

TRAINING DATA

Device / Bike: GRENAVITSEV / 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:

Средний

Description:

Ростов-Зерноград-Ростов=200км,
время=6:14ч

External link:

<http://>

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Date / Time: 27.04.2013 - 08:00 Clock

▼ Trip distance & Time

Trip distance:	201,55 km	Trip time:	6:14:05 h
Avg. speed:	33,43 km/h	Max. speed:	58,26 km/h
Trip distance +:	206,55 km	Trip distance -:	0,00 km
Avg. power:	135 watt	Max. power:	509 watt

▼ Cadence

Avg. cadence:	90 R/min	Max. cadence:	119 R/min
Avg. Expansion:	6,5 m/R		

▼ Heart rate

Avg. heart rate:	150 bpm	Max. heart rate:	184 bpm
Zone 1 (106 - 135):	0:52:23 h	% in zone 1:	14 %
Zone 2 (135 - 154):	1:39:30 h	% in zone 2:	27 %
Zone 3 (154 - 193):	3:45:47 h	% in zone 3:	60 %
Calories:	4329 kcal		

▼ Uphill

Trip distance:	25,51 km	Trip time:	0:58:27 h
Avg. speed:	26,21 km/h	Altitude:	827 m
Avg. incline:	2 %	Max. incline:	8 %
Max. altitude:	535 m	Avg. Expansion:	5,6 m/R

▼ Downhill

Trip distance:	27,96 km	Trip time:	0:45:22 h
Avg. speed:	36,97 km/h	Altitude:	828 m
Avg. incline:	2 %	Max. incline:	7 %

▼ Temperature

Minimum:	10,9 °C	Maximum:	32,0 °C
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