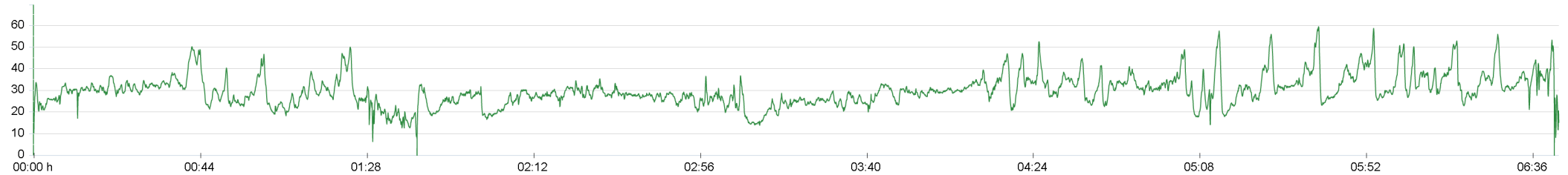


ACTIVITY - GRAPHS

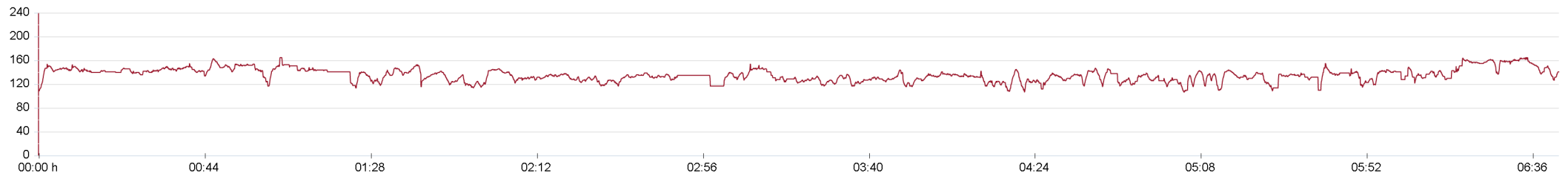
 Матвей=200км

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Speed [km/h]



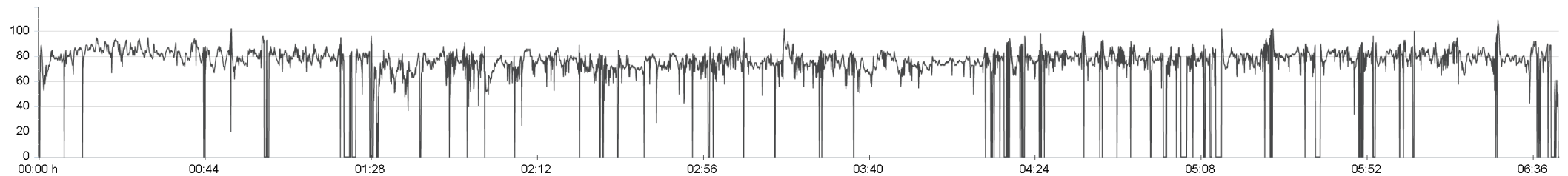
Heart rate [bpm]



Altitude [m]



Cadence [rpm]



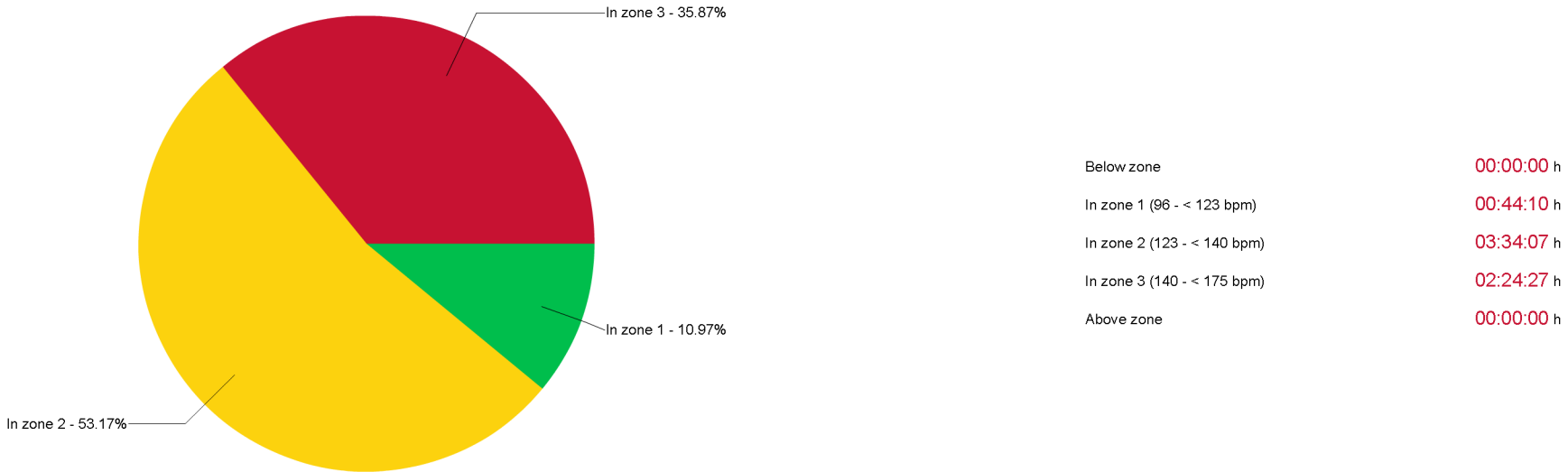
ACTIVITY - VALUES

Matвей=200км

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<div><div></div><div>Training time</div><div>06:42:45.0 h</div></div> <div><div></div><div>01:32:28.5</div><div>01:02:24.0</div></div>	<div><div></div><div>Distance</div><div>200,04 km</div></div> <div><div></div><div>39,30</div><div>39,51</div></div>	<div><div></div><div>Speed</div><div>Ø 29,80 km/h</div></div> <div><div>min.</div><div>0,00</div><div>25,50</div><div>37,99</div><div>max.</div><div>59,38</div></div>	<div><div></div><div>Altitude</div><div>↑ 1 366 m</div><div>↓ 1 357</div></div> <div><div>min.</div><div>13</div><div>81</div><div>max.</div><div>144</div></div>	<div><div></div><div>Heart rate</div><div>Ø 135 bpm</div></div> <div><div>min.</div><div>107</div><div>max.</div><div>165</div></div>
<div><div></div><div>Calories</div><div>4574 kcal</div></div>	<div><div></div><div>Incline</div><div>↑ Ø 1 %</div><div>↓ Ø -1</div></div> <div><div>min.</div><div>-5</div><div>max.</div><div>7</div></div>	<div><div></div><div>Rise rate</div><div>↑ Ø 7 m/min</div><div>↓ Ø -12</div></div> <div><div>min.</div><div>-48</div><div>max.</div><div>24</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>109</div></div>	<div><div></div><div>Power</div><div>Ø 159 Watt</div></div> <div><div>min.</div><div>0</div><div>max.</div><div>617</div></div>
<div><div></div><div>Temperature</div><div>Ø 16,6 °C</div></div> <div><div>min.</div><div>12,0</div><div>max.</div><div>22,0</div></div>				

Heart rate zones

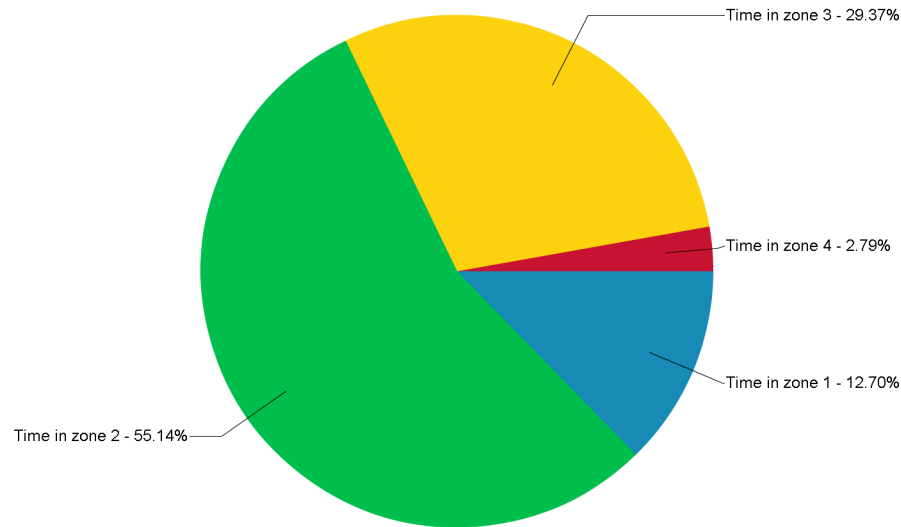


ACTIVITY - VALUES

 Матвей=200км

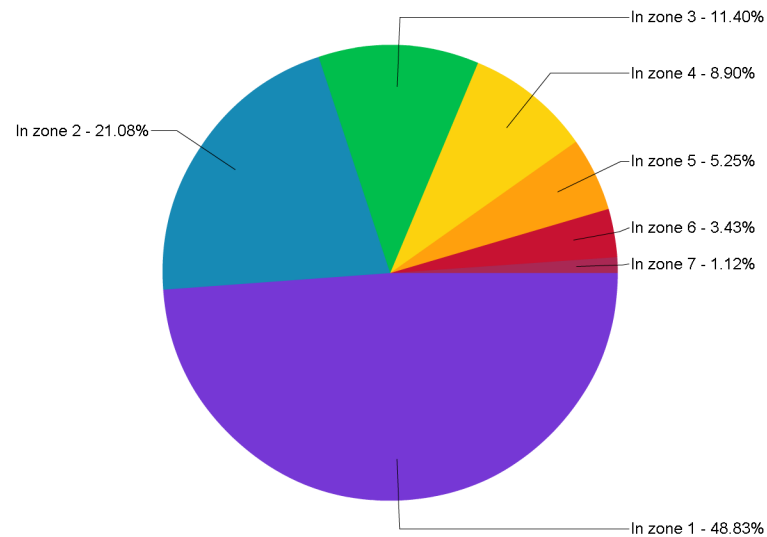
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Intensity zones

















Below zone	00:00:00 h
Time in zone 1 (> 105 - 122 bpm)	00:51:09 h
Time in zone 2 (> 122 - 140 bpm)	03:42:04 h
Time in zone 3 (> 140 - 157 bpm)	01:58:16 h
Time in zone 4 (> 157 - 175 bpm)	00:11:15 h
Above zone	00:00:00 h

Power zones



In zone 1 (0 - 140 Watt)	03:16:39 h
In zone 2 (> 140 - 190 Watt)	01:24:54 h
In zone 3 (> 190 - 227 Watt)	00:45:54 h
In zone 4 (> 227 - 265 Watt)	00:35:51 h
In zone 5 (> 265 - 302 Watt)	00:21:09 h
In zone 6 (> 302 - 377 Watt)	00:13:48 h
In zone 7 (> 377 - 2000 Watt)	00:04:30 h

Notes

<div> Weather</div> <div> 3 Bft</div>	<div> Trip Profile</div> <div> undulating</div>	<div> Feelings</div> <div></div>	<div> Evaluation</div> <div></div>
<div> Linked track</div> <div></div>	<div> External link</div> <div>http://forum.rostovroadclub.ru/viewtopic.php?p=21684#p21684</div>		
<div> Training partner</div> <div> 11 участ...</div>			
<div> Training type</div> <div>марафон, первую половину комфортно, вторую бодро</div>			

ACTIVITY - LAPS



Матвей=200км

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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	6:42:45.0	200,04	Avg. 29,80	Avg. 135	4575	Avg. 81	1366	1357	Avg. 1	Avg. -1	Avg. 73	Avg. 148
	Distance since start	Distance since start	Min. 6,34	Min. 107		Max. 144			Max. 7	Max. -5	Max. 109	Max. 617
	6:42:45.0	200,04	Max. 59,38	Max. 165								
Total	06:42:45.0	200,04			4574		1366	1357				
Avg. lap	06:42:45.0	200,04	29,80	135	4574	81	1366	1357	1	-1	73	148
Min.	06:42:45.0	200,04	6,34	107	4574	144	1366	1357	7	-5	109	617
Max.	06:42:45.0	200,04	59,38	165	4574		7	1357				

ACTIVITY - BREAKES



Матвей=200км

Анриано / Bike 1 / 24.09.2016 - 08:02



Breaks

Break	Break duration (h)	Time since last break (h)	Distance since last break (km)
1	0:04:46.0	1:41:10.5 Time since start: 1:41:10.5	48,63 Distance since start: 48,63
2	0:00:34.0	5:00:22.5 Time since start: 6:41:33.0	151,01 Distance since start: 199,65
Total	00:05:20.0	06:41:33.0	199,65
Avg. break	00:02:40.0	03:20:46.5	99,82
Max.	00:04:46.0	05:00:22.5	151,01