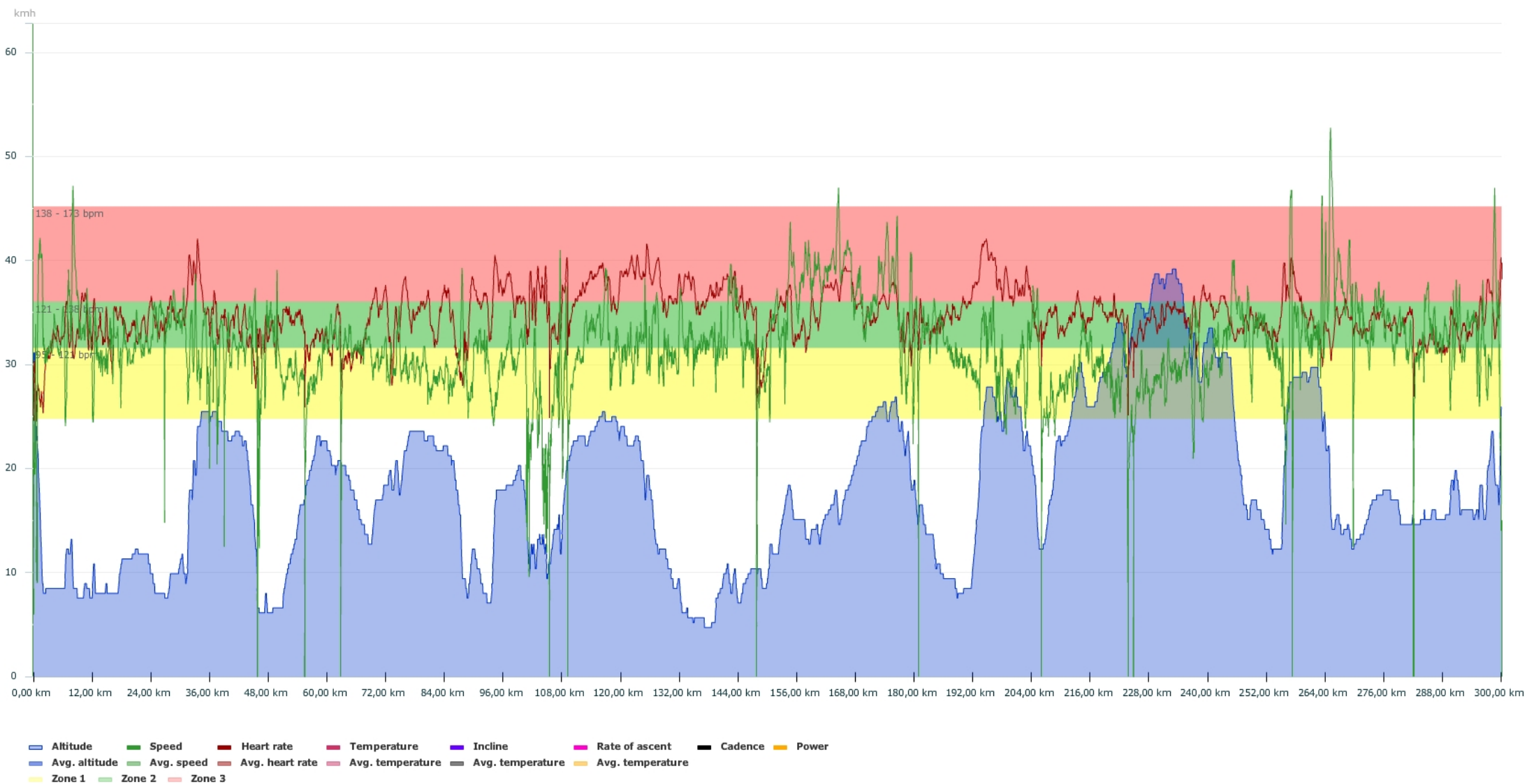


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Eisk=300km** Date / Time: **07.07.2012 - 07:04 - 18:30**



LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Eisk=300km** Date / Time: **07.07.2012 - 07:04 - 18:30**



NOTES

Rating:



Weather:

light rain



light wind



Trip distance profile:

flat



Training type:

Comfortable

Training partner:



6 mens

Description:

L`vy-Azov-Port_Caton-Lyubimov-Eiskoe_Ukreplenie-Starominskaya-Azov-Gvardeiskaya_ploschad`=300km
time=11:25 (Nils, Gamayunov, Andriano)

MARKERS

1. 

2. 

3. 

4. 





















5. 

6. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Eisk=300km** Date / Time: **07.07.2012 - 07:04 - 18:30**

MARKERS

7. 	13. 	19. 	25. 
8. 	14. 	20. 	26. 
9. 	15. 	21. 	
10. 	16. 	22. 	
11. 	17. 	23. 	
12. 	18. 	24. 	

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Eisk=300km** Date / Time: **07.07.2012 - 07:04 - 18:30**

INFO

Date	07.07.2012
Start time	07:04 Clock
Stopp time	18:30 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	6325 kcal
Number of log entries	7752
Log time interval	5 s

TOTAL VALUES

Trip distance	300,12 km
Trip distance uphill	24,65 km
Distance downhill	23,14 km
Trip time	09:40:13 h
Trip time uphill	00:51:18 h
Trip time downhill	00:41:21 h
Meters uphill	707 m
Meters downhill	710 m
Break time	01:18:00 h

MIN/MAX VALUES

Heart rate	94/161 bpm
Temperature	21,0/40,0 °C
Speed	0,00/52,76 kmh
Altitude	15/88 m
Incline	-7/5 %
Rate of ascent	-34/20 m/min
Cadence	0/106 R/min
Power	0/492 Watt

AVERAGE VALUES

Heart rate	133 bpm
Temperature	27,5 °C
Speed	31,07 kmh
Altitude	43 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	7 m/min
Power	156 Watt
Cadence	74 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Eisk=300km** Date / Time: **07.07.2012 - 07:04 - 18:30**



HEART RATE ZONES

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

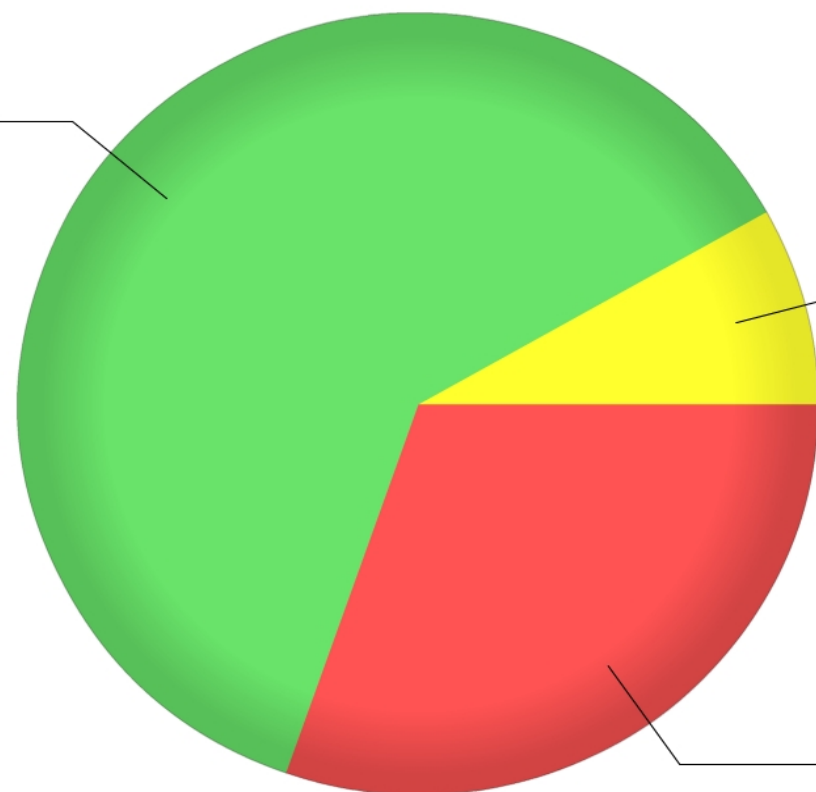
Time in Zone 1: 00:47:19 h

Time in Zone 2: 05:56:35 h

Time in Zone 3: 02:56:15 h

Outside 00:00:04 h

Zone 2:
61.5%



Zone 1:
8.2%

Zone 3:
30.4%