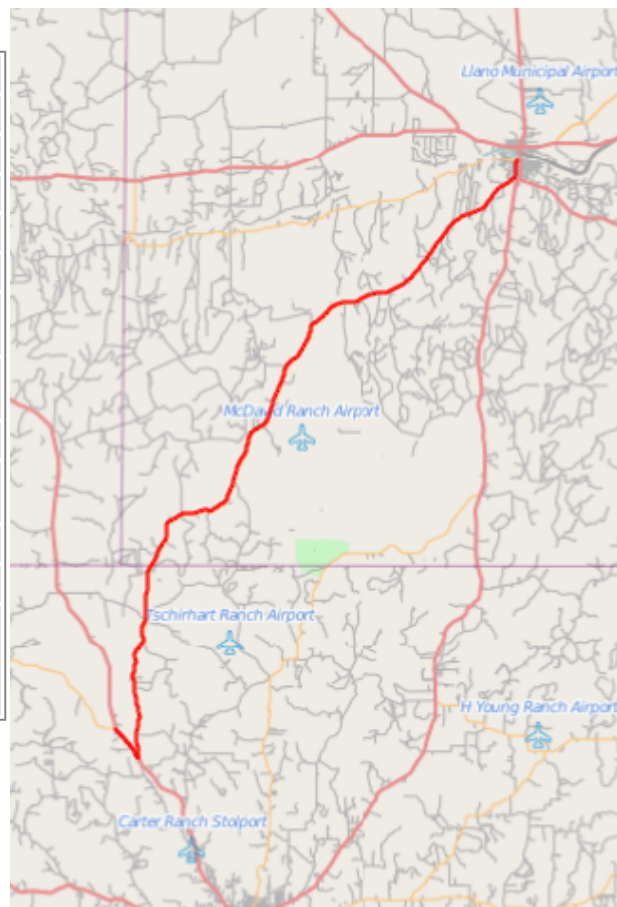


3/2/2011 9:21 AM: Road - FM2323-US87 - 35.69 mi - 03:08:20.0 h

Summary

Name	Castell Loop part 1		
Location	FM2323-US87		
Start Time	3/2/2011 9:21 AM	Category	My Activities:Cycling:Road
Distance	35.69 mi	Time	03:08:20.0
Time Moving	03:08:20.0	Stopped	00:37:01.0
Average speed	11.4 mph	Maximum speed	29.7 mph
Average heart rate	139 bpm	Maximum heart rate	161 bpm
Average cadence	79 rpm	Maximum cadence	106 rpm
Average power	133 W	Maximum power	527 W
Total Ascent	1775 ft +50 ft/mi	Total Descent	-685 ft -19 ft/mi
Weather	PartClouds; 67.6 °F		
Calories	1753 kCal		
Notes	Changes performed by After Import Plugin Version 3.0.3990 on 3/3/2011 11:35:56 AM: - find weather information - calculate power		



Map: Street - openstreetmap.org (Mapnik)

Equipment

No	Photo	Name	Type	Time Used	Distance Used	Life remaining
1		Garmin - Forerunner 305	Watch	131:49:00	1,185.2 mi	3,814.8 mi
2		Scattante - R-570	Bicycle	49:56:00	630.2 mi	19,369.8 mi
2.1		Forte - Road shoes	Part of Scattante - R-570	50:25:00	635.7 mi	1,364.3 mi
2.2		Vittoria - Zaffiro	Part of Scattante - R-570	49:56:00	630.2 mi	-630.2 mi

Splits

No	Type	Start Time	Start Distance	Duration	Distance	Elevation Change	Ascent/Descent	Average Speed	Average Cadence	Average Heart rate	Heart beats per mi	Average Power	Calories Burnt	Notes
1	Active	9:21:48 AM	0.00 mi	00:28:25	5.00 mi	+146 ft	+201 ft / -54 ft	10.6 mph	71 rpm	128 bpm (75%)	728 bpm	129 W	197 kCal	
2	Active	9:52:02 AM	5.00 mi	00:22:41	5.00 mi	+115 ft	+161 ft / -46 ft	13.2 mph	81 rpm	140 bpm (82%)	634 bpm	120 W	159 kCal	
3	Active	10:14:44 AM	10.00 mi	00:32:19	5.00 mi	+8 ft	+110 ft / -102 ft	9.3 mph	76 rpm	129 bpm (76%)	833 bpm	103 W	138 kCal	
4	Active	10:47:03 AM	15.00 mi	00:45:24	5.00 mi	+212 ft	+263 ft / -52 ft	6.6 mph	80 rpm	136 bpm (80%)	1235 bpm	153 W	283 kCal	
5	Active	11:32:28 AM	20.00 mi	00:26:14	5.00 mi	+145 ft	+303 ft / -157 ft	11.4 mph	82 rpm	143 bpm (84%)	750 bpm	123 W	198 kCal	
6	Active	11:58:43 AM	25.00 mi	00:32:37	5.00 mi	+326 ft	+333 ft / -8 ft	9.2 mph	80 rpm	148 bpm (87%)	968 bpm	159 W	310 kCal	
7	Active	12:31:21 PM	30.00 mi	00:31:55	5.00 mi	+114 ft	+201 ft / -87 ft	9.4 mph	77 rpm	146 bpm (86%)	929 bpm	131 W	223 kCal	
8	Active	1:03:17 PM	35.00 mi	00:03:52	1.22 mi	+60 ft	+55 ft / 5 ft	19.0 mph	83 rpm	145 bpm (85%)	459 bpm	108 W	23 kCal	

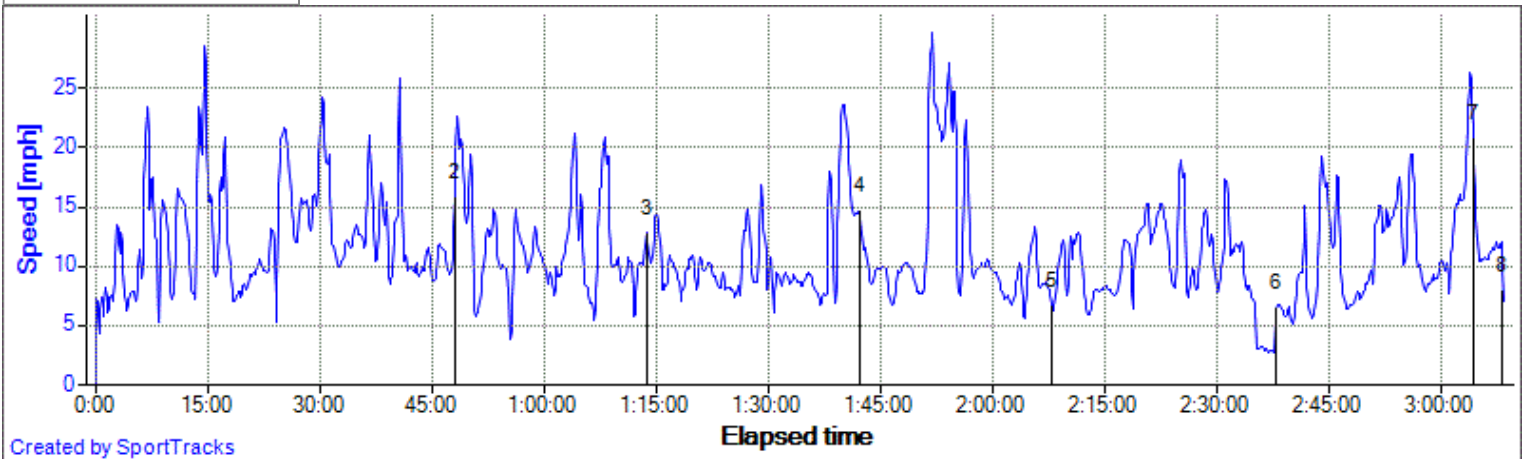
Totals:	03:08:20.0	35.69 mi	+1126 ft	+1628 ft / -502 ft	11.4 mph	79 rpm	139 bpm (82%)	733 bpm	133 W	1532 kCal
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Stopped Times (speed below 1.0 mph)

No	Start Time	Start Distance	Duration	Distance	Average Speed	Heart Rate Before	Heart Rate After
1	9:21:48 AM	0.00 mi	00:00:01.0	0.00 mi	0.0 mph	89 bpm (52%)	88 bpm (52%)
2	9:35:40 AM	2.44 mi	00:01:46.0	0.00 mi	0.2 mph	135 bpm (79%)	114 bpm (67%)
3	9:48:10 AM	4.64 mi	00:02:41.0	0.00 mi	0.1 mph	142 bpm (84%)	116 bpm (68%)
4	10:21:59 AM	11.54 mi	00:06:32.0	0.00 mi	0.0 mph	141 bpm (83%)	113 bpm (66%)
5	11:03:47 AM	17.76 mi	00:04:37.0	0.00 mi	0.0 mph	120 bpm (71%)	103 bpm (61%)
6	11:15:32 AM	18.76 mi	00:04:10.0	0.01 mi	0.1 mph	149 bpm (88%)	118 bpm (69%)
7	11:20:55 AM	19.02 mi	00:05:28.0	0.01 mi	0.1 mph	133 bpm (78%)	120 bpm (71%)
8	11:26:29 AM	19.03 mi	00:02:47.0	0.01 mi	0.2 mph	115 bpm (68%)	105 bpm (62%)
9	11:54:24 AM	24.38 mi	00:00:33.0	0.00 mi	0.1 mph	133 bpm (78%)	137 bpm (81%)
10	12:09:31 PM	26.61 mi	00:02:02.0	0.00 mi	0.0 mph	144 bpm (85%)	127 bpm (75%)
11	12:28:02 PM	29.80 mi	00:00:18.0	0.00 mi	0.4 mph	160 bpm (94%)	155 bpm (91%)
12	12:30:50 PM	29.92 mi	00:00:14.0	0.00 mi	0.6 mph	149 bpm (88%)	146 bpm (86%)
13	12:44:13 PM	31.93 mi	00:00:58.0	0.01 mi	0.4 mph	145 bpm (85%)	136 bpm (80%)
14	12:55:22 PM	33.99 mi	00:04:35.0	0.01 mi	0.1 mph	142 bpm (84%)	121 bpm (71%)

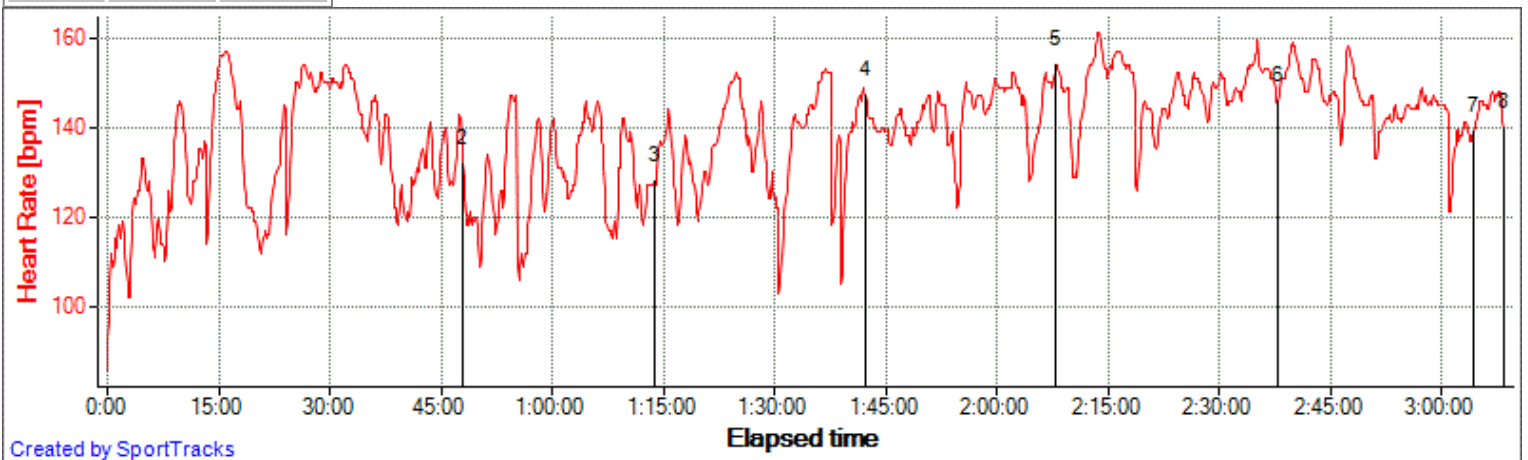
Speed (not including stopped times)

Min.	Max.	Avg.
0.1 mph	29.7 mph	10.7 mph



Heart Rate (not including stopped times)

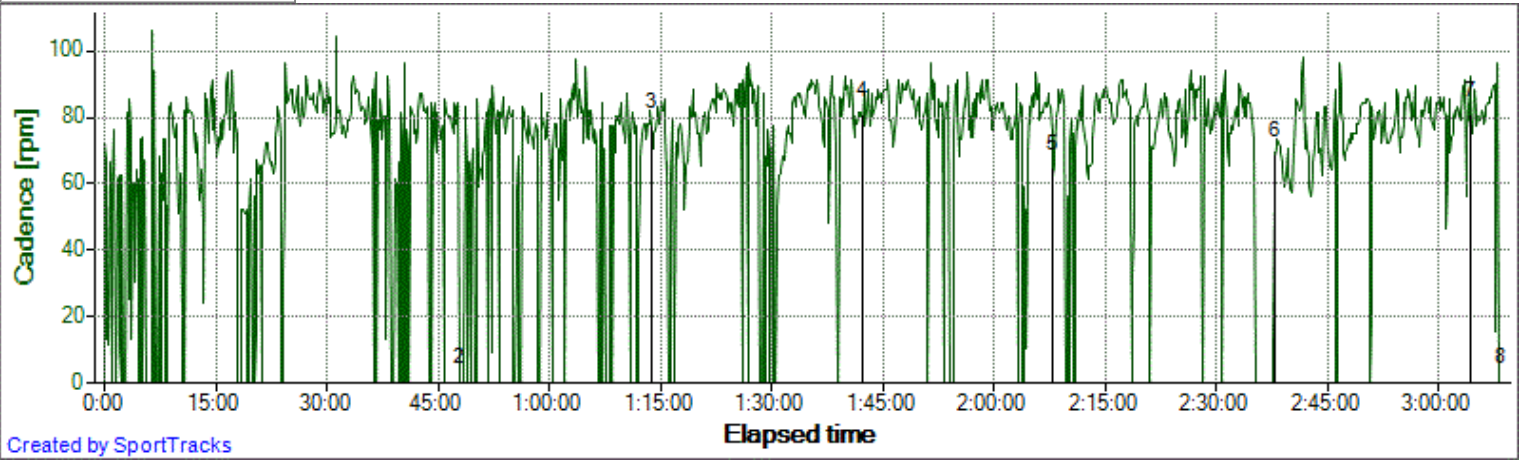
Min.	Max.	Avg.
86.0 bpm	161.0 bpm	135.9 bpm



Cadence (not including stopped times)

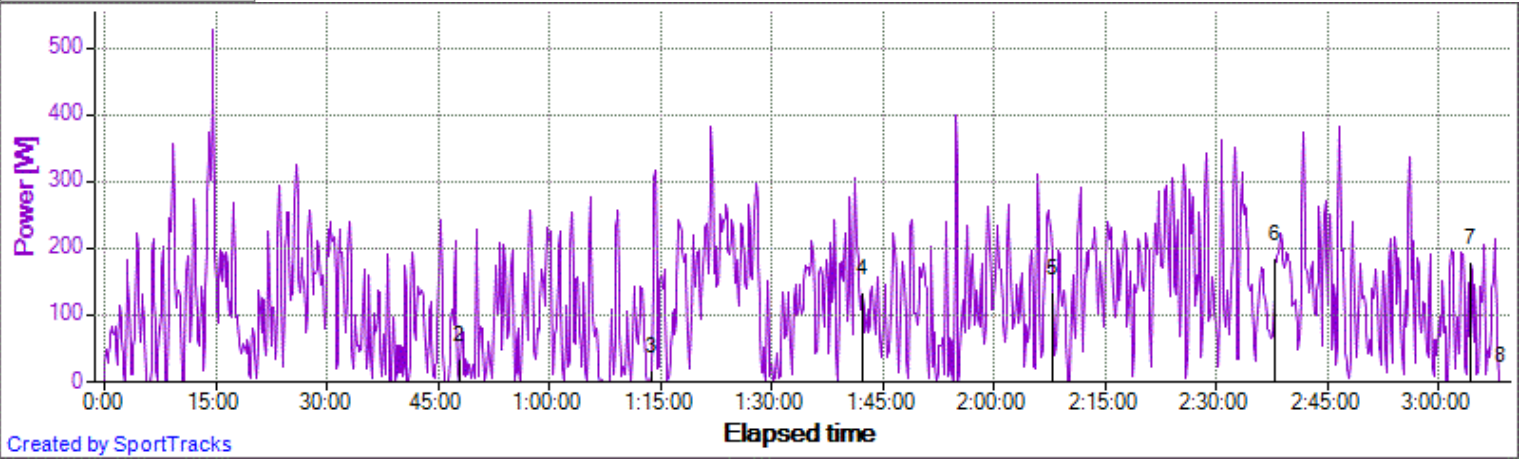
Min.	Max.	Avg.
0 rpm	100 rpm	79 rpm

Min.	Max.	Avg.
0.0 rpm	106.0 rpm	59.3 rpm



Power (not including stopped times)

Min.	Max.	Avg.
0.0 W	526.6 W	105.2 W



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