Participant: T026 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 50**-**60**-**40-30-40-MD 20• 20-10-50-60-40-30• RD 40-20-2-20-10-50**-**60**-**40-30-PS 40-20-20-10-02 04 06 16 18 20 22 00 10 12 14 16 18 20 22 00 02 04 06 08 00 02 04 06 10 12 14 16 18 20 22 00 10 12 14 80 Time [h] Time [h] Time [h]

Participant: T027 Stress Key: Not Stressed Stressed Not Applicable Normalized HR [BPM] Speed [km/h] Cadence [CPM] 60-60**-**60 PR 40 40-30 20-20-60 **–** 60**-**60**-**MD 40-40-30• 20-20-90-60**-**60-60**-**RD 40-40-30 20-20-60**-**60**-**60 PS 40-40-30 20-20-20 22 00 18 20 22 00 04 10 12 14 20 22 00 00 02 04 06 08 10 12 14 16 00 02 04 06 08 16 Time [h] Time [h] Time [h]

Participant: T028 Stress Key: Not Stressed Stressed Not Applicable Normalized HR [BPM] Speed [km/h] Cadence [CPM] 80-60 **–** 75**-**60**-**40-PR 40-50-20• 20-25-0-80-75**-**60**-**40 50-40• MD 20-20-25-0-75**-**60-40 -PS 50-20-20-25-0-12 14 16 18 20 22 00 02 04 06 08 18 20 22 00 10 12 14 16 18 20 22 00 10 12 14 16 02 04 00 02 04 06 08 10

Time [h]

Time [h]

Participant: T029 Stress Key: Not Stressed Stressed Not Applicable Normalized HR [BPM] Speed [km/h] Cadence [CPM] 60**-**90-60**-**40= 60**-**PR 40-20 30-20-0-60**-**90-60**-**40-60**-**MD 40-20• 30-20-0-02 04 06 08 18 00 02 04 06 08 10 12 14 16 18 20 22 00 10 12 14 18 20 22 00 00 02 04 06 10 12 14 16 20 22 00 Time [h] Time [h] Time [h]

Participant: T030 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 100-50 40-75**-**PR 50**-**20-25 100-50-40-75**-**MD 50-20-25 100 50-40-75**-**RD 50**-**20-25-100 50• 40-75**-**PS 50-20-25-10 12 14 16 02 04 06 08 10 12 14 18 20 22 00 00 02 04 06 18 20 22 00 00 02 04 06 80 10 12 14

Time [h]

Time [h]

Participant: T031 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 100-60-75**-**40-PR 50-20-25-100-75**-**40-MD 50**-**20-25-60**-**100-75**-**40-RD 50**-**20-25-60**-**100-40 75**-**40-PS 20-50-20-25-06 08 10 12 14 16 18 20 22 00 06 08 10 12 14 16 18 20 22 00 02 04 06 08 10 12 14 16 18 20 22 00 00 02 04 00 02 04 Time [h] Time [h] Time [h]

Participant: T032 Stress Key: Not Stressed Stressed Not Applicable Normalized HR [BPM] Speed [km/h] Cadence [CPM] 50-75**-**40-50-PR 20-25-50-75**-**40-25-50-MD 20-25-50 75**-**40 -25-50-RD 20-25--25 75**-**40-50-PS 20 25-06 08 10 12 14 16 18 20 22 00 10 12 14 16 18 20 22 00 00 02 04 06 08 10 12 14 18 20 22 00 02 04 Time [h] Time [h] Time [h]

Participant: T033 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 100-75**-**60**-**40-PR 40-20-20-0-100 60 **–** 75**-**60-40-40-25-20-20-100-60**-**40 RD 40-25-20-20-100 60 - 75**-**60**-**40-PS 40 20-20-18 20 22 00 00 02 04 10 12 14 20 22 00 00 02 04 10 12 14 16 20 22 00 02 04 06 08 12 14 16 10 Time [h] Time [h] Time [h]

Participant: T034 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 120 50-90-40-PR 60**-**25-20-30-120 50-90-40-MD 25-60**-**20-30-120 50• 90-40-RD 60**-**20-30-120-50-90-40-PS 60-20-30-80 18 20 22 00 10 12 14 16 18 02 04 06 08 10 12 14 16 00 02 04 06 20 22 00 00 02 04 06 80 10 12 14 Time [h] Time [h] Time [h]

Participant: T035 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 75**-**50-PR 60-25-30-75**-**90-40-50-60**-**MD 20-25-30-75**-**90-40-50-60**-**RD 25-30-75**-**90-40 50-PS 60**-**25-30-16 18 20 22 00 04 10 12 14 16 18 20 22 00 02 04 10 12 14 16 18 20 22 00 00 02 04 06 08 12 14 Time [h] Time [h] Time [h]

Participant: T036 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 90-60-PR 60 40-30-20-90-60-20-MD 60-40-30-20-90-60**-**20-RD 60**-**40-30-20-90-60**-**PS 60-40-30-20-18 20 22 00 10 12 14 16 18 20 22 00 10 12 14 04 06 08 10 12 14 16 Time [h] Time [h] Time [h]

Participant: T037 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 90-75**-**60-60-PR 40-25-30-20-0-100-90-75**-**60-60-MD 40-25-30-20-0-100-90-75**-**60**-**60-RD 40-30-20-0-100-90-75**-**60-60**-**PS 40-30-20-18 20 22 00 02 04 10 12 14 16 20 22 00 02 04 12 14 16 18 20 22 00 00 02 04 06 08 12 14 Time [h] Time [h] Time [h]

Participant: T038 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 60**-**60-60**•** PR 40-40-30. 20-20-60**-**60-60-MD 40-40-30• 20-20-90-60-60-60**-**RD 40-40 30• 20-20-60**-**60-60**·** PS 40-40-30• 20-20-04 06 08 10 12 14 18 20 22 00 00 02 04 06 10 12 14 16 20 02 04 06 08 10 12 14

Time [h]

Time [h]

Participant: T039 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 60**-**75**-**PR 40-50**-**20-25-60-75**-**40-50 20-25-60**-**75**-**30-RD 40-50-20-10-20-25-100 60**-**75**-**40-50-20-25-

10 12 14 16

Time [h]

06 08

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02 04

06 08

10 12 14

Time [h]

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20 22 00

20 22 00

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06 08

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12 14

Time [h]

16

18

02 04

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Participant: T040 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 60-40-PR 40-20-20-80• 60-40-MD 40-20-20-60-80• 40-RD 40 20-20-60**-**80 40 -PS 40-20-20-02 04 20 22 00 00 02 04 06 08 10 12 14 20 00 02 04 10 12 14 16 10 12 14

Time [h]

Time [h]

Participant: T041 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 90-40-60**-**PR 60 **–** 20-30• 30-60**-**40-60**-**MD 60-20-30• 30-90-90-40-60**-**RD 60**-**20-30-30-40-60 PS 60-20-30• 30-12 14 16 18 20 22 00 02 04 10 12 14 18 20 22 00 00 02 04 10 12 14 16 18 20 22 00 00 02 04 06 08 Time [h] Time [h] Time [h]

Participant: T042 Stress Key: Not Stressed Stressed Not Applicable Normalized HR [BPM] Speed [km/h] Cadence [CPM] 125**-**100-100 60**-**75-PR 40-50-20-25-125**-**100-100-60-75**-**MD 40-50-20-25-25-125**-**100-100 60**-**75**-**RD 40-50**-**20-25-25-100-100 60**-**75-40-50-20-25-

10 12 14

Time [h]

16

18 20 22 00

00

02 04

80

10

12 14

Time [h]

16

08

00 02 04 06

18 20 22 00

10 12 14 16 18 20 22 00

Time [h]

00 02 04 06

Participant: T043 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 60-60**-**PR 40-40-30 20-20-80 90-60**-**60**-**MD 40-40-30• 20-20-60-60**-**60**-**RD 40-40-30• 20-20-90-60-60**-**60· PS 40-40-30• 20-02 04 18 20 22 00 00 02 04 12 00 02 04 06 08 12 14 10 Time [h] Time [h] Time [h]

Participant: T044 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 80-90-60**-**40-60**-**PR 20-30-20-80-60**-**40 60**-**MD 40-20-30-20-80-90-60-40-RD 60**-**40-20-20-30-0-18 20 22 00 16 20 22 00 02 04 06 08 10 12 14 18 20 22 00 00 02 04 06 10 12 14 00 02 04 06 80 10 12 14 16 Time [h] Time [h]

Participant: T045 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 75**-**100 60-50**-**PR 40-25-20-75**-**100 60**-**50**-**MD 40-50**-**25-20-75**-**100 60-50-RD 40-25-20-75**-**100-60-50**-**PS 40-50-25-20-02 04 10 12 14 20 22 00 02 04 10 12 14 20 22 00 00 02 04 06 08 Time [h] Time [h] Time [h]

Participant: T046 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 100-60**-**60-75**-**PR 40-40-20-20-25-100-60**-**60**-**75**-**40 40-50**-**20-20-25**-**100 60**-**60-75**-**RD 40-40-50**-**20-20-100 60**-**60-75**-**PS 40-40-20-20-

10 12 14

Time [h]

16

18

02 04 06

00 02 04 06 08

10 12 14 16 18 20 22 00

Time [h]

20 22 00

02 04

06 08

10 12 14

Time [h]

16

18

20 22 00

Participant: T047 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 75**-**100-50 50-PR 50**-**25-75**-**100-50• 50-MD 50-25-75**-**100-50-50-RD 50-25-75**-**100-50• 50-PS 50-25-18 20 22 00 20 22 00 02 04 06 08 10 12 14 18 02 04 10 12 14 16 18 20 22 00 00 02 04 06 08 10 12 14 Time [h] Time [h] Time [h]

Participant: T048 Stress Key: Not Stressed Stressed Not Applicable Speed [km/h] Cadence [CPM] Normalized HR [BPM] 90-60**-**PR 60**-**60**-**40-30-30 20-90-90-60-60**-**60**-**MD 40-30-30• 20-90-60-60**-**60**-**RD 40-30-30 20-90-90-60**-**PS 60**-**60**-**40-30-30 20-02 04 10 12 14 18 20 22 00 02 04 10 12 14 16 20 22 00 00 02 04 06 08 10 12 14 Time [h] Time [h] Time [h]