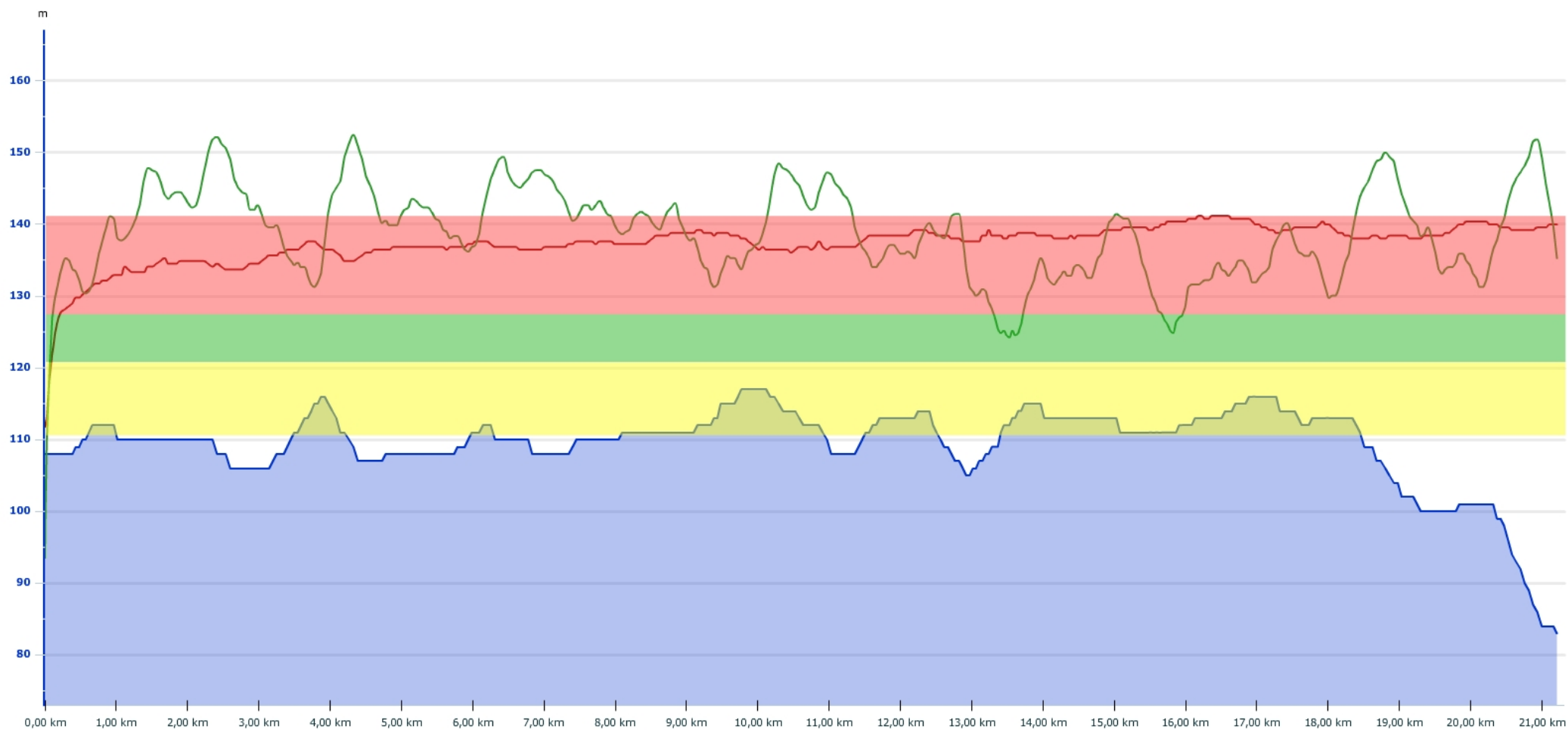


LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka_21,2km-Novochek** Date / Time: **16.07.2011 - 09:08 - 09:39**



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

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka_21,2km-Novochek** Date / Time: **16.07.2011 - 09:08 - 09:39**



NOTES

Rating:



Weather:

cloudless



light wind



Trip distance profile:

flat



Training type:

Heavy

Training partner:



24 mens

Description:

Mega-Novocherkassk=21,21km , time=31:07 , V=40,88km/h , vstrechny vostochny veter 4-5m/s

MARKERS

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka_21,2km-Novochek** Date / Time: **16.07.2011 - 09:08 - 09:39**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	416
Calories	507 kcal
Bike	Bike 1
Stopp time	09:39 Clock
Start time	09:08 Clock
Date	16.07.2011

TOTAL VALUES

Trip distance	21,21 km
Trip time	00:31:07 h
Break time	00:00:00 h
Distance uphill	2,33 km
Trip time uphill	00:03:40 h
Meters uphill	51 m
Distance downhill	3,06 km
Trip time downhill	00:04:07 h
Meters downhill	76 m

MIN. / MAX VALUES

Speed	12,90/49,87 kmh
Heart rate	99/174 bpm
Temperature	27,0/33,0 °C
Altitude	83/117 °C
Incline	-3/2 %
Rate of ascent	-24/13 m/min

AVERAGE VALUES

Speed	40,88 kmh
Heart rate	164 bpm
Temperature	29,6 °C
Altitude	109 m
Incline	-1 %
Rate of ascent	-1 m

LOG

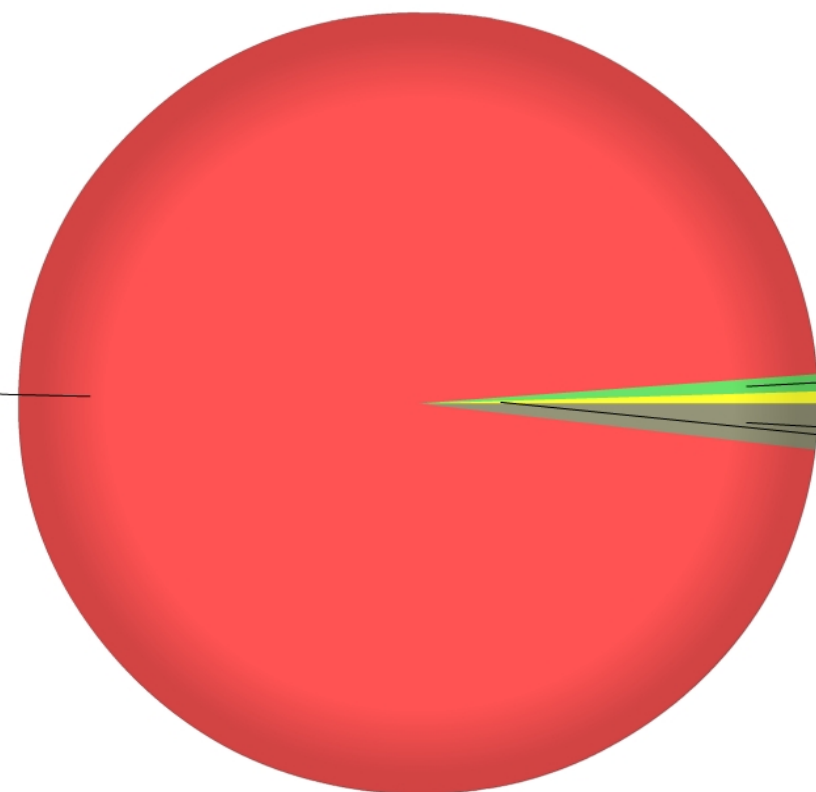
Computer / bike: **ANDRIANO / Bike 1** Name: **Razdelka_21,2km-Novochek** Date / Time: **16.07.2011 - 09:08 - 09:39**



HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm
Time in Zone 1:	00:00:09 h
Time in Zone 2:	00:00:13 h
Time in Zone 3:	00:30:09 h
Outside	00:00:36 h

Zone 3:
96.9%



Zone 2:
0.7%

Zone 1:
0.5%

Outside:
1.9%