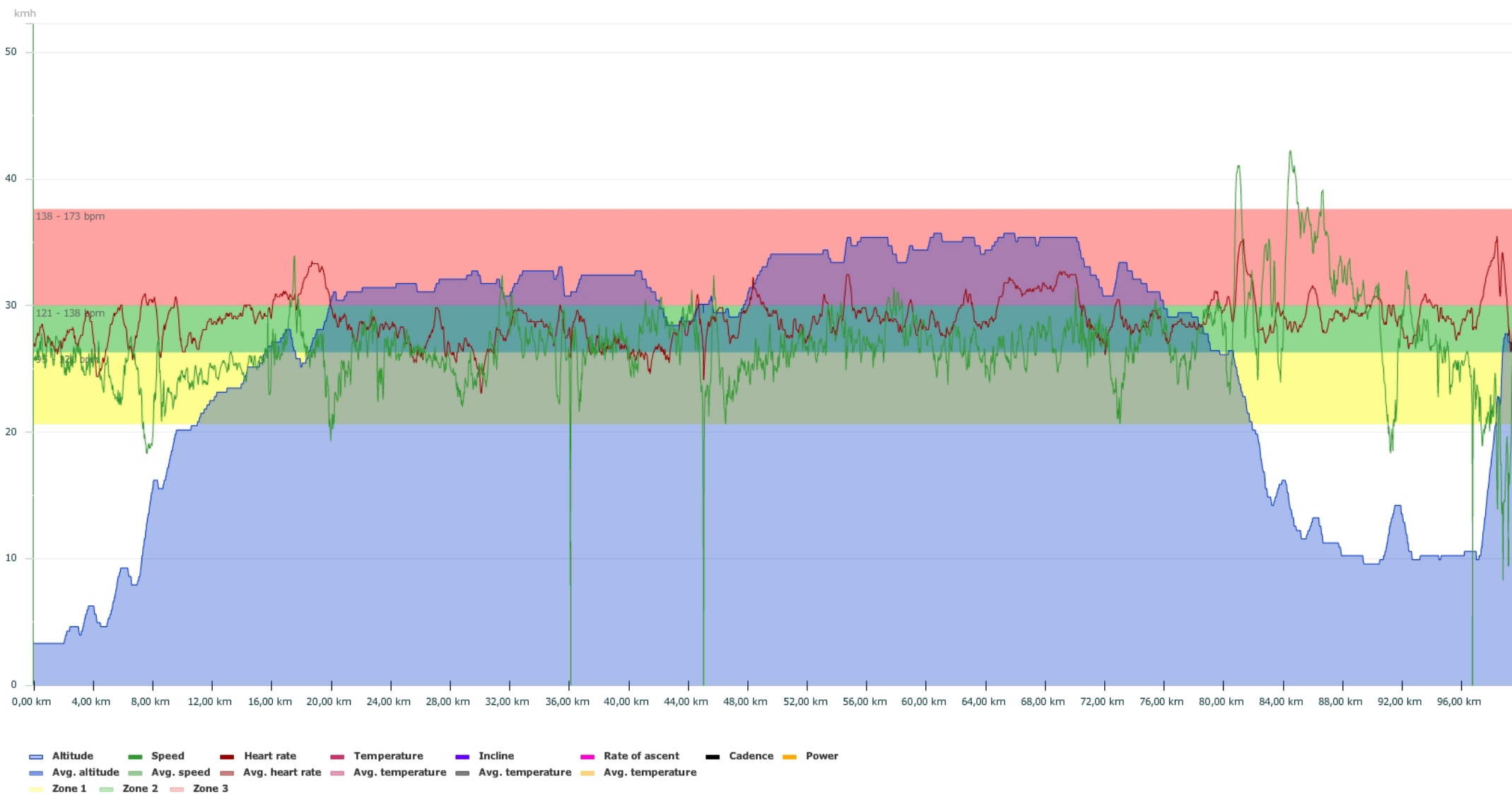


LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Dekatlon-Kagalnitskaya-Centr-1/2marafon** Date / Time: **25.03.2012 - 11:35 - 15:35**



LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Dekatlon-Kagalnitskaya-Centr-1/2marafon** Date / Time: **25.03.2012 - 11:35 - 15:35**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

normal

Training partner:



15 mens

Description:

Dekatlon-Kagalnitskaya-Centr

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Dekatlon-Kagalnitskaya-Centr-1/2marafon** Date / Time: **25.03.2012 - 11:35 - 15:35**

MARKERS

7. 

LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Dekatlon-Kagalnitskaya-Centr-1/2marafon** Date / Time: **25.03.2012 - 11:35 - 15:35**

INFO

Date	25.03.2012
Start time	11:35 Clock
Stopp time	15:35 Clock
Bike	Bike 2
Wheel size	2122 mm
Unit	kmh
Calories	2565 kcal
Number of log entries	3049
Log time interval	5 s

TOTAL VALUES

Trip distance	99,89 km
Trip distance uphill	7,99 km
Distance downhill	6,08 km
Trip time	03:48:16 h
Trip time uphill	00:20:45 h
Trip time downhill	00:12:23 h
Meters uphill	281 m
Meters downhill	207 m
Break time	00:08:44 h

MIN/MAX VALUES

Heart rate	106/163 bpm
Temperature	8,0/19,0 °C
Speed	0,00/42,25 kmh
Altitude	16/114 m
Incline	-2/8 %
Rate of ascent	-13/19 m/min
Cadence	0/146 R/min
Power	0/323 Watt

AVERAGE VALUES

Heart rate	133 bpm
Temperature	13,4 °C
Speed	26,26 kmh
Altitude	83 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	5 m/min
Power	72 Watt
Cadence	65 R/min

LOG

Computer / bike: **ADRIANO / Bike 2** Name: **Dekatlon-Kagalnitskaya-Centr-1/2marafon** Date / Time: **25.03.2012 - 11:35 - 15:35**



HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm

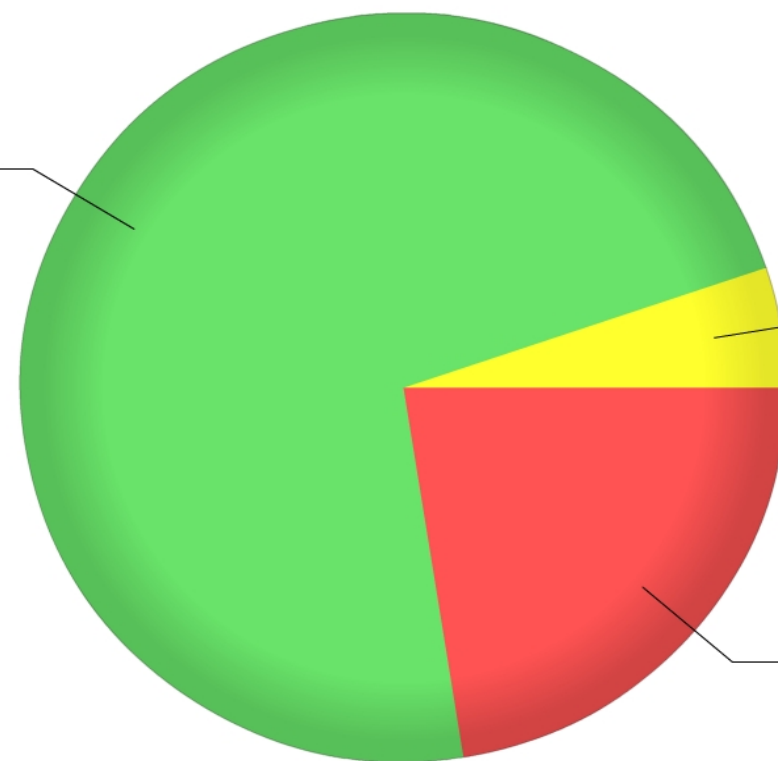
Time in Zone 1: 00:11:48 h

Time in Zone 2: 02:45:01 h

Time in Zone 3: 00:51:27 h

Outside 00:00:00 h

Zone 2:
72.3%



Zone 1:
5.2%

Zone 3:
22.5%

Outside: 0.0%