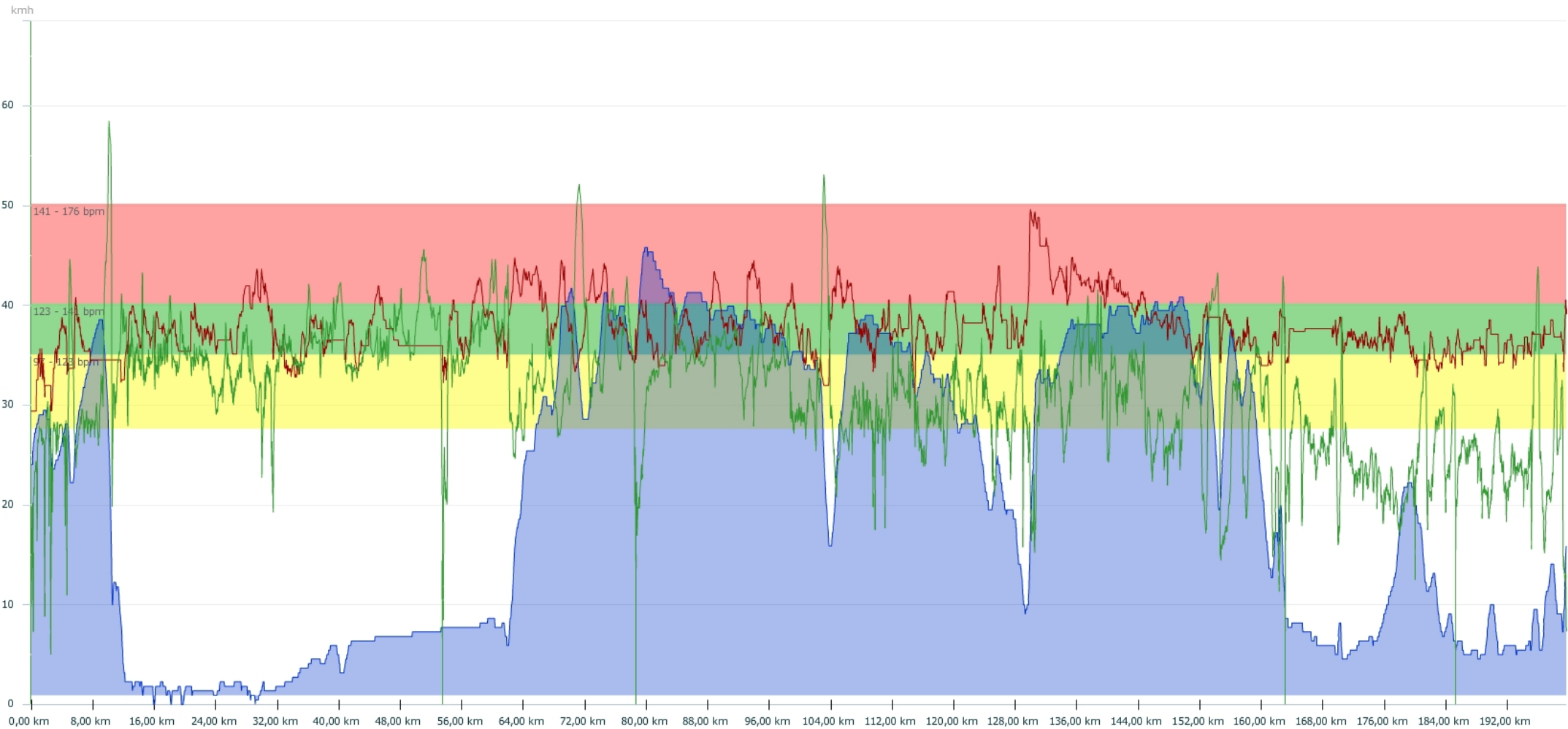


LOG

Computer / bike: vflukash / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:00 - 14:46



■ Altitude ■ Speed ■ Heart rate ■ Temperature ■ Incline ■ Rate of ascent ■ Cadence ■ Power
■ Avg. altitude ■ Avg. speed ■ Avg. heart rate ■ Avg. temperature ■ Avg. temperature ■ Avg. temperature
■ Zone 1 ■ Zone 2 ■ Zone 3

LOG

Computer / bike: vflukash / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:00 - 14:46



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



18 mens

Description:

Rostov-Zernograd-Rostov=200km...time=6:46h

MARKERS

1. 

2. 

3. 

4. 

LOG

Computer / bike: vflukash / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:00 - 14:46

INFO

Date	27.04.2013
Start time	08:00 Clock
Stopp time	14:46 Clock
Bike	Bike 1
Wheel size	2117 mm
Unit	kmh
Calories	4865 kcal
Number of log entries	5371
Log time interval	5 s

TOTAL VALUES

Trip distance	199,67 km
Trip distance uphill	20,54 km
Distance downhill	20,82 km
Trip time	06:42:38 h
Trip time uphill	00:48:34 h
Trip time downhill	00:36:27 h
Meters uphill	687 m
Meters downhill	702 m
Break time	00:03:09 h

MIN/MAX VALUES

Heart rate	103/174 bpm
Temperature	10,0/32,0 °C
Speed	0,00/58,51 kmh
Altitude	-2/99 m
Incline	-6/6 %
Rate of ascent	-56/27 m/min
Cadence	0/112 R/min
Power	0/561 Watt

AVERAGE VALUES

Heart rate	132 bpm
Temperature	22,6 °C
Speed	29,76 kmh
Altitude	44 m
Inclination uphill	2 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	8 m/min
Power	133 Watt
Cadence	81 R/min

LOG

Computer / bike: vflukash / Bike 1 Name: Zernograd=200km Date / Time: 27.04.2013 - 08:00 - 14:46

HEART RATE ZONES

Zone 1	97 - 123 bpm
Zone 2	123 - 141 bpm
Zone 3	141 - 176 bpm
Time in Zone 1:	00:55:57 h
Time in Zone 2:	04:34:00 h
Time in Zone 3:	01:12:40 h
Outside	00:00:00 h

