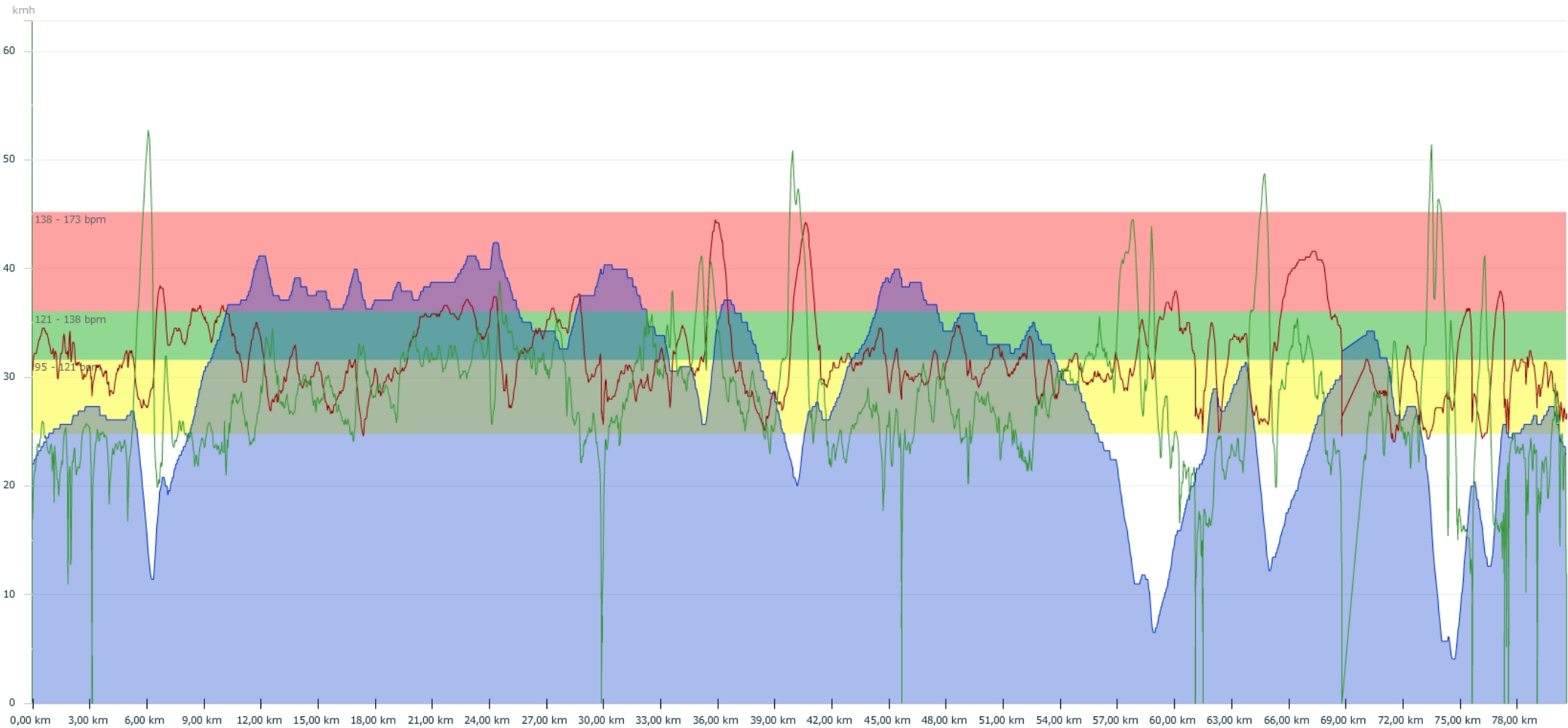


# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Dinamo-Schepkin-Chaltyr=80km** Date / Time: **28.10.2012 - 10:14 - 13:58**



■ 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: **Dinamo-Schepkin-Chaltyr=80km** Date / Time: **28.10.2012 - 10:14 - 13:58**



## NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

slightly hilly



Training type:

Light

Training partner:



9 mens

Description:

Dinamo-Rassvet-Schepkin-Chaltyr-Dinamo=80km

## MARKERS

1. **P**

2. **P**

3. **WP**

4. **WP**

5. **P**

6. **WP**

## LOG

Computer / bike: ADRIANO / Bike 1    Name: Dinamo-Schepkin-Chalыр=80km    Date / Time: 28.10.2012 - 10:14 - 13:58

## MARKERS

7. P

13. P

8. P

14. P

9. P

15. P

10. P

16. P

11. P

12. P

## LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Dinamo-Schepkin-Chaltyr=80km** Date / Time: **28.10.2012 - 10:14 - 13:58**

### INFO

Date	28.10.2012
Start time	10:14 Clock
Stopp time	13:58 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	1628 kcal
Number of log entries	2390
Log time interval	5 s

### TOTAL VALUES

Trip distance	80,58 km
Trip distance uphill	13,64 km
Distance downhill	12,44 km
Trip time	02:58:32 h
Trip time uphill	00:30:49 h
Trip time downhill	00:22:23 h
Meters uphill	443 m
Meters downhill	446 m
Break time	00:38:51 h

### MIN/MAX VALUES

Heart rate	92/170 bpm
Temperature	10,0/25,0 °C
Speed	0,00/52,76 kmh
Altitude	32/126 m
Incline	-5/6 %
Rate of ascent	-42/21 m/min
Cadence	0/117 R/min
Power	0/776 Watt

### AVERAGE VALUES

Heart rate	122 bpm
Temperature	15,6 °C
Speed	26,73 kmh
Altitude	94 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	9 m/min
Power	107 Watt
Cadence	67 R/min

# LOG

Computer / bike: **ADRIANO / Bike 1** Name: **Dinamo-Schepkin-Chalыр=80km** Date / Time: **28.10.2012 - 10:14 - 13:58**

## HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	01:32:16 h
Time in Zone 2:	01:03:35 h
Time in Zone 3:	00:21:40 h
Outside	00:01:00 h

