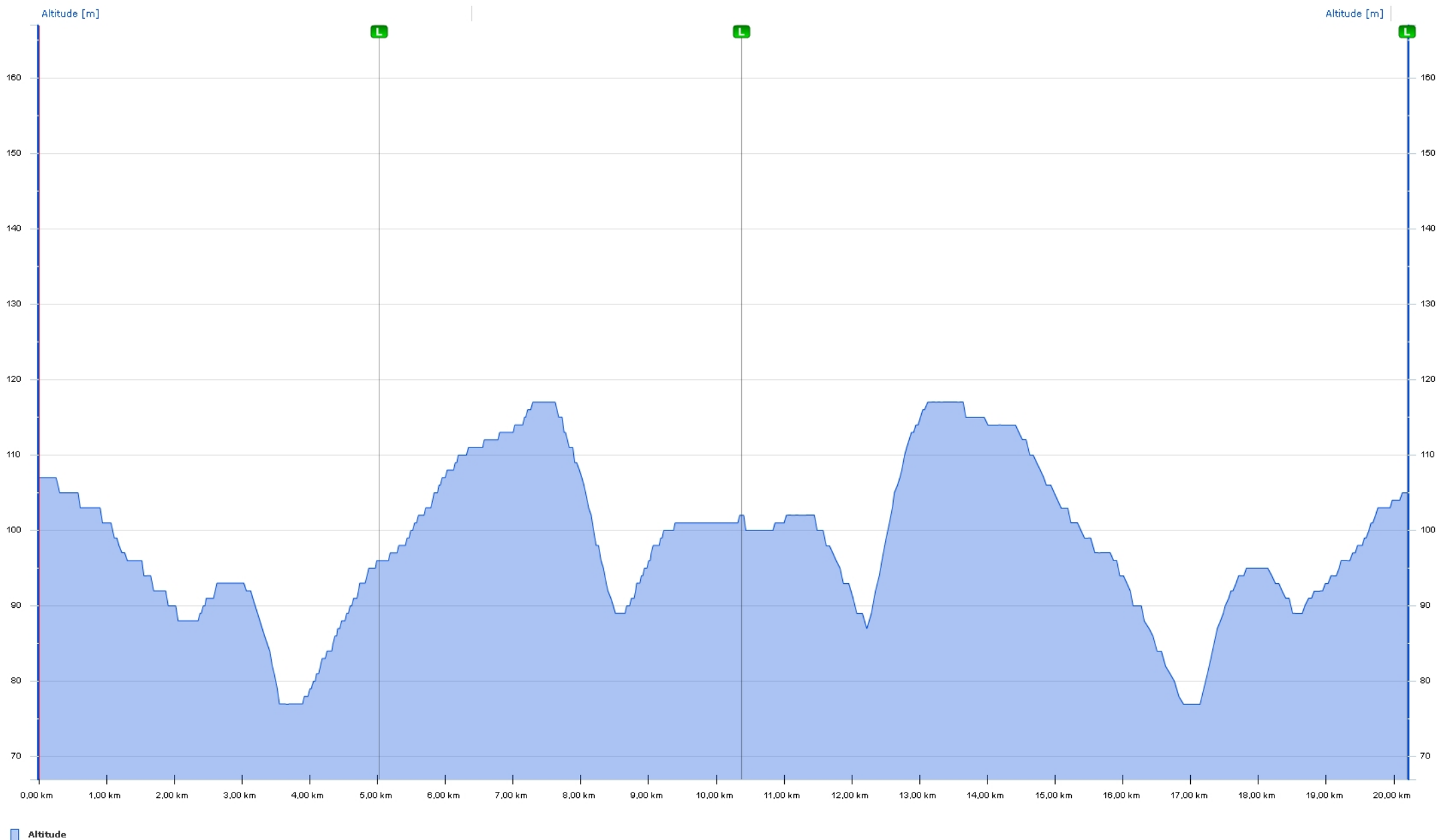


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Б.Салы-Щепкин(разворот)-Б.Салы=20км** Date / Time: **04.05.2013 - 10:56 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Б.СальЩепкин(разворот)-Б.Саль=20км Date / Time: **04.05.2013 - 10:56 Clock**

INFO

Start time	10:56 Clock
Date	04.05.2013
Unit	kmh
Bike	Bike 1
Number of log entries	598
Wheel size	2118 mm
Log time interval	5 s
Number of laps	3
Number of pauses	0

TOTAL VALUES

Trip distance	20,20 km
Trip time	0:44:46 h
Calories	420 kcal
Trip distance uphill	3,48 km
Trip distance downhill	3,95 km
Trip time uphill	0:08:06 h
Trip time downhill	0:06:49 h
Meters uphill	124 m
Meters downhill	126 m

AVERAGE

Heart rate	123 bpm
Temperature	30,7 °C
Speed	27,05 km/h
Altitude	99 m
Cadence	72 R/min
Power	131 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-7 m/min

MIN/MAX VALUES

Heart rate	100 / 141 bpm
Temperature	28,0 / 34,0 °C
Speed	13,09 / 55,26 km/h
Altitude	77 / 117 m
Power	0 / 930 Watt
Cadence	0 / 93 R/min
Incline	-3 / 3 %
Rate of ascent	-15 / 22 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Б.Салы-Щепкин(разворот)-Б.Салы=20км** Date / Time: **04.05.2013 - 10:56 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1 Кольцо Темерник	00:12:36 Since start: 00:12:36	5,02 Since start: 5,02	Avg. 23,88 Min. 17,91 Max. 31,19	Avg. 125 Min. 108 Max. 135	121	Avg. 91 Max. 107	24	35	Avg. -1 1 Max. -3 2
2 Кольцо Щепкин - разворот	00:15:36 Since start: 00:28:12	5,35 Since start: 10,37	Avg. 20,54 Min. 13,09 Max. 30,23	Avg. 128 Min. 105 Max. 141	157	Avg. 104 Max. 117	34	28	Avg. -2 1 Max. -3 2
3 Финиш/старт в 1км от кольца Б.Салы	00:16:30 Since start: 00:44:46	9,79 Since start: 20,20	Avg. 35,61 Min. 24,45 Max. 55,26	Avg. 117 Min. 100 Max. 139	141	Avg. 99 Max. 117	66	63	Avg. -1 1 Max. -2 3
Total	00:44:42	20,17			418		124	126	
Avg. Lap	00:14:54	6,72	26,68	123	139	98	41	42	-1 1
Min.	00:12:36	5,02	13,09	100	121		24	28	
Max.	00:16:30	9,79	55,26	141	157	117	66	63	-3 3

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Б.Салы-Щепкин(разворот)-Б.Салы=20км Date / Time: **04.05.2013 - 10:56 Clock**

NOTES

Rating: ★★★★★

Weather:

cloudless



strong wind



Training partner:



Alone

Trip distance profile:

hilly



Training type:

Спокойно

Description:

Старт/финиш через один км после кольца Б.Салы, через 5км кольцо на Темерник(метка) еще через 5 км разворот на Щепкинском кольце(метка)=20км

External link:

<http://www.bikemap.net/route/2097113#lat=47.375101106476&lng=39.728794074096&zoom>