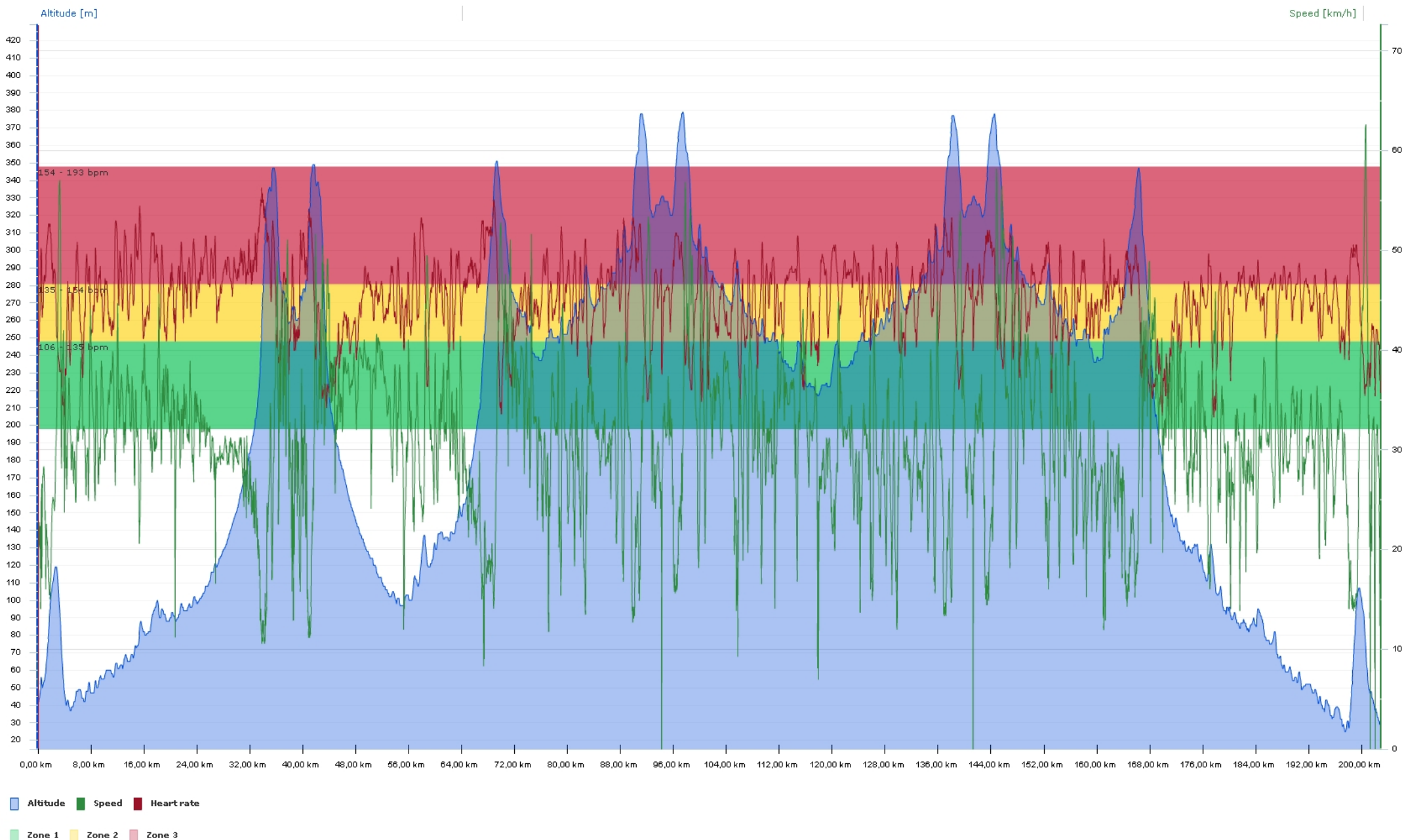


# LOG

Device / Bike: DREAMER / Bike 1 Name: Tyance=200km Date / Time: 25.05.2013 - 08:21 Clock



# LOG



Device / Bike: DREAMER / Bike 1 Name: Tyance=200km Date / Time: 25.05.2013 - 08:21 Clock

## INFO

Start time	08:21 Clock
Date	25.05.2013
Unit	kmh
Bike	Bike 1
Number of log entries	5571
Wheel size	2120 mm
Log time interval	5 s
Number of laps	2
Number of pauses	4

## TOTAL VALUES

Trip distance	202,77 km
Trip time	6:57:37 h
Calories	4893 kcal
Trip distance uphill	46,25 km
Trip distance downhill	52,05 km
Trip time uphill	2:06:37 h
Trip time downhill	1:23:46 h
Meters uphill	2057 m
Meters downhill	2071 m

## AVERAGE

Heart rate	151 bpm
Temperature	26,5 °C
Speed	29,11 km/h
Altitude	204 m
Cadence	70 R/min
Power	153 Watt
Inclination uphill	3 %
Inclination downhill	2 %
Inclination rate uphill	9 m/min
Inclination rate downhill	-15 m/min

## MIN/MAX VALUES

Heart rate	110 / 186 bpm
Temperature	18,0 / 35,0 °C
Speed	0,00 / 62,64 km/h
Altitude	25 / 379 m
Power	0 / 430 Watt
Cadence	0 / 100 R/min
Incline	-12 / 12 %
Rate of ascent	-87 / 28 m/min

# LOG

Device / Bike: DREAMER / Bike 1 Name: Tyance=200km Date / Time: 25.05.2013 - 08:21 Clock

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	06:57:32 Since start: 06:57:32	202,76 Since start: 202,76	Avg. 29,12 Min. 0,00 Max. 62,64	Avg. 151 Min. 110 Max. 186	4,892	Avg. 204 Max. 379	2057	2071	Avg. -2 3 Max. -12 12
2	00:00:04 Since start: 06:57:37	0,00 Since start: 202,77	Avg. 7,52 Min. 7,52 Max. 7,52	Avg. 118 Min. 118 Max. 118	1	Avg. 29 Max. 29	0	0	Avg. 0 0 Max. 0 0
Total	06:57:37	202,77			4,893		2057	2071	
Avg. Lap	03:28:48	101,38	18,32	134	2,447	116	1028	1035	-1 1
Min.	00:00:04	0,00	0,00	110	1		0	0	
Max.	06:57:32	202,76	62,64	186	4,892	379	2057	2071	-12 12

# LOG

Device / Bike: DREAMER / Bike 1 Name: Tyance=200km Date / Time: 25.05.2013 - 08:21 Clock

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:02:48	03:12:20 Since start: 03:12:20	94,25 Since start: 94,25	Avg. 29,40 Min. 0,00 Max. 57,05	Avg. 153 Min. 110 Max. 186	2,296	Avg. 188 Max. 378	1135	847	Avg. -2 3 Max. -12 12
2	00:01:41	01:36:50 Since start: 04:49:11	47,07 Since start: 141,32	Avg. 29,13 Min. 0,00 Max. 56,85	Avg. 151 Min. 113 Max. 176	1,135	Avg. 277 Max. 379	439	439	Avg. -2 2 Max. -9 11
3	00:00:35	02:04:44 Since start: 06:53:55	59,99 Since start: 201,32	Avg. 28,84 Min. 0,00 Max. 62,64	Avg. 149 Min. 110 Max. 172	1,427	Avg. 178 Max. 378	481	765	Avg. -2 2 Max. -9 10
4	00:00:14	00:02:02 Since start: 06:55:58	0,73 Since start: 202,06	Avg. 21,14 Min. 0,00 Max. 33,34	Avg. 130 Min. 117 Max. 141	20	Avg. 42 Max. 48	2	11	Avg. -1 0 Max. -4 0
<b>Total</b>	00:05:18	06:55:58	202,06			4,877		2057	2062	
<b>Avg. Pause</b>	00:01:19	01:43:59	50,51	27,13	145	1,219	171	514	515	-2 2
<b>Min.</b>	00:00:14	00:02:02	0,73	0,00	110	20		2	11	
<b>Max.</b>	00:02:48	03:12:20	94,25	62,64	186	2,296	379	1135	847	-12 12

## LOG

Device / Bike: DREAMER / Bike 1 Name: Туапсе=200км Date / Time: 25.05.2013 - 08:21 Clock

### NOTES

Rating: ★ ★ ★ ★ ★

Weather:

cloudless



light wind



Training partner:



5 mens

Trip distance profile:

mountainous



Training type:

Марафон

Description:

Туапсе-Псеушхо-Терзиян-Октябрьский-Терзиян-Туапсе=202,5км  
время=7:03ч

External link:

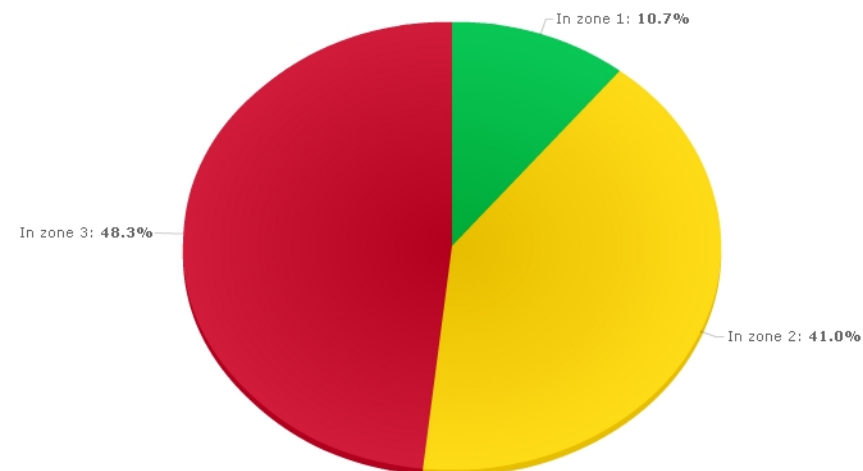
<http://forum.rostovroadclub.ru/viewtopic.php?f=8&t=462>

## LOG

Device / Bike: DREAMER / Bike 1 Name: Tyance=200KM Date / Time: 25.05.2013 - 08:21 Clock

### Pulse Zones

Under zones	0:00:00 h
In zone 1 (106 - 135 bpm)	0:44:44 h
In zone 2 (135 - 154 bpm)	2:51:16 h
In zone 3 (154 - 193 bpm)	3:21:37 h
Over zones	0:00:00 h



### Intensity Zones

Under zones	0:02:28 h
In zone 1 (116 - 135 bpm)	0:42:15 h
In zone 2 (135 - 154 bpm)	2:51:16 h
In zone 3 (154 - 174 bpm)	3:06:14 h
In zone 4 (174 - 193 bpm)	0:15:22 h
Over zones	0:00:00 h

