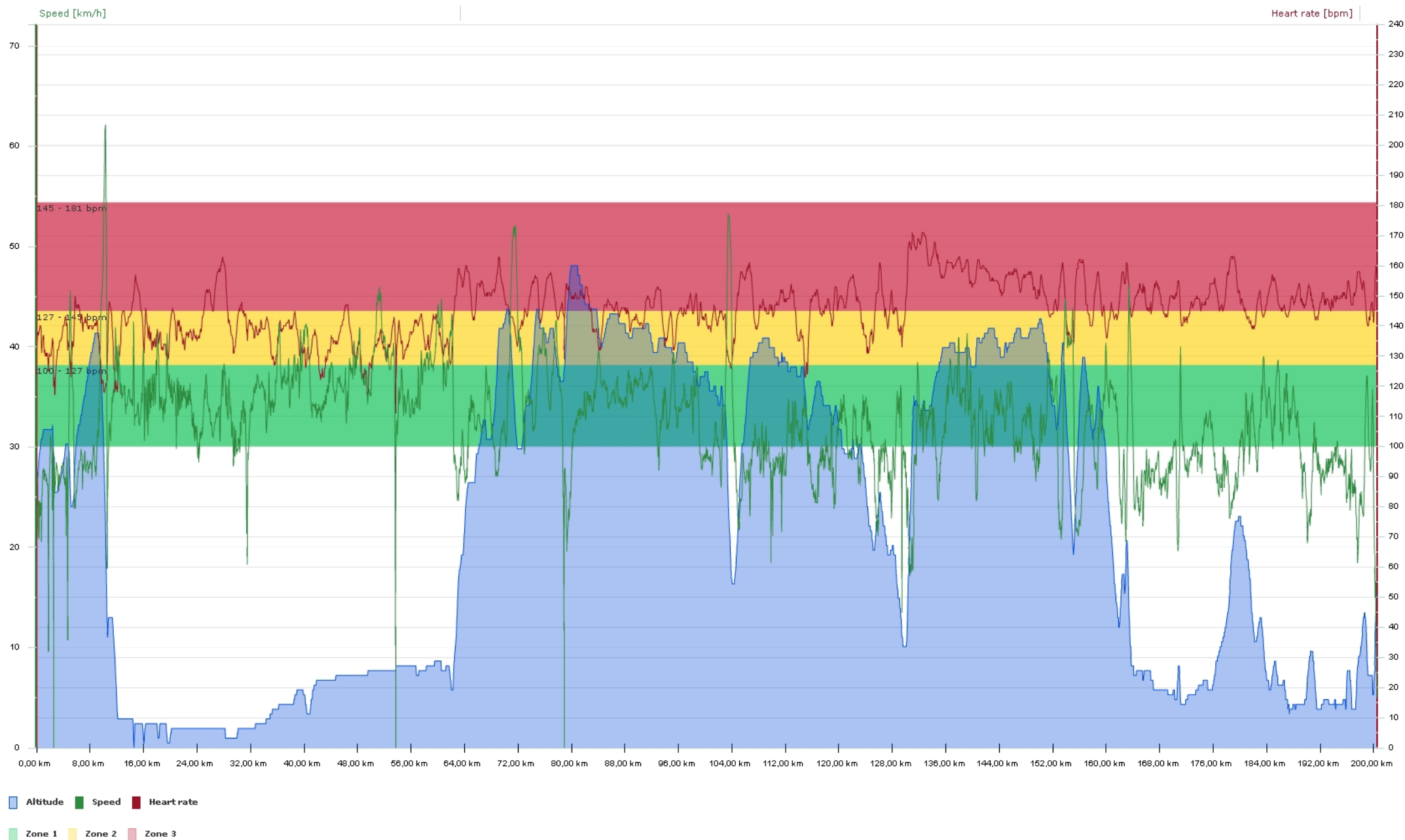


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **27.04.2013 - 08:00 Clock**



LOG



Device / Bike: **ADRIANO** / Bike **1** Name: **Зерноград=200км** Date / Time: **27.04.2013 - 08:00 Clock**

INFO

Start time	08:00 Clock
Date	27.04.2013
Unit	kmh
Bike	Bike 1
Number of log entries	5068
Wheel size	2116 mm
Log time interval	5 s
Number of laps	1
Number of pauses	5

TOTAL VALUES

Trip distance	200,41 km
Trip time	6:19:54 h
Calories	4845 kcal
Trip distance uphill	21,32 km
Trip distance downhill	21,85 km
Trip time uphill	0:47:27 h
Trip time downhill	0:36:47 h
Meters uphill	672 m
Meters downhill	696 m

AVERAGE

Heart rate	145 bpm
Temperature	22,5 °C
Speed	31,65 km/h
Altitude	54 m
Cadence	77 R/min
Power	163 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-8 m/min

MIN/MAX VALUES

Heart rate	111 / 171 bpm
Temperature	11,0 / 31,0 °C
Speed	0,00 / 62,13 km/h
Altitude	9 / 109 m
Power	0 / 458 Watt
Cadence	0 / 107 R/min
Incline	-6 / 5 %
Rate of ascent	-55 / 21 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **27.04.2013 - 08:00 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	06:19:54 Since start: 06:19:54	200,41 Since start: 200,41	Avg. 31,65 Min. 0,00 Max. 62,13	Avg. 145 Min. 111 Max. 171	4,845	Avg. 54 Max. 109	672	696	Avg. -1 1 Max. -6 5
Total	06:19:54	200,41			4,845		672	696	
Avg. Lap	06:19:54	200,41	31,65	145	4,845	54	672	696	-1 1
Min.	06:19:54	200,41	0,00	111	4,845		672	696	
Max.	06:19:54	200,41	62,13	171	4,845	109	672	696	-6 5

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **27.04.2013 - 08:00 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:30	00:06:06 Since start: 00:06:06	2,53 Since start: 2,53	Avg. 24,66 Min. 0,00 Max. 31,16	Avg. 132 Min. 120 Max. 140	68	Avg. 72 Max. 76	11	7	Avg. -1 1 Max. -2 2
2	00:00:41	01:29:34 Since start: 01:35:41	51,13 Since start: 53,67	Avg. 34,28 Min. 0,00 Max. 62,13	Avg. 137 Min. 117 Max. 163	1,038	Avg. 27 Max. 95	84	127	Avg. -2 1 Max. -6 3
3	00:01:27	00:00:06 Since start: 01:35:47	0,00 Since start: 53,68	Avg. 3,37 Min. 0,00 Max. 6,73	Avg. 114 Min. 111 Max. 117	1	Avg. 25 Max. 26	0	0	Avg. 0 0 Max. 0 0
4	00:00:05	00:43:28 Since start: 02:19:16	25,19 Since start: 78,87	Avg. 34,76 Min. 0,00 Max. 52,13	Avg. 145 Min. 114 Max. 163	553	Avg. 60 Max. 100	121	60	Avg. -1 1 Max. -2 3
5	00:01:09	00:00:06 Since start: 02:19:22	0,00 Since start: 78,87	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 133 Min. 129 Max. 137	2	Avg. 87 Max. 87	0	0	Avg. 0 0 Max. 0 0
Total	00:03:52	02:19:22	78,87			1,661		216	194	
Avg. Pause	00:00:46	00:27:52	15,77	19,41	132	332	54	43	38	-1 0
Min.	00:00:05	00:00:06	0,00	0,00	111	1		0	0	
Max.	00:01:27	01:29:34	51,13	62,13	163	1,038	100	121	127	-6 3

Device / Bike: **ADRIANO** / Bike 1 Name: **Зерноград=200км** Date / Time: **27.04.2013 - 08:00 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



18 mens

Trip distance profile:

flat



Training type:

Интенсивно

Description:

Львы-Александровка-Ольгинка-Дорожный-Усьман-Зерноград-Березвая роща-Дорожный-сальский круг-Гвардейская площадь=200,4км...время 6:24ч...ветер запад/ю-запад 3-5 м/с

External link:

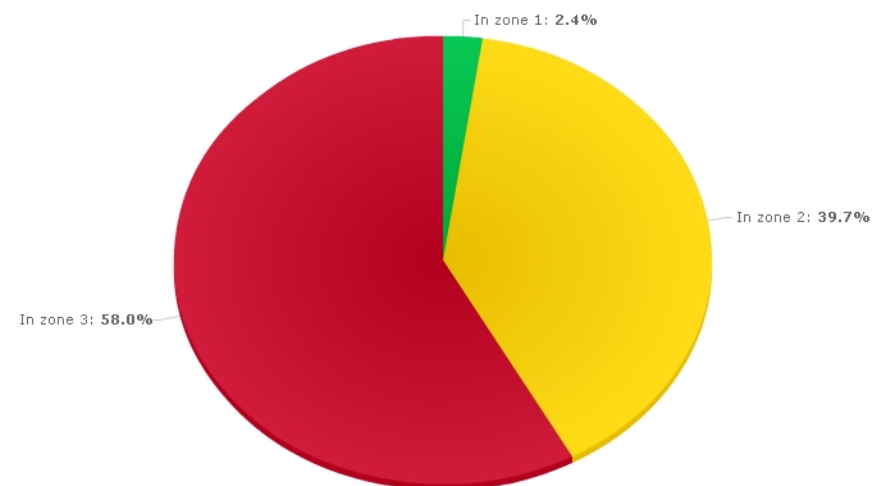
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&p=6379#p6379>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Зерноград=200км** Date / Time: **27.04.2013 - 08:00 Clock**

Pulse Zones

Under zones	0:00:00 h
In zone 1 (100 - 127 bpm)	0:08:59 h
In zone 2 (127 - 145 bpm)	2:30:38 h
In zone 3 (145 - 181 bpm)	3:40:16 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:00:00 h
In zone 1 (109 - 127 bpm)	0:08:59 h
In zone 2 (127 - 145 bpm)	2:30:38 h
In zone 3 (145 - 163 bpm)	3:30:04 h
In zone 4 (163 - 181 bpm)	0:10:12 h
Over zones	0:00:00 h

