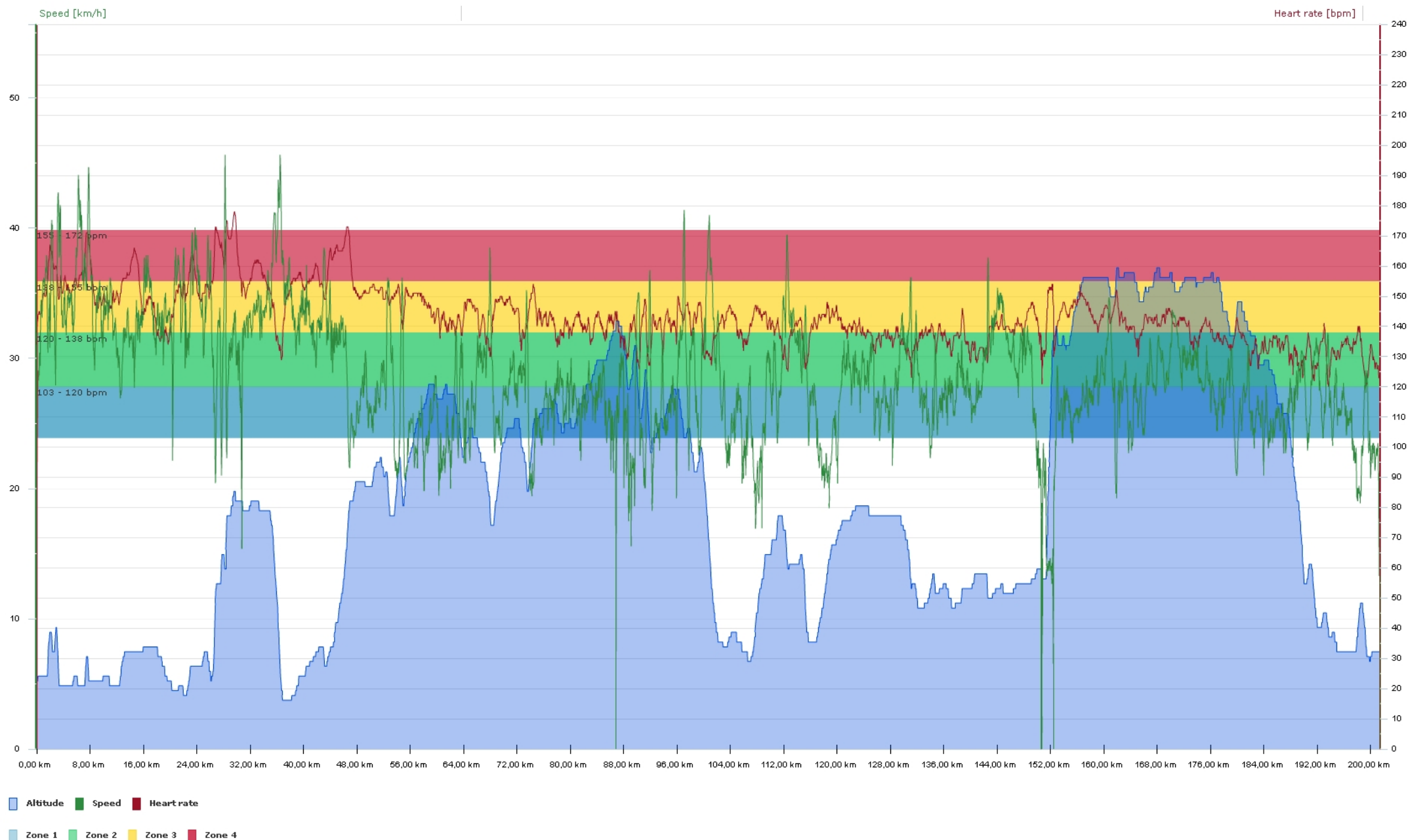


LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южный (13.04.2013г)=200km Date / Time: 13.04.2013 - 09:00 Clock



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: Южный (13.04.2013г)=200км Date / Time: 13.04.2013 - 09:00 Clock

INFO

Start time	09:00 Clock
Date	13.04.2013
Unit	kmh
Bike	Bike 1
Number of log entries	5797
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	9

TOTAL VALUES

Trip distance	201,28 km
Trip time	7:14:15 h
Calories	5622 kcal
Trip distance uphill	15,01 km
Trip distance downhill	15,54 km
Trip time uphill	0:36:32 h
Trip time downhill	0:29:14 h
Meters uphill	505 m
Meters downhill	498 m

AVERAGE

Heart rate	142 bpm
Temperature	18,7 °C
Speed	27,76 km/h
Altitude	59 m
Cadence	72 R/min
Power	111 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-6 m/min

MIN/MAX VALUES

Heart rate	120 / 178 bpm
Temperature	12,0 / 25,0 °C
Speed	0,00 / 45,63 km/h
Altitude	18 / 107 m
Power	0 / 659 Watt
Cadence	0 / 108 R/min
Incline	-3 / 6 %
Rate of ascent	-18 / 23 m/min

LOG



Device / Bike: ADRIANO / Bike 1 Name: Южный (13.04.2013г)=200км Date / Time: 13.04.2013 - 09:00 Clock

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	07:14:15	201,28	Avg. 27,76	Avg. 142		Avg. 59			Avg. -1 1
	Since start:	Since start:	Min. 0,00	Min. 120	5,622		505	498	
	07:14:15	201,28	Max. 45,63	Max. 178		Max. 107			Max. -3 6
Total	07:14:15	201,28			5,622		505	498	
Avg. Lap	07:14:15	201,28	27,76	142	5,622	59	505	498	-1 1
Min.	07:14:15	201,28	0,00	120	5,622		505	498	
Max.	07:14:15	201,28	45,63	178	5,622	107	505	498	-3 6

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южный (13.04.2013г)=200км Date / Time: **13.04.2013 - 09:00 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:01	02:56:38 Since start: 02:56:38	86,85 Since start: 86,85	Avg. 29,48 Min. 0,00 Max. 45,63	Avg. 149 Min. 129 Max. 178	2,473	Avg. 53 Max. 95	253	180	Avg. -1 1 Max. -2 5
2	00:00:03	00:00:05 Since start: 02:56:44	0,00 Since start: 86,85	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 143 Min. 143 Max. 144	2	Avg. 95 Max. 95	0	0	Avg. 0 0 Max. 0 0
3	00:00:04	00:00:05 Since start: 02:56:49	0,00 Since start: 86,86	Avg. 7,51 Min. 0,00 Max. 15,02	Avg. 142 Min. 142 Max. 143	2	Avg. 96 Max. 96	1	0	Avg. 0 0 Max. 0 0
4	00:00:24	02:20:06 Since start: 05:16:55	63,76 Since start: 150,62	Avg. 27,28 Min. 0,00 Max. 41,40	Avg. 138 Min. 123 Max. 150	1,724	Avg. 51 Max. 96	131	182	Avg. -1 1 Max. -3 2
5	00:05:06	00:00:22 Since start: 05:17:17	0,09 Since start: 150,72	Avg. 12,86 Min. 0,00 Max. 18,87	Avg. 130 Min. 125 Max. 133	4	Avg. 44 Max. 45	0	1	Avg. 0 0 Max. 0 0
6	00:00:02	00:00:06 Since start: 05:17:24	0,00 Since start: 150,72	Avg. 1,25 Min. 0,00 Max. 2,50	Avg. 121 Min. 121 Max. 122	1	Avg. 43 Max. 43	0	0	Avg. 0 0 Max. 0 0
7	00:00:01	00:00:11 Since start: 05:17:35	0,02 Since start: 150,74	Avg. 5,20 Min. 0,00 Max. 9,24	Avg. 124 Min. 123 Max. 125	2	Avg. 43 Max. 43	0	0	Avg. 0 0 Max. 0 0
8	00:02:29	00:06:28 Since start: 05:24:03	1,65 Since start: 152,40	Avg. 15,14 Min. 0,00 Max. 23,49	Avg. 144 Min. 126 Max. 154	86	Avg. 63 Max. 92	49	0	Avg. 0 4 Max. 0 6

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южный (13.04.2013г)=200км Date / Time: **13.04.2013 - 09:00 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:00:03	01:50:12 Since start: 07:14:15	48,88 Since start: 201,28	Avg. 26,59 Min. 0,00 Max. 34,66	Avg. 137 Min. 120 Max. 154	1,327	Avg. 80 Max. 107	71	135	Avg. -1 1 Max. -2 2
Total	00:08:13	07:14:15	201,28			5,622		505	498	
Avg. Pause	00:00:54	00:48:15	22,36	13,92	136	625	63	56	55	0 0
Min.	00:00:01	00:00:05	0,00	0,00	120	1		0	0	
Max.	00:05:06	02:56:38	86,85	45,63	178	2,473	107	253	182	-3 6

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Южный (13.04.2013г)=200км Date / Time: 13.04.2013 - 09:00 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

light cloud



light wind



Training partner:



34 чувака и 1 чувиха!

Trip distance profile:

flat



Training type:

Вполне комфортно для первого выезда после 40-дневной паузы

Description:

Тачан-Азов-Кугей-м4-Новобатайск-Кагальницкая-Тачан=201,28км...
время=7:26ч...
северо-западный ветер=2-3м/с

External link:

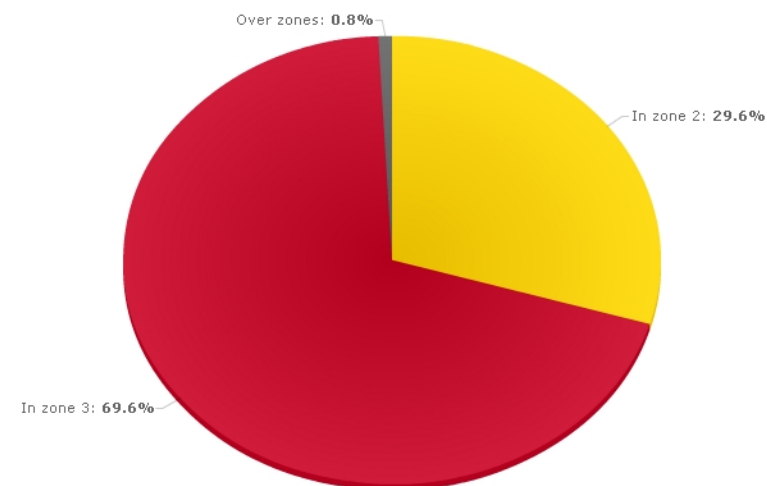
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=20&p=4239#p4239>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: Южный (13.04.2013г)=200км Date / Time: 13.04.2013 - 09:00 Clock

Pulse Zones

Under zones	0:00:00 h
In zone 1 (95 - 120 bpm)	0:00:00 h
In zone 2 (120 - 138 bpm)	2:08:38 h
In zone 3 (138 - 172 bpm)	5:02:05 h
Over zones	0:03:31 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (103 - 120 bpm)	0:00:00 h
In zone 2 (120 - 138 bpm)	2:08:38 h
In zone 3 (138 - 155 bpm)	4:23:05 h
In zone 4 (155 - 172 bpm)	0:39:00 h
Over zones	0:03:31 h

