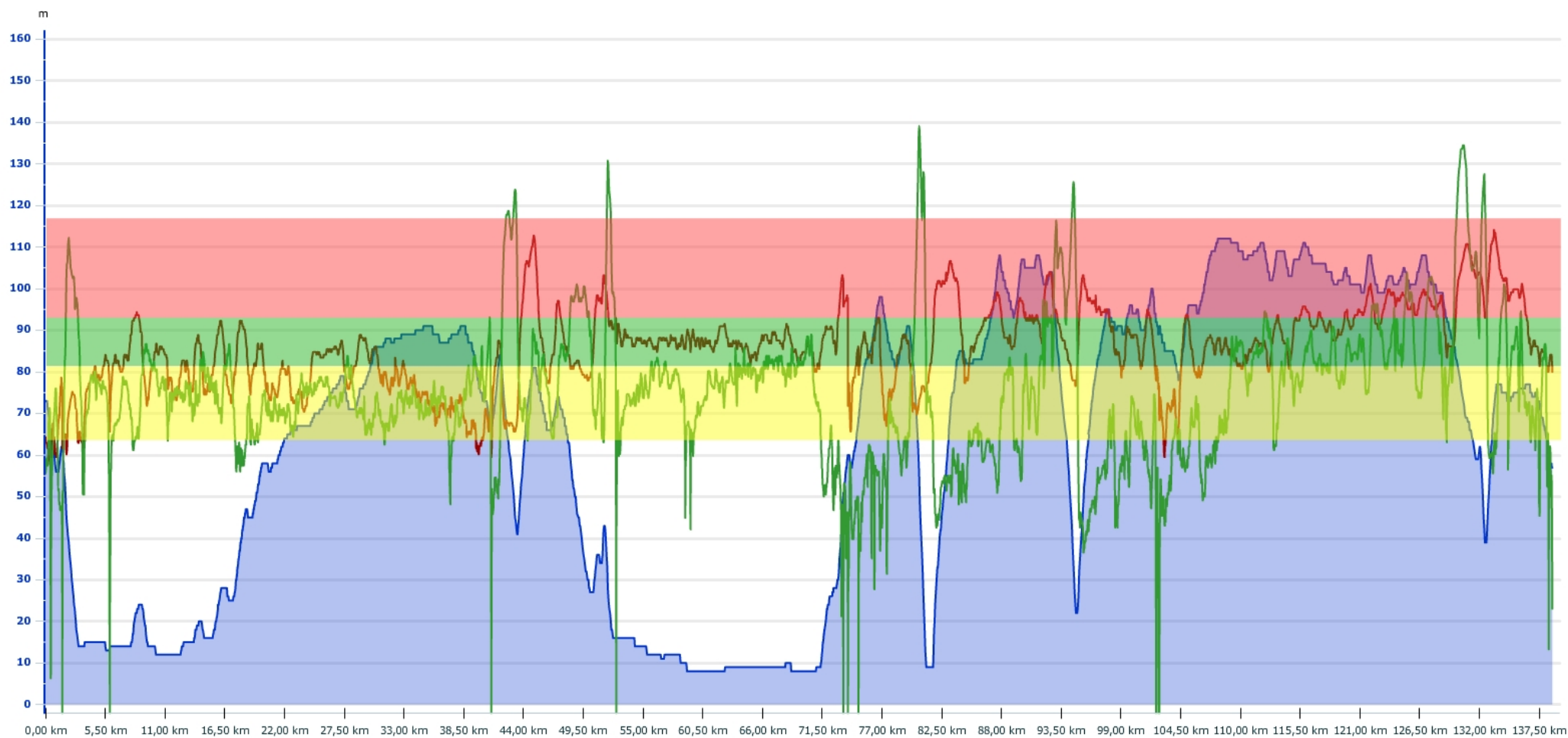


LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Berezovaya-Novochek_140km** Date / Time: **23.07.2011 - 08:10 - 13:32**



— 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: **Berezovaya-Novochek_140km** Date / Time: **23.07.2011 - 08:10 - 13:32**



NOTES

Rating:



Weather:

light rain



light wind



Trip distance profile:

hilly



Training type:

normal

Training partner:



~10 peoples

Description:

Dinamo-Berezovaya-Aksay-Novochek-centr Rostova

MARKERS

1. 

2. 

3. 

4. 

5. 

6. 

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Berezovaya-Novochek_140km** Date / Time: **23.07.2011 - 08:10 - 13:32**

MARKERS

7. 

8. 

9. 

10. 

11. 

12. 

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Berezovaya-Novochek_140km** Date / Time: **23.07.2011 - 08:10 - 13:32**

INFO

Unit	kmh
Wheel size	2118 mm
Log time interval	5
Number of log entries	3660
Calories	2886 kcal
Bike	Bike 1
Stopp time	13:32 Clock
Start time	08:10 Clock
Date	23.07.2011

TOTAL VALUES

Trip distance	138,71 km
Trip time	04:34:01 h
Break time	00:33:12 h
Distance uphill	19,43 km
Trip time uphill	00:45:50 h
Meters uphill	656 m
Distance downhill	20,44 km
Trip time downhill	00:32:42 h
Meters downhill	673 m

MIN. / MAX VALUES

Speed	0,00/58,53 kmh
Heart rate	81/170 bpm
Temperature	23,0/33,0 °C
Altitude	8/112 °C
Incline	-8/8 %
Rate of ascent	-68/29 m/min

AVERAGE VALUES

Speed	30,40 kmh
Heart rate	128 bpm
Temperature	28,1 °C
Altitude	63 m
Incline	0 %
Rate of ascent	0 m

LOG

Computer / bike: **ANDRIANO / Bike 1** Name: **Berezovaya-Novochek_140km** Date / Time: **23.07.2011 - 08:10 - 13:32**



HEART RATE ZONES

Zone 1	96 - 122 bpm
Zone 2	122 - 139 bpm
Zone 3	139 - 174 bpm

Time in Zone 1:	01:14:07 h
Time in Zone 2:	02:14:13 h
Time in Zone 3:	01:01:05 h

Outside	00:04:34 h
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