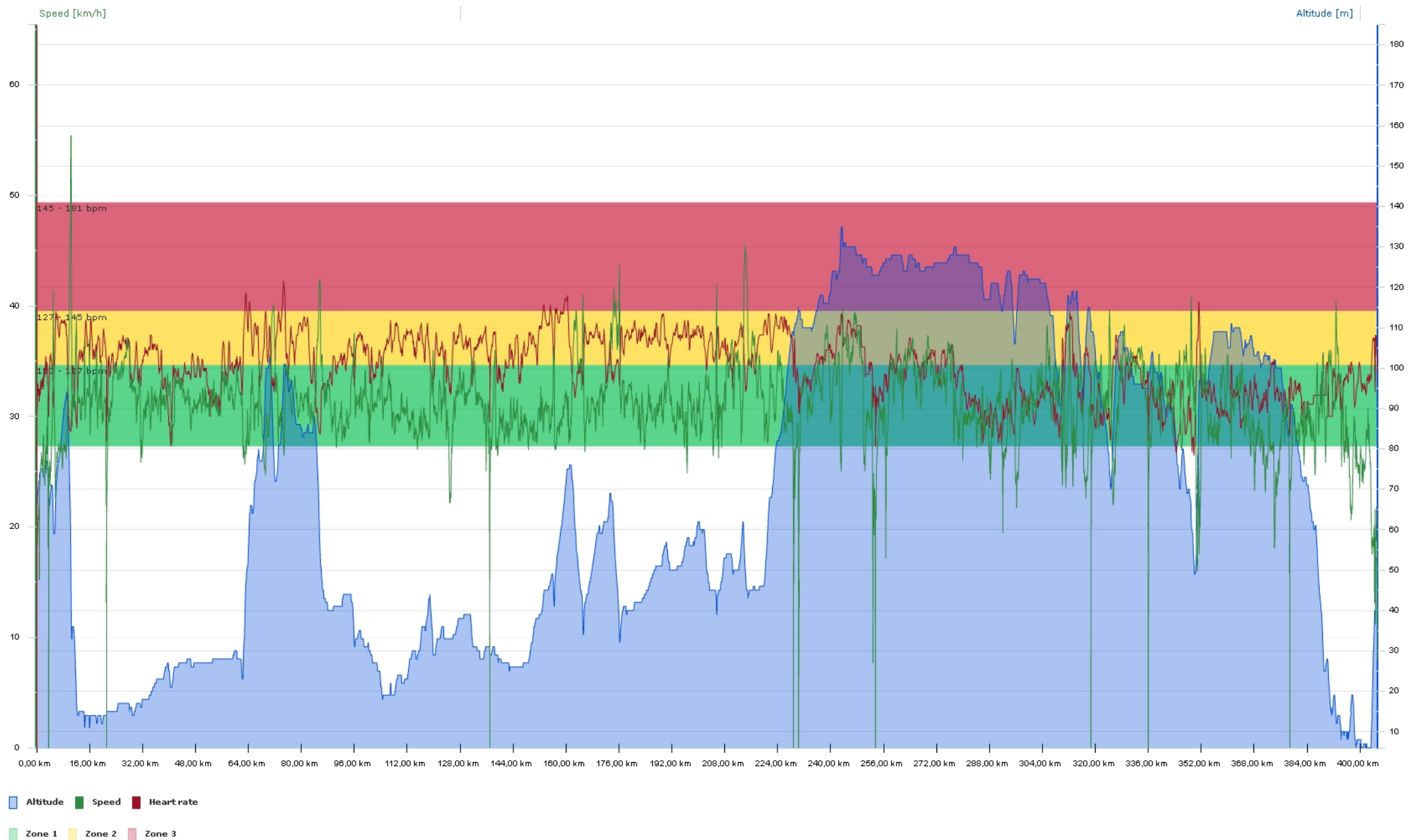


LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной(2013)=400км** Date / Time: **01.06.2013 - 05:07** Clock



LOG



Device / Bike: **ADRIANO** / Bike 1 Name: **Степной(2013)=400км** Date / Time: **01.06.2013 - 05:07 Clock**

INFO

Start time	05:07 Clock
Date	01.06.2013
Unit	kmh
Bike	Bike 1
Number of log entries	4716
Wheel size	2118 mm
Log time interval	10 s
Number of laps	3
Number of pauses	13

TOTAL VALUES

Trip distance	405,03 km
Trip time	13:14:39 h
Calories	7909 kcal
Trip distance uphill	58,97 km
Trip distance downhill	56,24 km
Trip time uphill	2:04:32 h
Trip time downhill	1:41:12 h
Meters uphill	908 m
Meters downhill	917 m

AVERAGE

Heart rate	126 bpm
Temperature	29,7 °C
Speed	30,55 km/h
Altitude	68 m
Cadence	78 R/min
Power	142 Watt
Inclination uphill	1 %
Inclination downhill	1 %
Inclination rate uphill	6 m/min
Inclination rate downhill	-7 m/min

MIN/MAX VALUES

Heart rate	97 / 155 bpm
Temperature	16,0 / 45,0 °C
Speed	0,00 / 55,45 km/h
Altitude	6 / 135 m
Power	0 / 459 Watt
Cadence	0 / 108 R/min
Incline	-6 / 7 %
Rate of ascent	-55 / 20 m/min

LOG



Device / Bike: **ADRIANO / Bike 1** Name: **Степной(2013)=400км** Date / Time: **01.06.2013 - 05:07 Clock**

	Duration (h)	Trip distance ...	Speed (km/h)	Heart Rate [...]	Calories (kcal)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	03:14:53 Since start: 03:14:53	100,12 Since start: 100,12	Avg. 30,79 Min. 0,00 Max. 55,45	Avg. 128 Min. 98 Max. 155	1,993	Avg. 44 Max. 103	228	261	Avg. -1 1 Max. -6 3
2	06:26:30 Since start: 09:41:24	199,91 Since start: 300,04	Avg. 31,01 Min. 0,00 Max. 45,44	Avg. 129 Min. 100 Max. 150	4,038	Avg. 72 Max. 135	376	282	Avg. -1 1 Max. -3 4
3	03:33:15 Since start: 13:14:39	104,99 Since start: 405,03	Avg. 29,49 Min. 0,00 Max. 40,82	Avg. 118 Min. 97 Max. 148	1,878	Avg. 82 Max. 122	304	374	Avg. -1 2 Max. -1 7
Total	13:14:39	405,03			7,909		908	917	
Avg. Lap	04:24:53	135,01	30,43	125	2,636	66	302	305	-1 1
Min.	03:14:53	100,12	0,00	97	1,878		228	261	
Max.	06:26:30	199,91	55,45	155	4,038	135	376	374	-6 7

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной(2013)=400км** Date / Time: **01.06.2013 - 05:07 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
1	00:00:09	00:09:02 Since start: 00:09:02	3,62 Since start: 3,62	Avg. 23,44 Min. 0,00 Max. 32,73	Avg. 119 Min. 98 Max. 130	83	Avg. 72 Max. 77	14	11	Avg. -2 1 Max. -3 1
2	00:00:49	00:34:12 Since start: 00:43:14	17,37 Since start: 21,00	Avg. 30,44 Min. 0,00 Max. 55,45	Avg. 130 Min. 105 Max. 145	362	Avg. 41 Max. 94	54	106	Avg. -1 1 Max. -6 3
3	00:01:24	00:00:16 Since start: 00:43:31	0,00 Since start: 21,00	Avg. 6,07 Min. 0,00 Max. 12,13	Avg. 108 Min. 105 Max. 111	2	Avg. 15 Max. 15	0	0	Avg. 0 0 Max. 0 0
4	00:00:02	03:43:26 Since start: 04:26:57	115,89 Since start: 136,90	Avg. 31,11 Min. 0,00 Max. 42,36	Avg. 129 Min. 100 Max. 155	2,324	Avg. 38 Max. 103	211	195	Avg. -1 1 Max. -2 3
5	00:21:21	00:00:21 Since start: 04:27:18	0,01 Since start: 136,92	Avg. 2,40 Min. 0,00 Max. 4,81	Avg. 115 Min. 108 Max. 123	3	Avg. 30 Max. 31	0	0	Avg. 0 0 Max. 0 0
6	00:00:53	02:56:40 Since start: 07:23:59	91,88 Since start: 228,80	Avg. 31,21 Min. 0,00 Max. 45,44	Avg. 134 Min. 112 Max. 150	1,960	Avg. 50 Max. 109	237	158	Avg. -1 1 Max. -3 4
7	00:11:14	00:03:56 Since start: 07:27:56	1,53 Since start: 230,34	Avg. 22,96 Min. 0,00 Max. 29,46	Avg. 124 Min. 113 Max. 136	39	Avg. 111 Max. 115	7	0	Avg. 0 2 Max. 0 2
8	00:00:02	00:43:19 Since start: 08:11:15	23,16 Since start: 253,50	Avg. 32,07 Min. 0,00 Max. 39,86	Avg. 129 Min. 111 Max. 144	449	Avg. 121 Max. 135	32	23	Avg. -1 1 Max. -1 2

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной(2013)=400km** Date / Time: **01.06.2013 - 05:07 Clock**

	Pause time ...	Duration (h)	Trip distanc...	Speed (km...	Heart Rate ...	Calories (...)	Altitude (m)	Uphill (m)	Downhill (m)	Incline (%)
9	00:21:34	00:00:22 Since start: 08:11:37	0,00 Since start: 253,50	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 115 Min. 112 Max. 120	4	Avg. 123 Max. 123	0	0	Avg. 0 0 Max. 0 0
10	00:05:49	02:06:15 Since start: 10:17:53	65,18 Since start: 318,69	Avg. 30,96 Min. 0,00 Max. 38,89	Avg. 120 Min. 100 Max. 145	1,142	Avg. 120 Max. 130	109	121	Avg. -1 1 Max. -1 3
11	00:00:03	00:32:41 Since start: 10:50:34	17,34 Since start: 336,04	Avg. 31,80 Min. 0,00 Max. 39,66	Avg. 120 Min. 102 Max. 137	297	Avg. 96 Max. 109	44	57	Avg. -1 1 Max. -1 2
12	00:14:34	00:00:12 Since start: 10:50:46	0,00 Since start: 336,04	Avg. 0,00 Min. 0,00 Max. 0,00	Avg. 106 Min. 102 Max. 110	2	Avg. 98 Max. 98	0	0	Avg. 0 0 Max. 0 0
13	00:03:15	01:26:20 Since start: 12:17:07	42,60 Since start: 378,65	Avg. 29,57 Min. 0,00 Max. 40,82	Avg. 115 Min. 97 Max. 148	723	Avg. 95 Max. 111	112	126	Avg. -1 3 Max. -1 6
Total	01:21:09	12:17:07	378,65			7,390		820	797	
Avg. Pause	00:06:14	00:56:42	29,12	20,93	120	568	78	63	61	0 1
Min.	00:00:02	00:00:12	0,00	0,00	97	2		0	0	
Max.	00:21:34	03:43:26	115,89	55,45	155	2,324	135	237	195	-6 6

Device / Bike: **ADRIANO** / Bike 1 Name: **Степной(2013)=400км** Date / Time: **01.06.2013 - 05:07 Clock**

NOTES

Rating: ★ ★ ★ ★ ★

Weather:

rain



light wind



Training partner:



11 чубаков

Trip distance profile:

flat



Training type:

Марафон, интенсивно, сэкономился в конце

Description:

Львы-Александровка-Ольгинка-Дорожный-Усьман-Веселый-Сальск-Целина(6км туда/обратно за водой+объездная)-Егорлык(объездная)-Кагальницкая-Львы=405км, весь день жарко с легким восточным ветром, а возле М.Батая сильный дождь до сальского круга и шквалистый западный ветер до финиша...время 14:37ч.

External link:

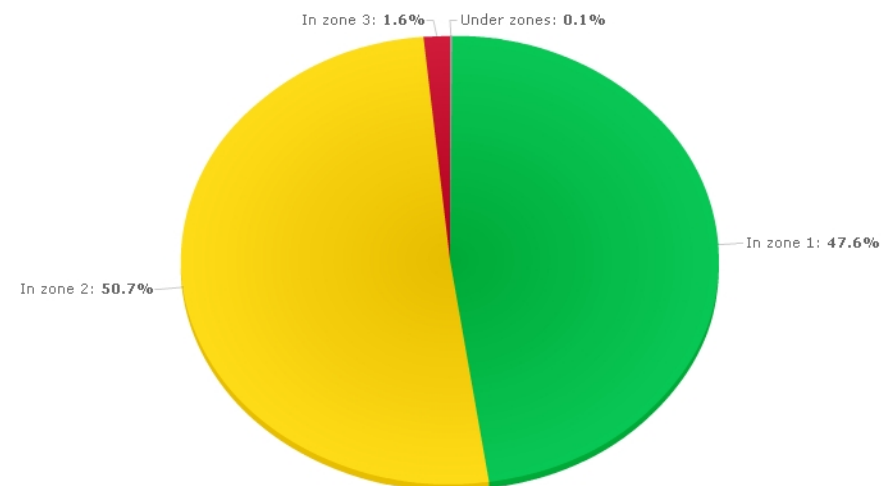
<http://>

LOG

Device / Bike: **ADRIANO / Bike 1** Name: **Степной(2013)=400км** Date / Time: **01.06.2013 - 05:07** Clock

Pulse Zones

Under zones	0:01:00 h
In zone 1 (100 - 127 bpm)	6:17:54 h
In zone 2 (127 - 145 bpm)	6:43:15 h
In zone 3 (145 - 181 bpm)	0:12:29 h
Over zones	0:00:00 h



Intensity Zones

Under zones	0:31:03 h
In zone 1 (109 - 127 bpm)	5:47:51 h
In zone 2 (127 - 145 bpm)	6:43:15 h
In zone 3 (145 - 163 bpm)	0:12:29 h
In zone 4 (163 - 181 bpm)	0:00:00 h
Over zones	0:00:00 h

