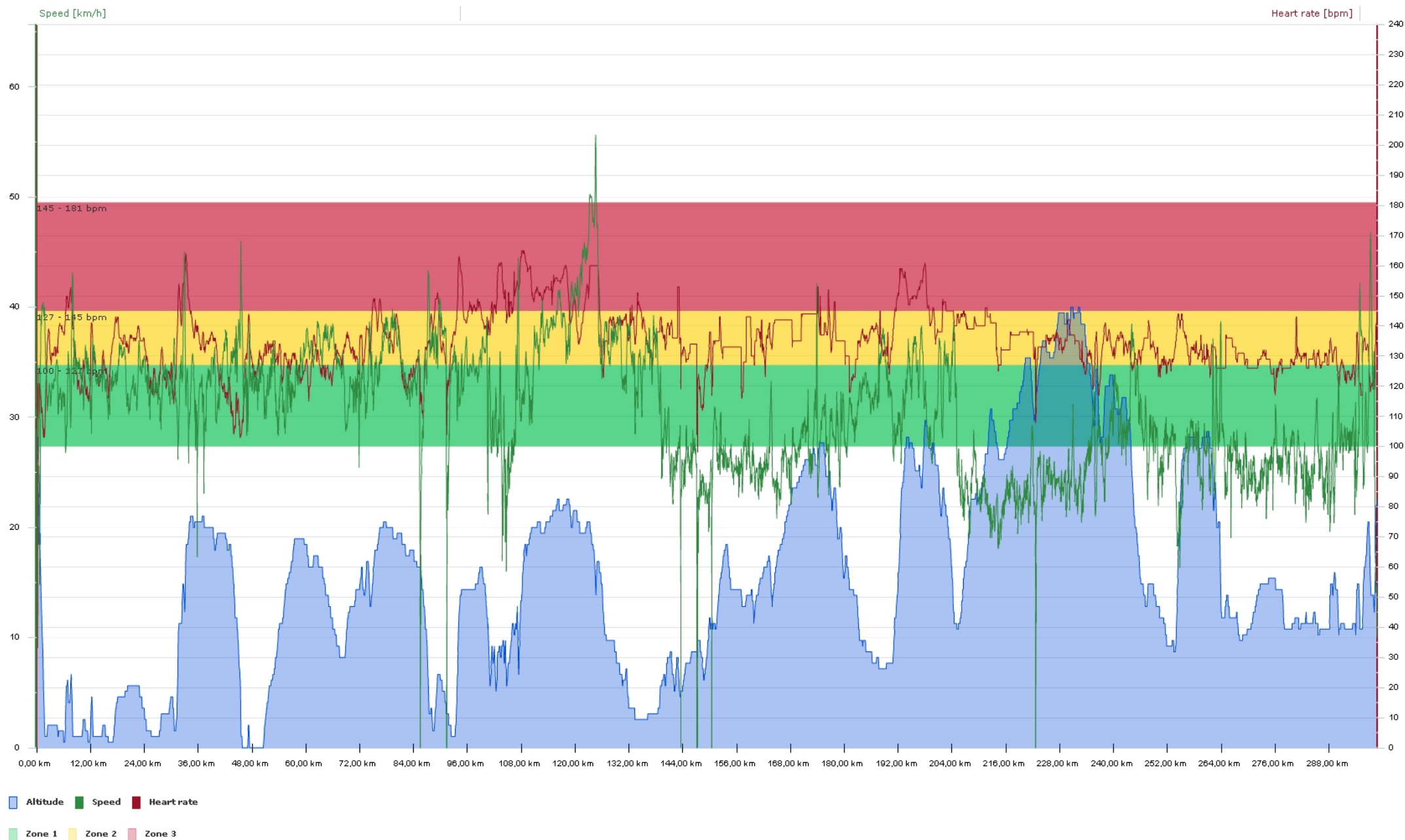


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **09.05.2013 - 07:03 Clock**



LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **09.05.2013 - 07:03 Clock**

INFO

Start time	07:03 Clock
Date	09.05.2013
Unit	kmh
Bike	Bike 1
Number of log entries	8108
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	16

TOTAL VALUES

Trip distance	298,57 km
Trip time	10:07:12 h
Calories	6758 kcal
Trip distance uphill	24,73 km
Trip distance downhill	23,86 km
Trip time uphill	0:53:19 h
Trip time downhill	0:43:48 h
Meters uphill	752 m
Meters downhill	764 m

AVERAGE

Heart rate	134 bpm
Temperature	27,2 °C
Speed	29,46 km/h
Altitude	39 m
Cadence	74 R/min
Power	135 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	5 m/min
Inclination rate downhill	-7 m/min

MIN/MAX VALUES

Heart rate	98 / 165 bpm
Temperature	13,0 / 49,0 °C
Speed	0,00 / 55,65 km/h
Altitude	8 / 86 m
Power	0 / 803 Watt
Cadence	0 / 112 R/min
Incline	-7 / 5 %
Rate of ascent	-38 / 18 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **09.05.2013 - 07:03 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	10:07:12	298,57	Avg. 29,46	Avg. 134		Avg. 39			Avg. -1 1
	Since start:	Since start:	Min. 0,00	Min. 98	6,758		752	764	
	10:07:12	298,57	Max. 55,65	Max. 165		Max. 86			Max. -7 5
Total	10:07:12	298,57			6,758		752	764	
Avg. Lap	10:07:12	298,57	29,46	134	6,758	39	752	764	-1 1
Min.	10:07:12	298,57	0,00	98	6,758		752	764	
Max.	10:07:12	298,57	55,65	165	6,758	86	752	764	-7 5

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **09.05.2013 - 07:03 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:01:27	02:32:49 Since start: 02:32:49	85,41 Since start: 85,41	Avg. 33,54 Min. 0,00 Max. 46,02	Avg. 130 Min. 103 Max. 164	1,599	Avg. 27 Max. 63	183	205	Avg. -1 1 Max. -7 4
2	00:09:46	00:00:40 Since start: 02:33:30	0,12 Since start: 85,54	Avg. 11,05 Min. 0,00 Max. 17,52	Avg. 118 Min. 114 Max. 120	7	Avg. 39 Max. 40	1	0	Avg. 0 1 Max. 0 1
3	00:04:50	00:10:06 Since start: 02:43:36	5,83 Since start: 91,38	Avg. 34,57 Min. 0,00 Max. 43,32	Avg. 132 Min. 104 Max. 151	110	Avg. 22 Max. 40	11	37	Avg. -1 1 Max. -2 1
4	00:00:02	00:00:23 Since start: 02:43:59	0,06 Since start: 91,44	Avg. 9,53 Min. 0,00 Max. 14,83	Avg. 104 Min. 104 Max. 104	3	Avg. 13 Max. 13	0	0	Avg. 0 0 Max. 0 0
5	00:10:31	00:00:05 Since start: 02:44:05	0,00 Since start: 91,45	Avg. 2,31 Min. 0,00 Max. 4,62	Avg. 104 Min. 104 Max. 104	1	Avg. 13 Max. 14	0	0	Avg. 0 0 Max. 0 0
6	00:02:12	01:32:15 Since start: 04:16:20	52,07 Since start: 143,53	Avg. 33,86 Min. 0,00 Max. 55,65	Avg. 145 Min. 106 Max. 165	1,169	Avg. 30 Max. 52	144	141	Avg. -1 1 Max. -5 3
7	00:00:03	00:08:33 Since start: 04:24:53	3,65 Since start: 147,18	Avg. 25,34 Min. 0,00 Max. 29,27	Avg. 131 Min. 121 Max. 134	92	Avg. 22 Max. 25	7	0	Avg. 0 1 Max. 0 1
8	00:02:00	00:00:07 Since start: 04:25:00	0,00 Since start: 147,19	Avg. 1,83 Min. 0,00 Max. 3,66	Avg. 124 Min. 123 Max. 125	1	Avg. 25 Max. 25	0	0	Avg. 0 0 Max. 0 0

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **09.05.2013 - 07:03 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:02:35	00:00:12 Since start: 04:25:12	0,01 Since start: 147,20	Avg. 2,95 Min. 0,00 Max. 4,81	Avg. 108 Min. 104 Max. 111	2	Avg. 25 Max. 25	0	0	Avg. 0 0 Max. 0 0
10	00:07:21	00:00:20 Since start: 04:25:32	0,02 Since start: 147,23	Avg. 3,70 Min. 0,00 Max. 5,20	Avg. 105 Min. 105 Max. 107	3	Avg. 24 Max. 25	0	0	Avg. -1 0 Max. -1 0
11	00:03:06	00:00:27 Since start: 04:25:59	0,02 Since start: 147,25	Avg. 3,16 Min. 0,00 Max. 4,04	Avg. 103 Min. 98 Max. 106	3	Avg. 24 Max. 24	0	0	Avg. 0 0 Max. 0 0
12	00:02:56	00:00:23 Since start: 04:26:23	0,00 Since start: 147,26	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 100 Min. 98 Max. 103	3	Avg. 24 Max. 25	1	0	Avg. 0 0 Max. 0 0
13	00:02:48	00:08:33 Since start: 04:34:56	3,19 Since start: 150,45	Avg. 22,14 Min. 0,00 Max. 26,19	Avg. 122 Min. 107 Max. 138	81	Avg. 25 Max. 31	13	9	Avg. -1 1 Max. -1 2
14	00:00:01	02:39:50 Since start: 07:14:46	72,20 Since start: 222,66	Avg. 27,07 Min. 0,00 Max. 42,17	Avg. 138 Min. 116 Max. 161	1,867	Avg. 48 Max. 77	202	163	Avg. -1 1 Max. -2 3
15	00:05:03	00:00:05 Since start: 07:14:52	0,00 Since start: 222,66	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 119 Min. 115 Max. 123	1	Avg. 70 Max. 71	0	0	Avg. 0 0 Max. 0 0

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Ейск=300км** Date / Time: **09.05.2013 - 07:03 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
16	00:00:15	00:00:17 Since start: 07:15:09	0,01 Since start: 222,68	Avg. 3,13 Min. 0,00 Max. 4,43	Avg. 108 Min. 108 Max. 108	2	Avg. 71 Max. 71	0	0	Avg. 0 0 Max. 0 0
Total	00:54:56	07:15:09	222,68			4,945		562	555	
Avg. Pause	00:03:26	00:27:11	13,91	13,39	118	309	31	35	34	0 0
Min.	00:00:01	00:00:05	0,00	0,00	98	1		0	0	
Max.	00:10:31	02:39:50	85,41	55,65	165	1,867	77	202	205	-7 4

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Ейск=300км Date / Time: 09.05.2013 - 07:03 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



strong wind



Training partner:



15 mens

Trip distance profile:

slightly hilly



Training type:

Тяжковато

Description:

Львы-Азов-Порт_Катон-Любимов-Ейское Укрепление-Старощербиновская-Староминская-Азов-Гвардейская площадь=300км, время 11:10ч, ветер северо-восточный 4-6 м/с, ~100км против ветра...

External link:

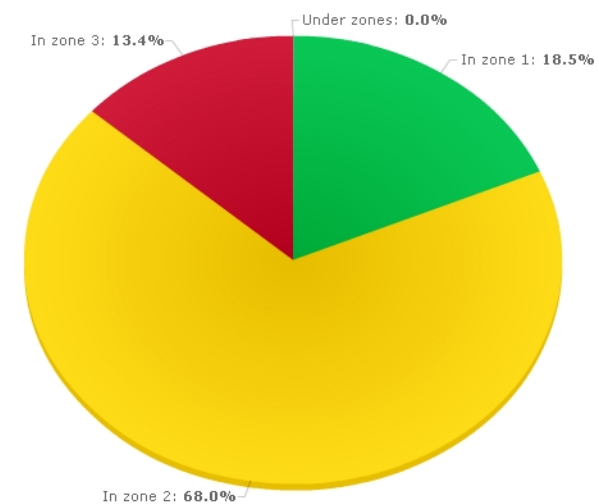
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=23&p=6499#p6499>

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Ейск=300км Date / Time: 09.05.2013 - 07:03 Clock

Pulse Zones

Under zones	0:00:13 h
In zone 1 (100 - 127 bpm)	1:52:11 h
In zone 2 (127 - 145 bpm)	6:53:11 h
In zone 3 (145 - 181 bpm)	1:21:36 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:05:19 h
In zone 1 (109 - 127 bpm)	1:47:05 h
In zone 2 (127 - 145 bpm)	6:53:11 h
In zone 3 (145 - 163 bpm)	1:19:03 h
In zone 4 (163 - 181 bpm)	0:02:33 h
Over zones	0:00:00 h

