

TRIP DATA

Computer / bike: **ANDRIANO / Bike 1**
Name: **Marafon_400km-Anapa**
Date / Time: **09.07.2011 - 03:53**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

slightly hilly



Training type:

Hard porno}}

Training partner:



Anton,Denis

Description:

Rostov-Azov-Starominskaya-Timashevsk-Slavjansk-Varenikovskaya-Anapa=420km, time=20:15(400km), zapadnyi vstrechno-bokovoi veter ~3-5m/s, 3 prokola ,4 chasa v temnote...

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CYCLING

Trip distance: 401,19 km
 Avg. speed: 26,12 kmh
 Trip distance +: 401,19 km
 Avg. cadence: 79 R/min

Trip time: 15:21:25 h
 Max. speed: 55,07 kmh
 Trip distance -: -1,19 km
 Max. cadence: 151 R/min

HEART RATE

Avg. heart rate: 125 bpm
 Zone 1: 06:18:15 h
 Zone 2: 07:58:18 h
 Zone 3: 00:50:44 h
 Calories: 9204 kcal

Max. heart rate: 148 bpm
 % in zone 1: 41 %
 % in zone 2: 52 %
 % in zone 3: 6 %

UPHILL

Trip distance: 34,83 km
 Avg. speed: 21,83 kmh
 Avg. incline: 2 %
 Max. altitude: 168 m

Trip time: 01:35:43 h
 Altitude: 1120 m
 Max. incline: 6 %

DOWNHILL

Trip distance: 36,98 km
 Avg. speed: 30,85 kmh
 Avg. incline: 2 %

Trip time: 01:11:54 h
 Altitude: 1139 m
 Max. incline: 6 %

TEMPERATURE

Minimum: 18,0 °C

Maximum: 45,1 °C