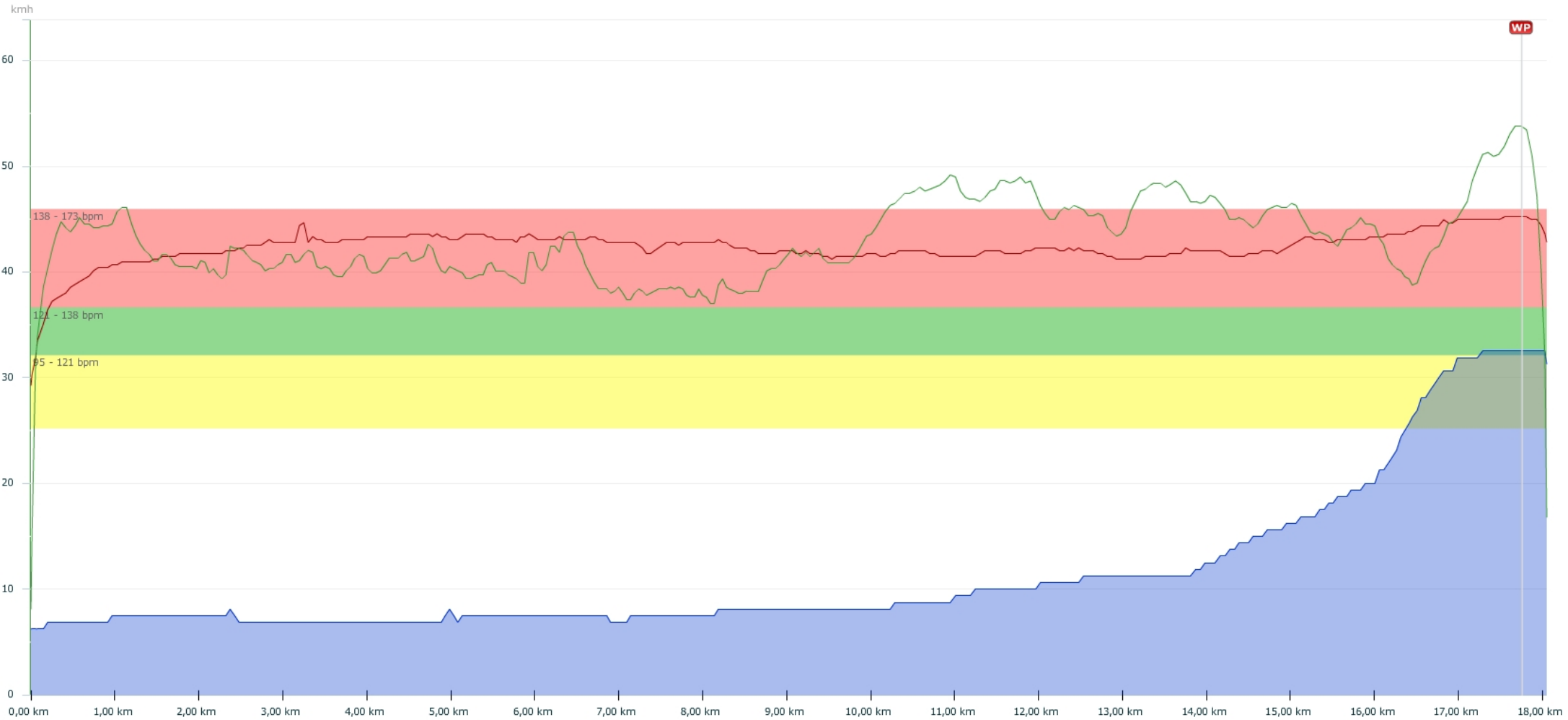


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka=18km** Date / Time: **20.05.2012 - 09:19 - 09:45**



■ Altitude ■ Speed ■ Heart rate ■ Temperature ■ Incline ■ Rate of ascent ■ Cadence ■ Power
■ Avg. altitude ■ Avg. speed ■ Avg. heart rate ■ Avg. temperature ■ Avg. temperature ■ Avg. temperature ■ Avg. temperature
■ Zone 1 ■ Zone 2 ■ Zone 3

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka=18km** Date / Time: **20.05.2012 - 09:19 - 09:45**



NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



26 mens

Description:

Aksaysky most-Dorozhny-Salsky krug

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka=18km** Date / Time: **20.05.2012 - 09:19 - 09:45**

INFO

Date	20.05.2012
Start time	09:19 Clock
Stopp time	09:45 Clock
Bike	Bike 1
Wheel size	2122 mm
Unit	kmh
Calories	388 kcal
Number of log entries	340
Log time interval	5 s

TOTAL VALUES

Trip distance	18,05 km
Trip distance uphill	2,31 km
Distance downhill	0,27 km
Trip time	00:25:25 h
Trip time uphill	00:03:13 h
Trip time downhill	00:00:27 h
Meters uphill	47 m
Meters downhill	7 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	110/170 bpm
Temperature	22,0/30,0 °C
Speed	8,10/53,82 kmh
Altitude	30/72 m
Incline	0/1 %
Rate of ascent	0/7 m/min
Cadence	0/105 R/min
Power	0/737 Watt

AVERAGE VALUES

Heart rate	159 bpm
Temperature	24,5 °C
Speed	42,55 kmh
Altitude	38 m
Inclination uphill	1 %
Inclination downhill	0 %
Inclination rate uphill	7 m/min
Inclination rate downhill	0 m/min
Power	393 Watt
Cadence	89 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Razdelka=18km** Date / Time: **20.05.2012 - 09:19 - 09:45**

HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	00:00:09 h
Time in Zone 2:	00:00:13 h
Time in Zone 3:	00:25:03 h
Outside	00:00:00 h

