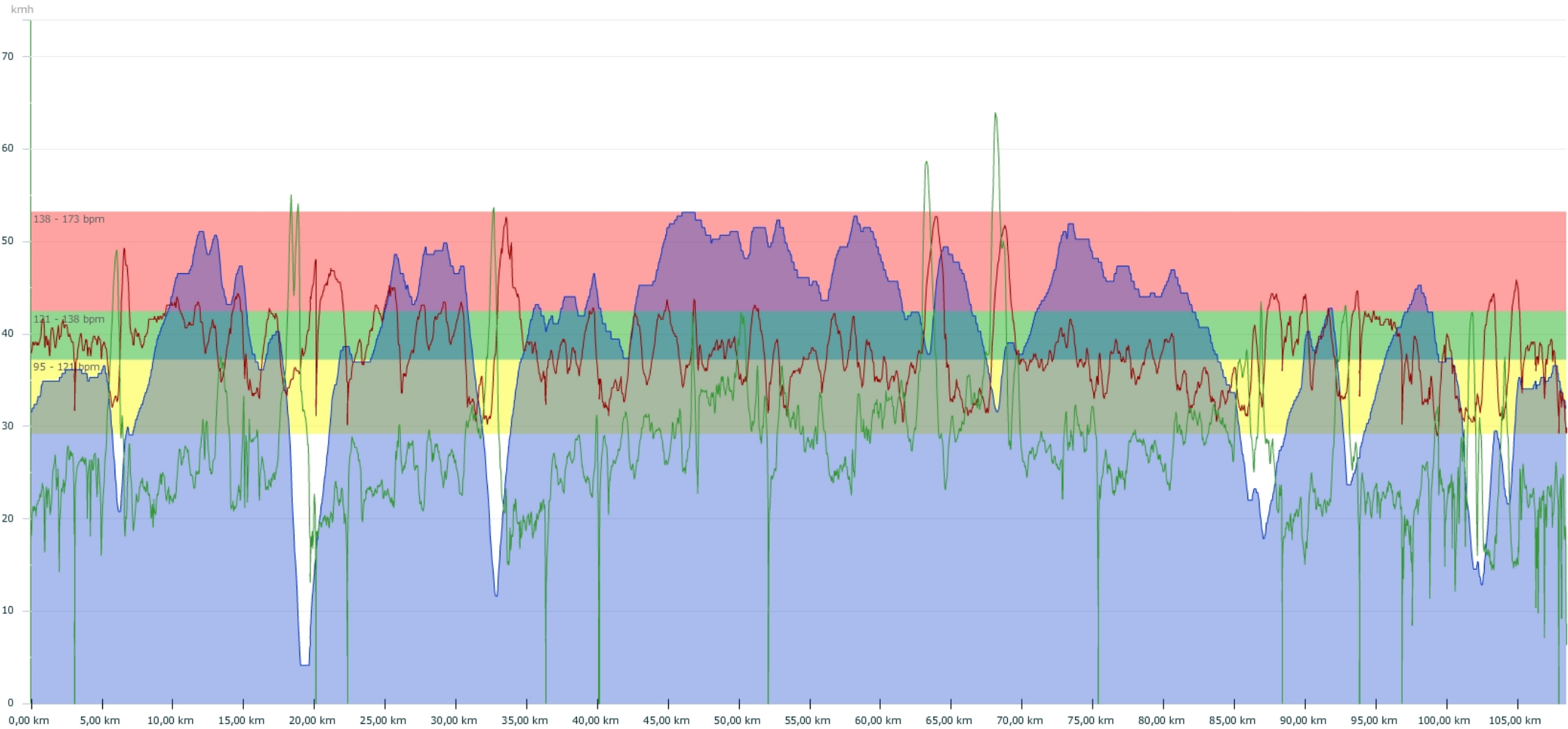


LOG

Computer / bike: **ADRIANO / Bike 1** Name: **B.Log-Novocheck-Schepkin-Chaltyr=110km** Date / Time: **03.11.2012 - 10:14 - 14:45**



- 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: **B.Log-Novochek-Schepkin-Chaltyr=110km** Date / Time: **03.11.2012 - 10:14 - 14:45**



NOTES

Rating:



Weather:

light rain



strong wind



Trip distance profile:

hilly



Training type:

Light

Training partner:



7 mens

Description:

Dinamo-B.Log-Novochek-Shepkin-Chaltyr-Dinamo=110km ,
vostochnyi=8m/s

MARKERS

1. **P**

2. **P**

3. **P**

4. **P**

5. **P**

6. **P**

LOG

Computer / bike: ADRIANO / Bike 1 Name: B.Log-Novochek-Schepkin-Chaltyr=110km Date / Time: 03.11.2012 - 10:14 - 14:45

MARKERS

7. 13. 8. 9. 10. 11. 12. 

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **B.Log-Novochek-Schepkin-Chaltyr=110km** Date / Time: **03.11.2012 - 10:14 - 14:45**

INFO

Date	03.11.2012
Start time	10:14 Clock
Stopp time	14:45 Clock
Bike	Bike 1
Wheel size	2118 mm
Unit	kmh
Calories	2434 kcal
Number of log entries	3344
Log time interval	5 s

TOTAL VALUES

Trip distance	108,45 km
Trip distance uphill	19,06 km
Distance downhill	18,55 km
Trip time	04:10:11 h
Trip time uphill	00:49:43 h
Trip time downhill	00:34:35 h
Meters uphill	725 m
Meters downhill	724 m
Break time	00:20:27 h

MIN/MAX VALUES

Heart rate	94/171 bpm
Temperature	8,0/13,0 °C
Speed	0,00/63,93 kmh
Altitude	28/146 m
Incline	-8/7 %
Rate of ascent	-68/28 m/min
Cadence	0/115 R/min
Power	0/1060 Watt

AVERAGE VALUES

Heart rate	125 bpm
Temperature	10,0 °C
Speed	26,03 kmh
Altitude	112 m
Inclination uphill	2 %
Inclination downhill	2 %
Inclination rate uphill	7 m/min
Inclination rate downhill	10 m/min
Power	106 Watt
Cadence	68 R/min

LOG

Computer / bike: **ADRIANO / Bike 1** Name: **B.Log-Novochek-Schepkin-Chaltyr=110km** Date / Time: **03.11.2012 - 10:14 - 14:45**

HEART RATE ZONES

Zone 1	95 - 121 bpm
Zone 2	121 - 138 bpm
Zone 3	138 - 173 bpm
Time in Zone 1:	01:31:44 h
Time in Zone 2:	01:58:42 h
Time in Zone 3:	00:39:40 h
Outside	00:00:04 h

