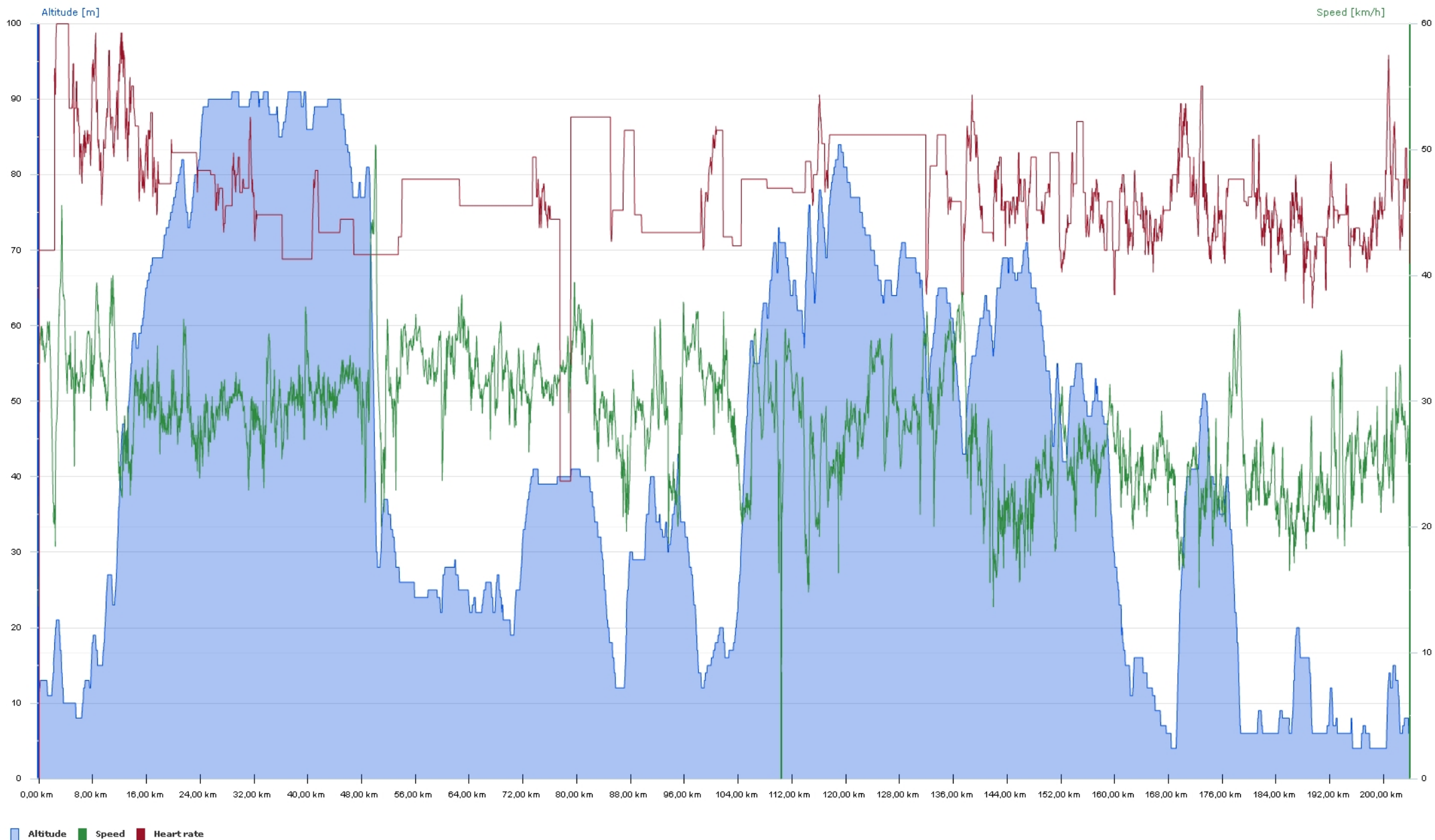


LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 14.04.2018 - 08:11 Clock



LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 14.04.2018 - 08:11 Clock

INFO

Start time	08:11 Clock
Date	14.04.2018
Unit	kmh
Bike	Bike 1
Number of log entries	5904
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	3

AVERAGE

Heart rate	132 bpm
Temperature	19,5 °C
Speed	27,60 km/h
Altitude	43 m
Cadence	72 R/min
Power	0 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	4 m/min
Inclination rate downhill	-5 m/min

TOTAL VALUES

Trip distance	203,78 km
Trip time	7:22:33 h
Trip distance uphill	17,09 km
Trip distance downhill	16,51 km
Trip time uphill	0:41:33 h
Trip time downhill	0:32:15 h
Altitude uphill	567 m
Altitude downhill	572 m
Calories	4764 kcal

MIN/MAX VALUES

Heart rate	67 / 170 bpm
Temperature	13,0 / 29,0 °C
Speed	0,00 / 50,40 km/h
Altitude	4 / 91 m
Power	0 / 187 Watt
Cadence	0 / 84 R/min
Incline	-5 / 4 %
Rate of ascent	-42 / 16 m/min

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 14.04.2018 - 08:11 Clock

Lap	Duration (h)	Trip distan...	Speed (km...	Heart Rate...	Calories (...	Altitude (m)	Altitude up...	Altitude do...	Incline uphill...	Incline dow...	Cadence (R...	Power (...
1	07:22:33 Since start: 07:22:33	203,78 Since start: 203,78	Avg. 27,60 Min. 0,00 Max. 50,40	Avg. 132 Min. 67 Max. 170	4764	Avg. 43 Max. 91	567	572	Avg. 1 Max. 4	Avg. -1 Max. -5	Avg. 0 Max. 84	Avg. 0 Max. 187
Total	07:22:33	203,78			4764		567	572				
Avg. Lap	07:22:33	203,78	27,60	132	4764	43	567	572	1	-1	0	0
Min.	07:22:33	203,78	0,00	67	4764		567	572				
Max.	07:22:33	203,78	50,40	170	4764	91	567	572	4	-5	84	187

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 14.04.2018 - 08:11 Clock

Break	Pause tim...	Duration [...]	Trip dista...	Speed [...]	Heart Rat...	Calories [...]	Altitude (m)	Altitude u...	Altitude d...	Incline up...	Incline do...	Cadence [...]	Power [...]
1	00:00:35	03:38:39 Since start: 03:38:39	110,41 Since start: 110,41	Avg. 30,28 Min. 0,00 Max. 50,40	Avg. 131 Min. 67 Max. 170	2351	Avg. 47 Max. 91	314	254	Avg. 1 Max. 4	Avg. -1 Max. -5	Avg. 0 Max. 83	Avg. 0 Max. 187
2	00:02:46	00:00:05 Since start: 03:38:45	0,00 Since start: 110,42	Avg. 1,45 Min. 0,00 Max. 2,89	Avg. 133 Min. 133 Max. 133	1	Avg. 71 Max. 71	0	0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0	Avg. 0 Max. 0
3	00:01:11	03:43:25 Since start: 07:22:10	93,34 Since start: 203,77	Avg. 25,04 Min. 0,00 Max. 38,67	Avg. 132 Min. 106 Max. 163	2407	Avg. 39 Max. 84	253	318	Avg. 1 Max. 3	Avg. -1 Max. -3	Avg. 0 Max. 84	Avg. 1 Max. 118
Total	00:04:32	07:22:10	203,77			4760		567	572				
Avg.	00:01:30	02:27:23	67,92	18,92	132	1586	52	189	190	0	0	0	0
Min.	00:00:35	00:00:05	0,00	0,00	67	1		0	0				
Max.	00:02:46	03:43:25	110,41	50,40	170	2407	91	314	318	4	-5	84	187

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 14.04.2018 - 08:11 Clock

NOTES

Rating: ★★★★★

Weather:

coudless



no wind



Training partner:

Trip distance profile:

flat



Training type:

Description:

External link:

<http://>

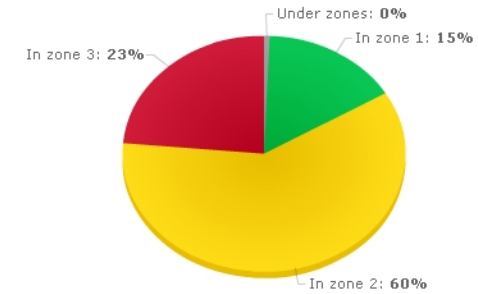
Linked track:

LOG

Device / Bike: vflukash / Bike 1 Name: Южный=200км Date / Time: 14.04.2018 - 08:11 Clock

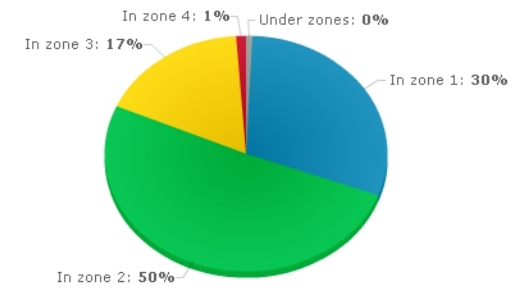
Pulse Zones

Under zones	0:02:55 h
In zone 1 (97 - < 123 bpm)	1:09:49 h
In zone 2 (123 - < 141 bpm)	4:25:33 h
In zone 3 (141 - < 176 bpm)	1:44:15 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:03:13 h
In zone 1 (> 108 - 126 bpm)	2:12:54 h
In zone 2 (> 126 - 144 bpm)	3:44:54 h
In zone 3 (> 144 - 162 bpm)	1:16:34 h
In zone 4 (> 162 - 180 bpm)	0:04:57 h
Over zones	0:00:00 h



Power Zones