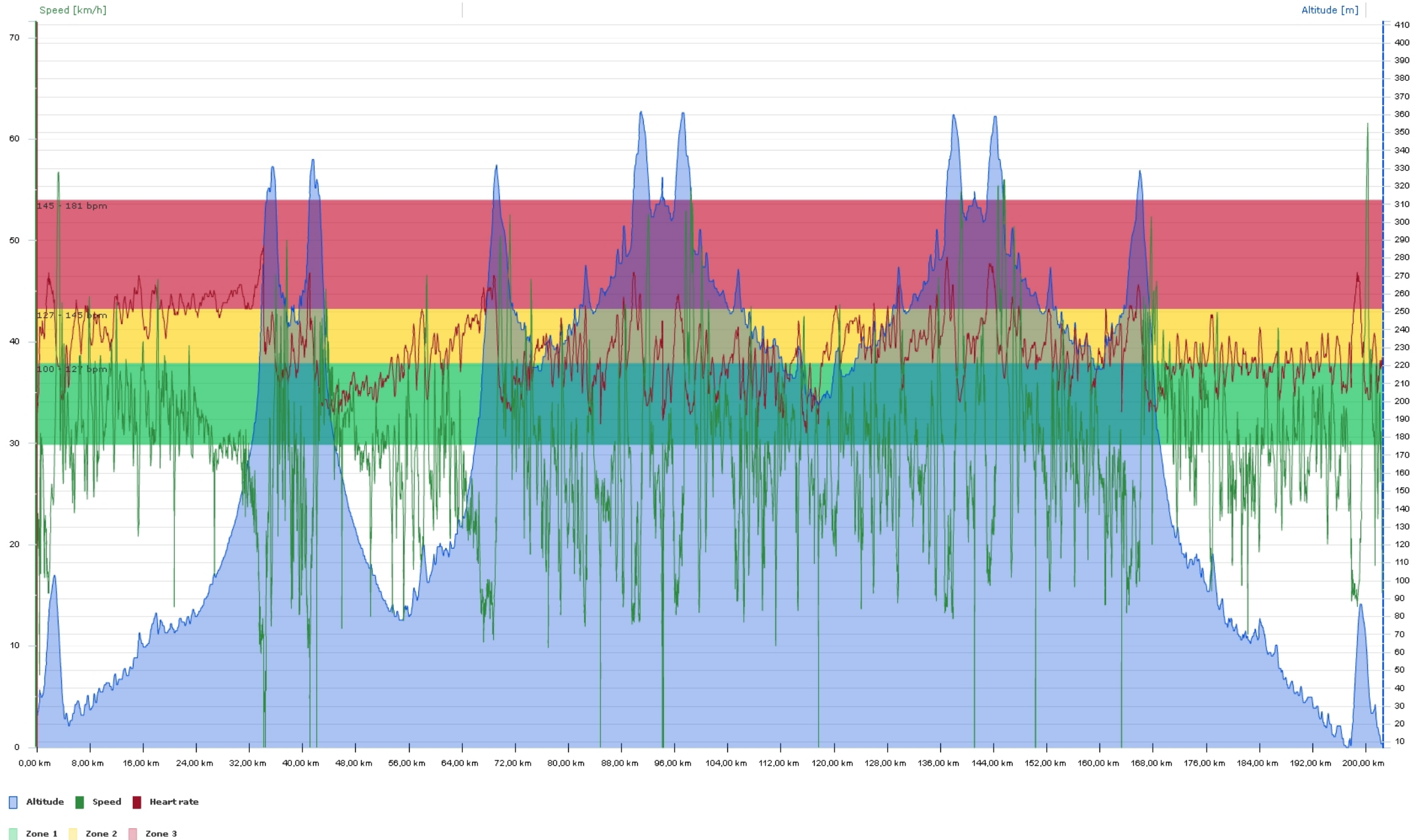


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **25.05.2013 - 08:20 Clock**



LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Tyance=200km Date / Time: 25.05.2013 - 08:20 Clock

INFO

Start time	08:20 Clock
Date	25.05.2013
Unit	kmh
Bike	Bike 1
Number of log entries	5991
Wheel size	2118 mm
Log time interval	5 s
Number of laps	1
Number of pauses	15

TOTAL VALUES

Trip distance	202,49 km
Trip time	7:28:35 h
Calories	4901 kcal
Trip distance uphill	47,33 km
Trip distance downhill	51,11 km
Trip time uphill	2:18:18 h
Trip time downhill	1:26:55 h
Meters uphill	2207 m
Meters downhill	2228 m

AVERAGE

Heart rate	133 bpm
Temperature	26,4 °C
Speed	27,02 km/h
Altitude	190 m
Cadence	63 R/min
Power	114 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	8 m/min
Inclination rate downhill	-14 m/min

MIN/MAX VALUES

Heart rate	97 / 166 bpm
Temperature	19,0 / 38,0 °C
Speed	0,00 / 61,61 km/h
Altitude	7 / 362 m
Power	0 / 452 Watt
Cadence	0 / 101 R/min
Incline	-11 / 13 %
Rate of ascent	-75 / 28 m/min

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **25.05.2013 - 08:20 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	07:28:35 Since start: 07:28:35	202,49 Since start: 202,49	Avg. 27,02 Min. 0,00 Max. 61,61	Avg. 133 Min. 97 Max. 166	4,901	Avg. 239 Max. 411	2207	2228	Avg. -2 3 Max. -11 13
Total	07:28:35	202,49			4,901		2207	2228	
Avg. Lap	07:28:35	202,49	27,02	133	4,901	239	2207	2228	-2 3
Min.	07:28:35	202,49	0,00	97	4,901		2207	2228	
Max.	07:28:35	202,49	61,61	166	4,901	411	2207	2228	-11 13

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **25.05.2013 - 08:20 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:01	01:10:14 Since start: 01:10:14	34,12 Since start: 34,12	Avg. 29,09 Min. 0,00 Max. 56,80	Avg. 144 Min. 97 Max. 166	881	Avg. 135 Max. 333	433	175	Avg. -2 2 Max. -6 11
2	00:00:27	00:00:52 Since start: 01:11:06	0,06 Since start: 34,19	Avg. 3,96 Min. 0,00 Max. 4,62	Avg. 155 Min. 140 Max. 165	13	Avg. 336 Max. 340	6	0	Avg. 0 10 Max. 0 11
3	00:00:04	00:02:49 Since start: 01:13:56	0,23 Since start: 34,42	Avg. 4,86 Min. 0,00 Max. 5,58	Avg. 132 Min. 130 Max. 139	31	Avg. 348 Max. 358	18	0	Avg. 0 7 Max. 0 9
4	00:00:01	00:16:49 Since start: 01:30:45	6,61 Since start: 41,04	Avg. 23,47 Min. 0,00 Max. 50,06	Avg. 133 Min. 119 Max. 157	184	Avg. 326 Max. 380	133	128	Avg. -3 5 Max. -9 12
5	00:00:04	00:01:15 Since start: 01:32:00	0,10 Since start: 41,15	Avg. 4,89 Min. 0,00 Max. 5,58	Avg. 147 Min. 139 Max. 156	17	Avg. 368 Max. 375	11	0	Avg. 0 11 Max. 0 13
6	00:00:21	00:02:28 Since start: 01:34:28	0,96 Since start: 42,11	Avg. 22,84 Min. 0,00 Max. 42,55	Avg. 132 Min. 121 Max. 142	28	Avg. 377 Max. 384	13	16	Avg. -4 2 Max. -7 7
7	00:00:02	01:36:49 Since start: 03:11:18	42,73 Since start: 84,85	Avg. 26,45 Min. 0,00 Max. 52,56	Avg. 129 Min. 110 Max. 156	1,002	Avg. 233 Max. 381	456	519	Avg. -2 3 Max. -11 10
8	00:06:41	00:00:08 Since start: 03:11:26	0,00 Since start: 84,86	Avg. 1,93 Min. 0,00 Max. 3,85	Avg. 114 Min. 109 Max. 120	1	Avg. 311 Max. 312	0	0	Avg. 0 0 Max. 0 0

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Tyance=200km** Date / Time: **25.05.2013 - 08:20 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories [...]	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:01:37	00:23:19 Since start: 03:34:46	9,27 Since start: 94,13	Avg. 23,79 Min. 0,00 Max. 52,56	Avg. 134 Min. 107 Max. 157	260	Avg. 350 Max. 411	151	89	Avg. -2 4 Max. -7 10
10	00:00:02	00:00:23 Since start: 03:35:09	0,12 Since start: 94,26	Avg. 17,07 Min. 0,00 Max. 30,04	Avg. 109 Min. 108 Max. 110	3	Avg. 362 Max. 365	1	7	Avg. -4 0 Max. -7 0
11	00:01:05	00:00:09 Since start: 03:35:19	0,00 Since start: 94,27	Avg. 2,02 Min. 0,00 Max. 4,04	Avg. 109 Min. 109 Max. 110	1	Avg. 363 Max. 363	0	0	Avg. 0 0 Max. 0 0
12	00:02:54	00:50:54 Since start: 04:26:13	23,34 Since start: 117,62	Avg. 27,49 Min. 0,00 Max. 55,26	Avg. 125 Min. 104 Max. 150	498	Avg. 307 Max. 410	178	294	Avg. -2 2 Max. -8 9
13	00:01:31	00:53:10 Since start: 05:19:23	23,49 Since start: 141,11	Avg. 26,45 Min. 0,00 Max. 54,88	Avg. 136 Min. 107 Max. 162	608	Avg. 307 Max. 409	300	184	Avg. -2 3 Max. -7 12
14	00:00:27	00:17:33 Since start: 05:36:56	9,16 Since start: 150,28	Avg. 31,22 Min. 0,00 Max. 56,03	Avg. 140 Min. 122 Max. 160	211	Avg. 349 Max. 408	88	144	Avg. -2 3 Max. -9 7
15	00:07:17	00:28:46 Since start: 06:05:43	12,96 Since start: 163,25	Avg. 26,98 Min. 0,00 Max. 42,17	Avg. 130 Min. 111 Max. 145	304	Avg. 288 Max. 324	113	126	Avg. -2 2 Max. -6 9
Total Avg. Pause Min. Max.	00:22:34	06:05:43	163,25			4,042		1901	1682	
	00:01:30	00:24:22	10,88	18,17	131	269	317	126	112	-2 3
	00:00:01	00:00:08	0,00	0,00	97	1		0	0	
	00:07:17	01:36:49	42,73	56,80	166	1,002	411	456	519	-11 13

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Туапсе=200км Date / Time: 25.05.2013 - 08:20 Clock

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudy



light wind



Training partner:



5 mens

Trip distance profile:

mountainous



Training type:

Интенсивно для горного марафона

Description:

Туапсе-Псеушхо-Терзиян-Октябрьский-Терзиян-Туапсе=202,5км
время=7:57ч
4 перевала туда/обратно=8, набор высоты <2200м, легкий дождь утром

External link:

<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=462>

LOG

Device / Bike: **ADRIANO** / Bike 1 Name: Tyance=200km Date / Time: 25.05.2013 - 08:20 Clock

Pulse Zones

Under zones	0:00:04 h
In zone 1 (100 - 127 bpm)	2:15:49 h
In zone 2 (127 - 145 bpm)	3:49:03 h
In zone 3 (145 - 181 bpm)	1:23:39 h
Over zones	0:00:00 h

Intensity Zones

Under zones	0:01:30 h
In zone 1 (109 - 127 bpm)	2:14:23 h
In zone 2 (127 - 145 bpm)	3:49:03 h
In zone 3 (145 - 163 bpm)	1:21:13 h
In zone 4 (163 - 181 bpm)	0:02:26 h
Over zones	0:00:00 h

