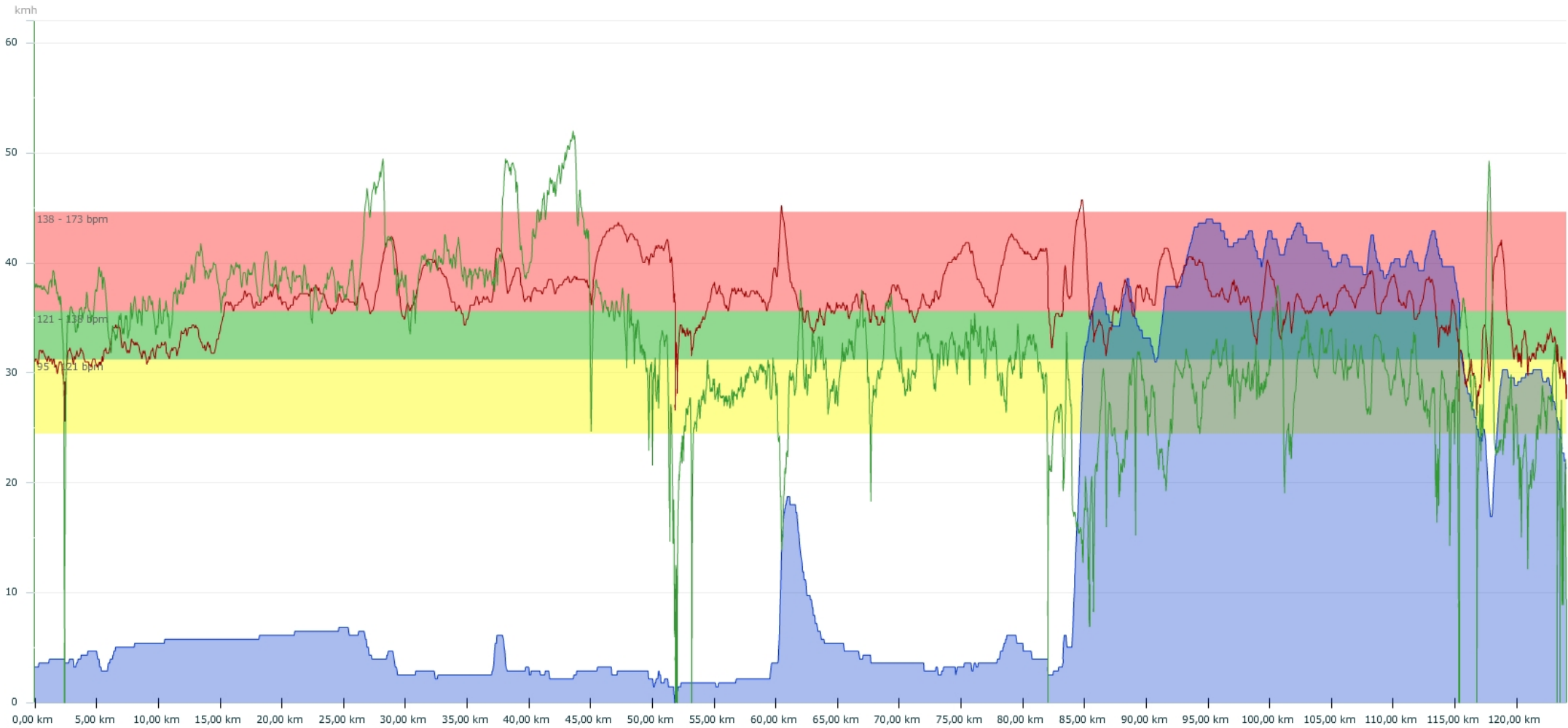


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Novonatalino-Bagaevka-Novoček-Dinamo=124km** Date / Time: **13.10.2012 - 10:27 - 15:56**



■ 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: **Novonatalino-Bagaevka-Novoček-Dinamo=124km** Date / Time: **13.10.2012 - 10:27 - 15:56**



NOTES

Rating:



Weather:

cloudless



strong wind



Trip distance profile:

flat



Training type:

Normal

Training partner:



Description:

Novonatalino-Bagaevka parom-Novoček-M4-Dinamo=124km
zapadni=7m/s

MARKERS

1. **P**

2. **P**

3. **P**

4. **P**

5. **P**

6. **P**

LOG

Computer / bike: ADRIANO / Bike 1 Name: Novonatalino-Bagaevka-Novocheck-Dinamo=124km Date / Time: 13.10.2012 - 10:27 - 15:56

MARKERS

7. P

13. P

8. P

14. P

9. P

15. P

10. P

16. P

11. P

17. P

12. P

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Novonatalino-Bagaevka-Novoček-Dinamo=124km** Date / Time: **13.10.2012 - 10:27 - 15:56**

INFO

Date	13.10.2012
Start time	10:27 Clock
Stopp time	15:56 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	2921 kcal
Number of log entries	3230
Log time interval	5 s

TOTAL VALUES

Trip distance	124,01 km
Trip distance uphill	9,35 km
Distance downhill	8,48 km
Trip time	04:01:35 h
Trip time uphill	00:22:39 h
Trip time downhill	00:16:16 h
Meters uphill	366 m
Meters downhill	299 m
Break time	00:51:58 h

MIN/MAX VALUES

Heart rate	99/177 bpm
Temperature	10,0/28,0 °C
Speed	0,00/51,99 kmh
Altitude	7/129 m
Incline	-5/10 %
Rate of ascent	-41/31 m/min
Cadence	0/109 R/min
Power	0/659 Watt

AVERAGE VALUES

Heart rate	141 bpm
Temperature	15,9 °C
Speed	30,89 kmh
Altitude	51 m
Inclination uphill	3 %
Inclination downhill	1 %
Inclination rate uphill	9 m/min
Inclination rate downhill	6 m/min
Power	173 Watt
Cadence	76 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Novonatalino-Bagaevka-Novocheck-Dinamo=124km** Date / Time: **13.10.2012 - 10:27 - 15:56**

HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	00:13:52 h
Time in Zone 2:	01:05:25 h
Time in Zone 3:	02:40:16 h
Outside	00:02:01 h

