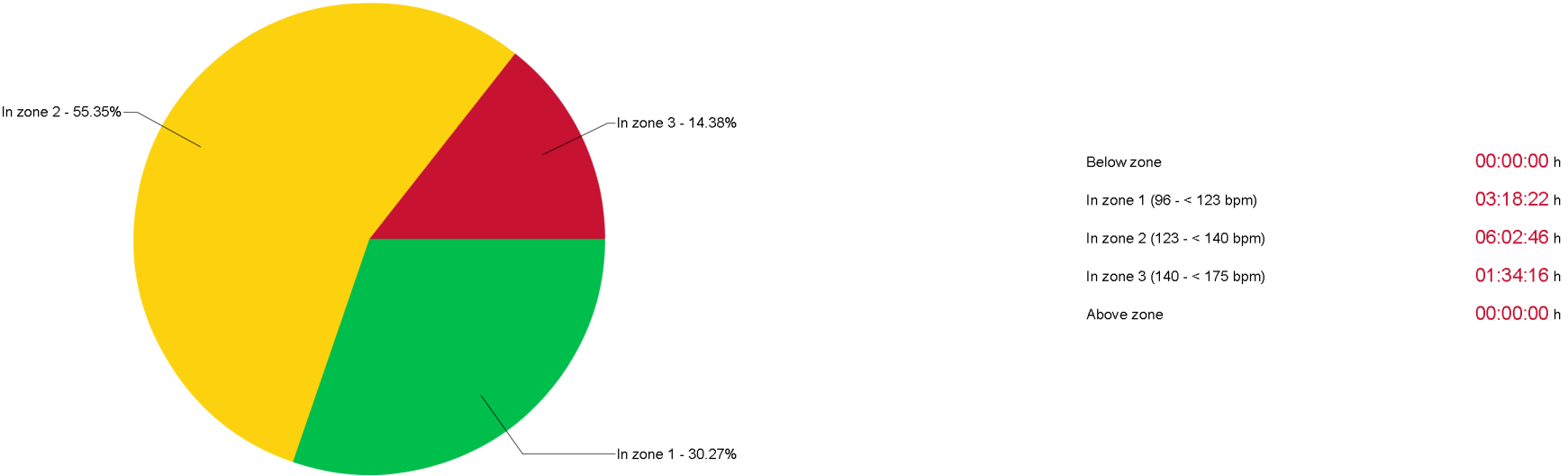
ACTIVITY - VALUES

Украина-2=300км

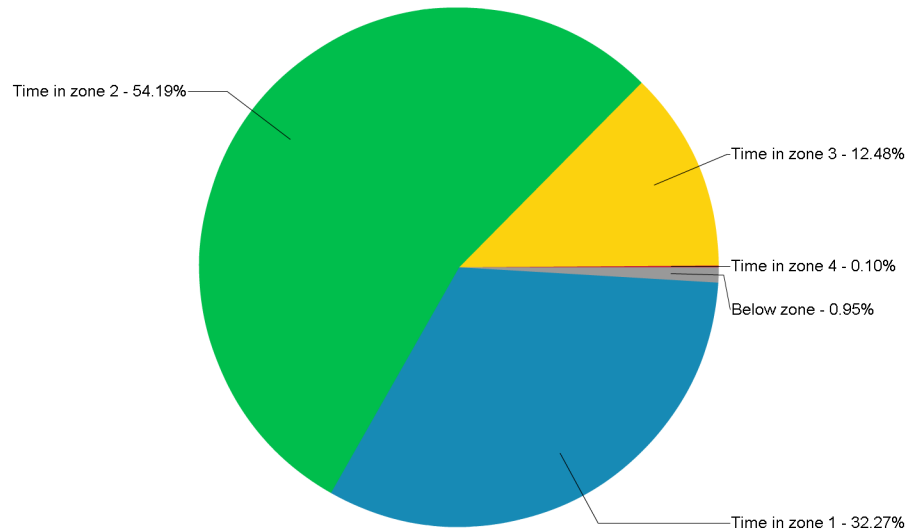
Андриано / Bike 1 / 27.08.2016 - 06:04

<div><div></div><div>Training time</div><div>10:55:25.7 h</div></div> <div><div></div><div>02:30:22.5</div><div>01:44:46.5</div></div>	<div><div></div><div>Distance</div><div>301,58 km</div></div> <div><div></div><div>55,30</div><div>64,44</div></div>	<div><div></div><div>Speed</div><div>Ø 27,61 km/h</div></div> <div><div></div><div>min. 0,00</div><div>22,07 36,90</div><div>max. 56,50</div></div>	<div><div></div><div>Altitude</div><div>↑ 2177 m</div><div>↓ 2140</div></div> <div><div></div><div>min. 10</div><div>83</div><div>max. 195</div></div>	<div><div></div><div>Heart rate</div><div>Ø 128 bpm</div></div> <div><div></div><div>min. 99</div><div></div><div>max. 163</div></div>
<div><div></div><div>Calories</div><div>6742 kcal</div></div>	<div><div></div><div>Incline</div><div>↑ Ø 2 %</div><div>↓ -1</div></div> <div><div></div><div>min. -6</div><div></div><div>max. 7</div></div>	<div><div></div><div>Rise rate</div><div>↑ Ø 6 m/min</div><div>↓ -9</div></div> <div><div></div><div>min. -48</div><div></div><div>max. 23</div></div>	<div><div></div><div>Cadence</div><div>Ø 74 rpm</div></div> <div><div></div><div>min. 0</div><div></div><div>max. 110</div></div>	<div><div></div><div>Power</div><div>Ø 141 Watt</div></div> <div><div></div><div>min. 0</div><div></div><div>max. 517</div></div>
<div><div></div><div>Temperature</div><div>Ø 29,6 °C</div></div> <div><div></div><div>min. 18,0</div><div></div><div>max. 40,0</div></div>				

Heart rate zones

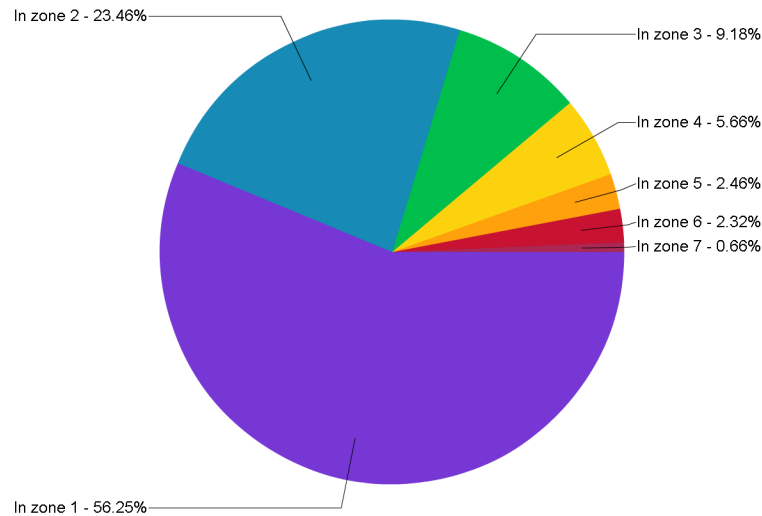


## Intensity zones




Below zone	00:06:13 h
Time in zone 1 (> 105 - 122 bpm)	03:31:30 h
Time in zone 2 (> 122 - 140 bpm)	05:55:12 h
Time in zone 3 (> 140 - 157 bpm)	01:21:49 h
Time in zone 4 (> 157 - 175 bpm)	00:00:40 h
Above zone	00:00:00 h

## Power zones



In zone 1 (0 - 140 Watt)	06:08:42 h
In zone 2 (> 140 - 190 Watt)	02:33:45 h
In zone 3 (> 190 - 227 Watt)	01:00:09 h
In zone 4 (> 227 - 265 Watt)	00:37:07 h
In zone 5 (> 265 - 302 Watt)	00:16:07 h
In zone 6 (> 302 - 377 Watt)	00:15:13 h
In zone 7 (> 377 - 2000 Watt)	00:04:21 h

# ACTIVITY - VALUES



 Украина-2=300км


Андриано / Bike 1 / 27.08.2016 - 06:04

## Notes


 Weather

---

  4 Bft


 Trip Profile


---

 undulating

 Feelings


---




 Evaluation

---

★★★★★


 Linked track

---


 External link


---

<http://forum.rostovroadclub.ru/viewtopic.php?p=21352#p21352>

 Training partner

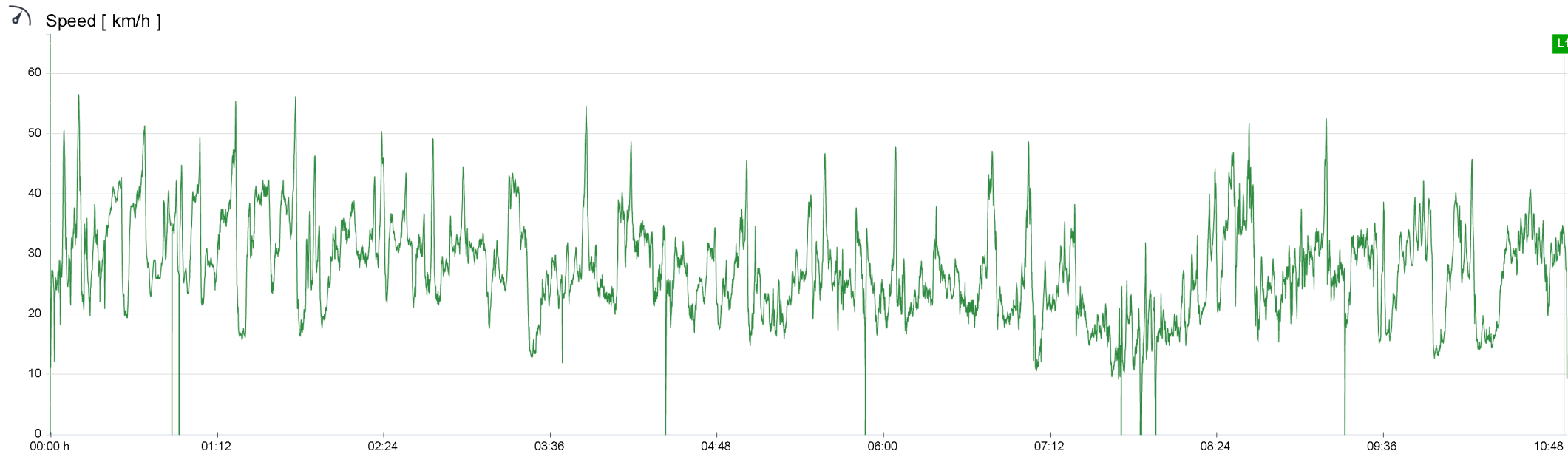
---

 23 участ...

 Training type

---


марафон в стиле натяг



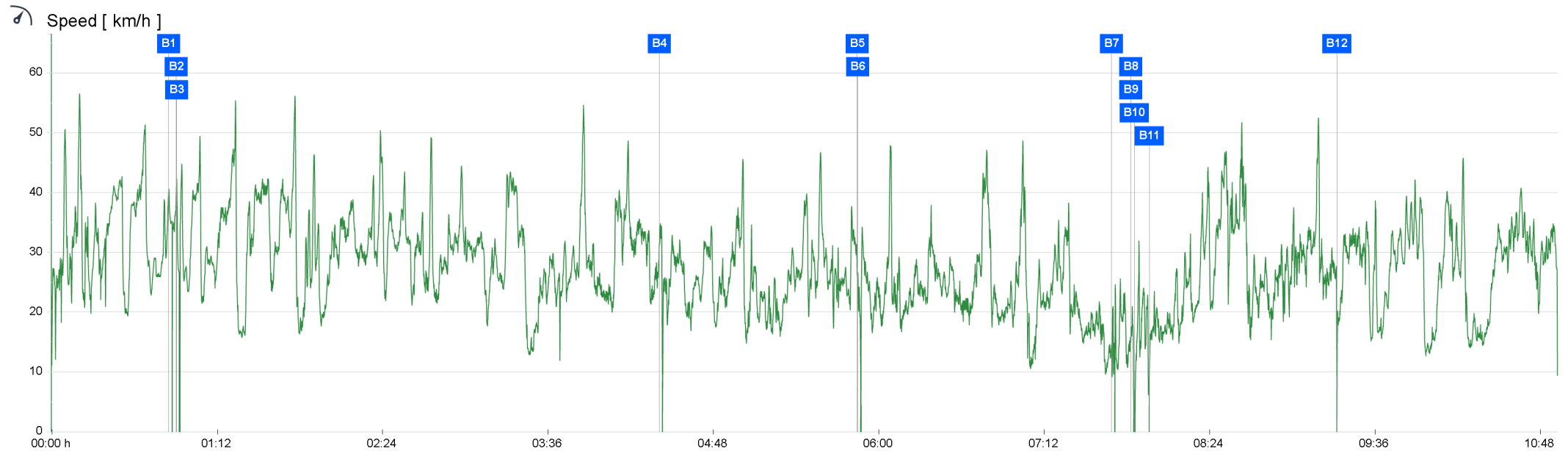
Laps

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	10:55:25.7	301,58	Avg. 27,61	Avg. 128	6743	Avg. 83	2177	2140	Avg. 2	Avg. -1	Avg. 68	Avg. 127
	Distance since start	Distance since start	Min. 3,27	Min. 99		195			7	-6	110	517
	10:55:25.7	301,58	Max. 56,50	Max. 163								
Total	10:55:25.7	301,58			6742		2177	2140				
Avg. lap	10:55:25.7	301,58	27,61	128	6742	83	2177	2140	2	-1	68	127
Min.	10:55:25.7	301,58	3,27	99	6742	195	2177	2140	7	-6	110	517
Max.	10:55:25.7	301,58	56,50	163	6742		7	2140				

# ACTIVITY - BREAKES

 Украина-2=300км

Андриано / Bike 1 / 27.08.2016 - 06:04



## Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:00:10.0	0:52:16.5 Time since start: 0:52:16.5	27,90 Distance since start: 27,90
2	0:00:22.0	0:03:13.5 Time since start: 0:55:30.0	1,69 Distance since start: 29,60
3	0:00:03.0	0:00:18.0 Time since start: 0:55:48.0	0,00 Distance since start: 29,60
4	0:09:55.0	3:30:00.0 Time since start: 4:25:48.0	106,78 Distance since start: 136,38
5	0:00:02.0	1:26:15.0 Time since start: 5:52:03.0	37,00 Distance since start: 173,38
6	0:15:26.0	0:00:09.0 Time since start: 5:52:12.1	0,02 Distance since start: 173,41

# ACTIVITY - BREAKES

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
7	0:00:02.0	1:50:28.5 Time since start: 7:42:40.6	43,24 Distance since start: 216,65
8	0:00:04.0	0:08:15.0 Time since start: 7:50:55.6	2,25 Distance since start: 218,90
9	0:00:18.0	0:00:04.5 Time since start: 7:51:00.1	0,00 Distance since start: 218,90
10	0:10:17.0	0:00:09.0 Time since start: 7:51:09.2	0,01 Distance since start: 218,92
11	0:03:31.0	0:06:31.5 Time since start: 7:57:40.7	1,80 Distance since start: 220,73
12	0:03:10.0	1:21:45.0 Time since start: 9:19:25.7	36,83 Distance since start: 257,56
<b>Total</b>	00:43:20.0	09:19:25.7	257,56
<b>Avg. break</b>	00:03:36.6	00:46:37.1	21,46
<b>Max.</b>	00:15:26.0	03:30:00.0	106,78