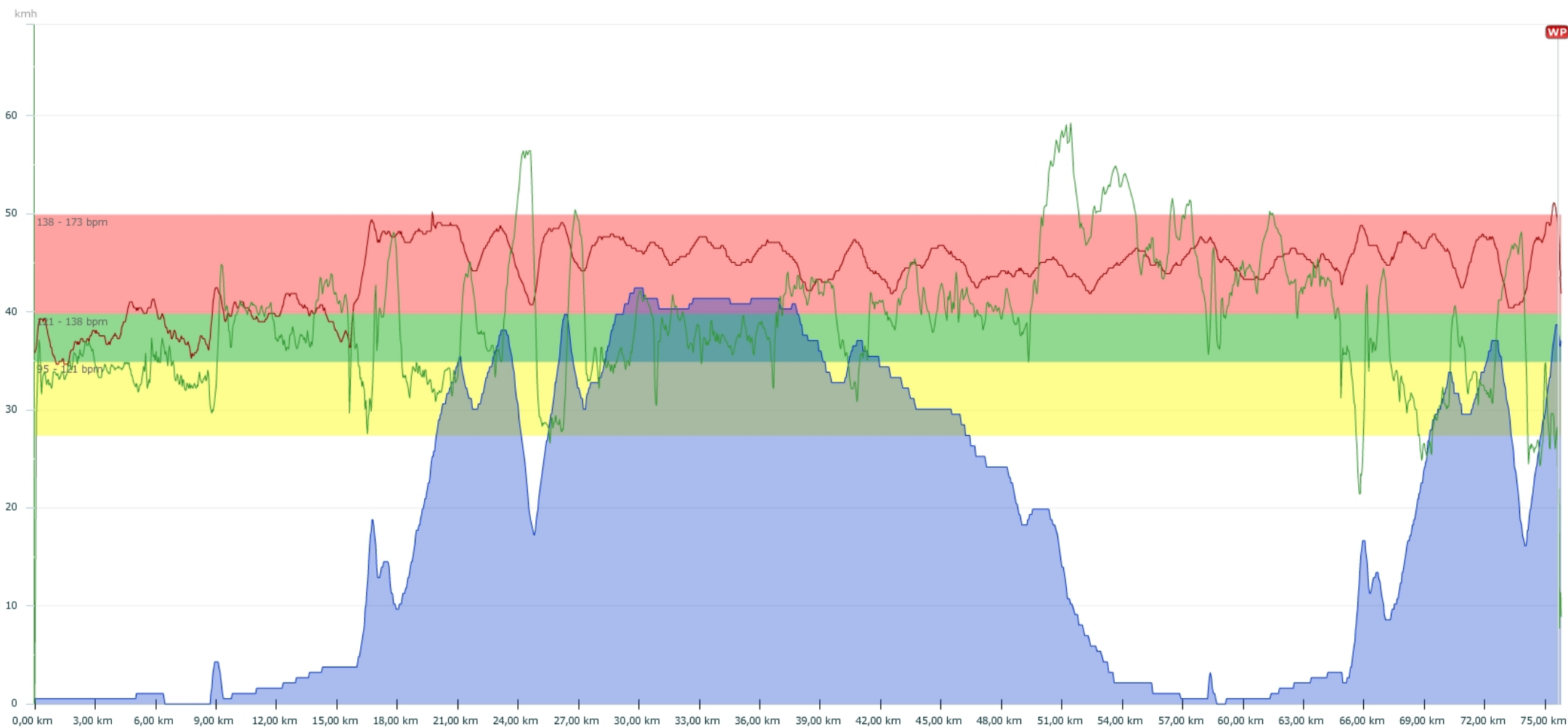


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Gruppa=75km(Berezovaya)** Date / Time: **18.08.2012 - 09:14 - 11:14**



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

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Gruppa=75km(Berezovaya)** Date / Time: **18.08.2012 - 09:14 - 11:14**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

hilly



Training type:

Jest`

Training partner:



13 mens

Description:

Aksay most-Dorojny-Berezovaya-salsky DPS-Dorojny-Berezovaya=75,6km , time=1:59:01h , V=38,09km/h

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Gruppa=75km(Berezovaya)** Date / Time: **18.08.2012 - 09:14 - 11:14**

INFO

Date	18.08.2012
Start time	09:14 Clock
Stopp time	11:14 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	1655 kcal
Number of log entries	1599
Log time interval	5 s

TOTAL VALUES

Trip distance	75,79 km
Trip distance uphill	11,80 km
Distance downhill	9,96 km
Trip time	01:59:51 h
Trip time uphill	00:22:16 h
Trip time downhill	00:13:25 h
Meters uphill	335 m
Meters downhill	267 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	120/177 bpm
Temperature	23,0/32,0 °C
Speed	0,00/59,30 kmh
Altitude	1/80 m
Incline	-4/5 %
Rate of ascent	-24/25 m/min
Cadence	0/117 R/min
Power	0/945 Watt

AVERAGE VALUES

Heart rate	153 bpm
Temperature	26,5 °C
Speed	37,93 kmh
Altitude	36 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	10 m/min
Power	292 Watt
Cadence	87 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Gruppa=75km(Berezovaya)** Date / Time: **18.08.2012 - 09:14 - 11:14**



HEART RATE ZONES

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

Time in Zone 1: 00:00:36 h

Time in Zone 2: 00:16:12 h

Time in Zone 3: 01:42:27 h

Outside 00:00:36 h

