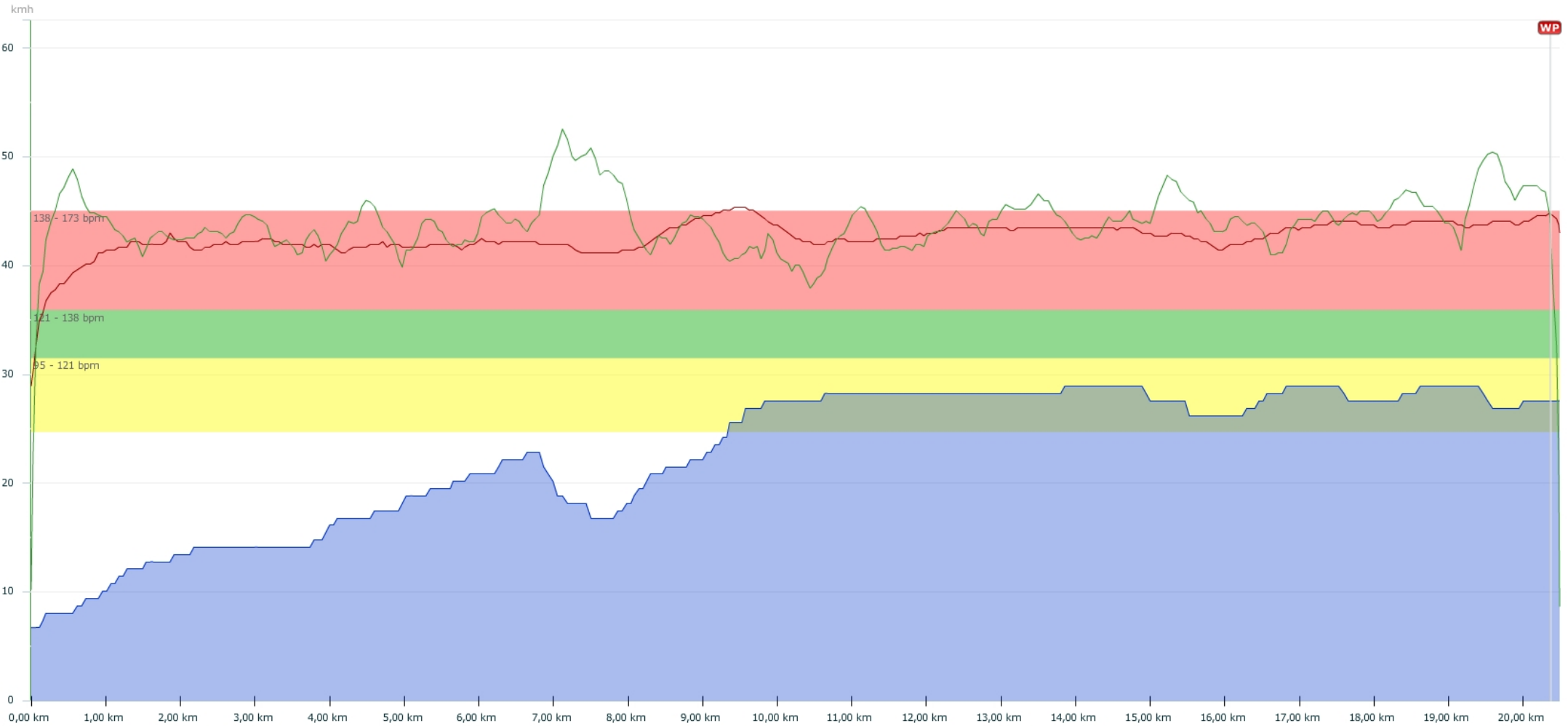


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kirovskaya=20km** Date / Time: **08.09.2012 - 10:11 - 10:39**



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

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kirovskaya=20km** Date / Time: **08.09.2012 - 10:11 - 10:39**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Komfort

Training partner:



Gamayunov, ...

Description:

Salsky_krug(2km)-Kirovskaya(22km)=20km,
finish time=27:54

MARKERS

1.  Finish

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kirovskaya=20km** Date / Time: **08.09.2012 - 10:11 - 10:39**

INFO

Date	08.09.2012
Start time	10:11 Clock
Stopp time	10:39 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	432 kcal
Number of log entries	377
Log time interval	5 s

TOTAL VALUES

Trip distance	20,48 km
Trip distance uphill	2,50 km
Distance downhill	0,85 km
Trip time	00:28:12 h
Trip time uphill	00:03:31 h
Trip time downhill	00:01:03 h
Meters uphill	49 m
Meters downhill	18 m
Break time	00:00:00 h

MIN/MAX VALUES

Heart rate	111/174 bpm
Temperature	21,0/22,0 °C
Speed	8,66/52,56 kmh
Altitude	18/51 m
Incline	-1/1 %
Rate of ascent	-8/7 m/min
Cadence	0/107 R/min
Power	0/650 Watt

AVERAGE VALUES

Heart rate	163 bpm
Temperature	21,6 °C
Speed	43,57 kmh
Altitude	41 m
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	7 m/min
Inclination rate downhill	8 m/min
Power	404 Watt
Cadence	92 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Kirovskaya=20km** Date / Time: **08.09.2012 - 10:11 - 10:39**

HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	00:00:04 h
Time in Zone 2:	00:00:13 h
Time in Zone 3:	00:27:13 h
Outside	00:00:40 h

