

▼ Date	Cadence	Power	Distance (km)	Speed (kmph)
July-12-23	0	0.00	0.14	24.56
July-12-23	0	0.00	0.14	25.77
July-12-23	0	0.00	0.15	24.73
July-12-23	0	0.00	0.19	25.97
July-12-23	0	0.00	0.54	29.55
July-12-23	0	0.00	0.55	28.89
July-12-23	0	0.00	0.56	28.79
July-12-23	0	0.00	0.56	28.33
July-12-23	0	0.00	0.57	27.02
July-12-23	0	0.00	0.58	23.54
July-12-23	0	0.00	0.58	21.12
July-12-23	0	0.00	0.59	17.88
July-12-23	0	0.00	0.60	20.17
July-12-23	0	0.00	0.60	22.02
July-12-23	0	0.00	0.61	22.07
July-12-23	0	0.00	1.05	20.02
July-12-23	0	0.00	1.05	16.29
July-12-23	0	0.00	1.05	13.59
July-12-23	0	0.00	1.06	18.13
July-12-23	0	0.00	1.06	18.99
July-12-23	0	0.00	1.36	24.35
July-12-23	0	0.00	1.36	24.13
July-12-23	0	0.00	1.37	24.05
July-12-23	0	0.00	1.38	23.76
July-12-23	0	0.00	1.38	23.74
July-12-23	0	0.00	1.39	24.73
July-12-23	0	0.00	1.40	25.15
July-12-23	0	0.00	1.41	26.58
July-12-23	0	0.00	1.44	28.01
July-12-23	0	0.00	1.45	28.08
July-12-23	0	0.00	1.46	27.34
July-12-23	0	0.00	1.47	25.69
July-12-23	0	0.00	1.47	26.73
July-12-23	0	0.00	1.48	27.19
July-12-23	0	0.00	1.49	25.60
July-12-23	0	0.00	1.50	26.68
July-12-23	0	0.00	1.50	27.57
July-12-23	0	0.00	4.02	36.52
July-12-23	0	0.00	4.22	46.33
July-12-23	0	0.00	4.23	46.39
July-12-23	0	0.00	4.25	45.22

104

Max Cadence (RPM)

479

Max Power (W)

64.4

Max Speed (km/h)

362.2

Max Altitude (m)

On April 23, 2023, the battery on my bike computer was dead so it only tracked speed and that's why the power is inaccurate

Date	▼ Max Power	Average Power	Max Speed	Average Speed	Max Cadence	Average Cadence
May-06-23	479	154.1	63.3	26.9	104	52.7
May-18-23	476	156.7	56.2	25.8	97	53.9
June-20-23	472	160.9	58.6	27.4	100	52.5
July-09-23	472	165.1	61.6	27.6	101	54.9
April-28-23	471	158.6	61.2	26.6	93	52.6
June-04-23	470	151.3	42.4	27.5	96	52.0
July-02-23	466	151.3	42.5	27.4	95	51.5
October-16-22	465	176.8	61.4	26.8	92	56.1
June-15-23	464	158.2	63.1	27.6	94	53.1
September-30-22	451	168.2	46.3	27.4	88	54.8
September-11-22	450	166.1	58.7	28.2	101	54.0
July-05-23	450	158.9	62.9	27.2	102	54.1
May-12-23	447	150.2	60.8	26.5	92	50.5
October-09-22	446	181.4	58.6	26.1	97	59.6
May-14-23	441	156.4	44.7	27.1	95	50.5
September-15-22	436	147.7	39.9	25.8	93	51.6
May-08-23	434	153.0	57.1	25.4	95	52.1
October-23-22	430	178.2	57.7	28.4	97	56.6
September-14-22	428	165.6	64.4	26.5	91	53.8
June-25-23	428	165.8	61.6	28.0	94	55.2
June-11-23	425	146.9	46.4	27.6	90	51.1
July-04-23	425	143.0	40.8	26.3	98	48.5
September-09-22	419	167.7	59.2	28.3	92	54.5

Year



2023

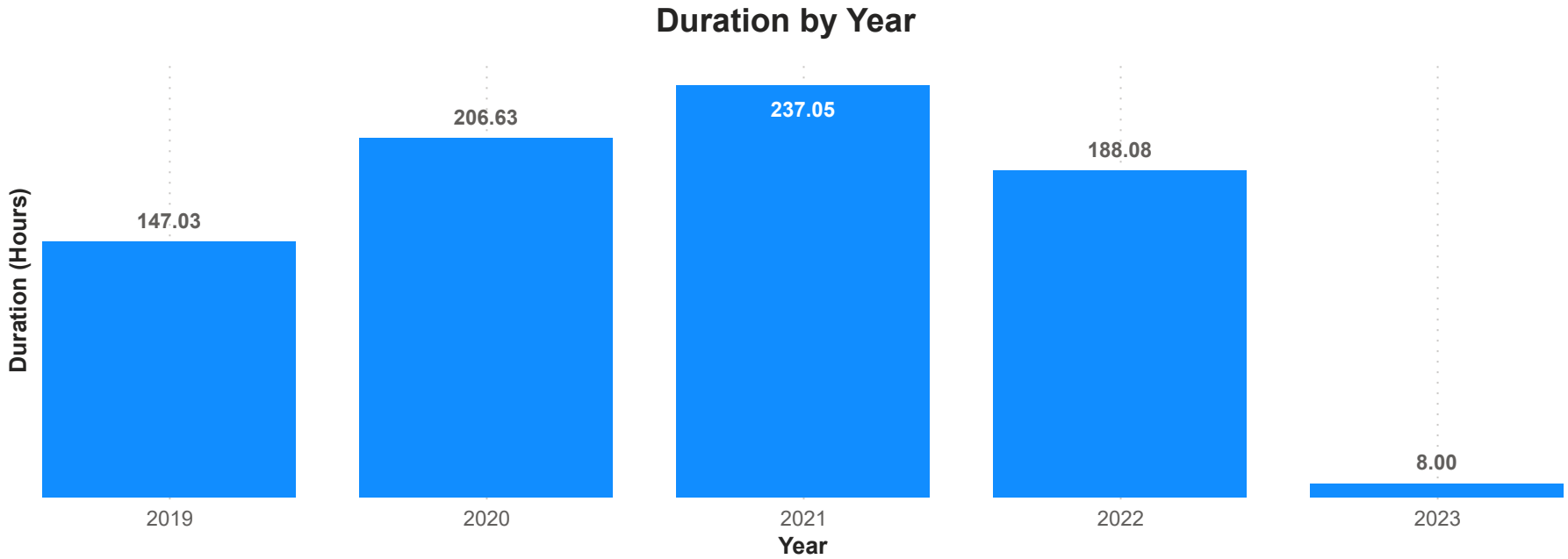
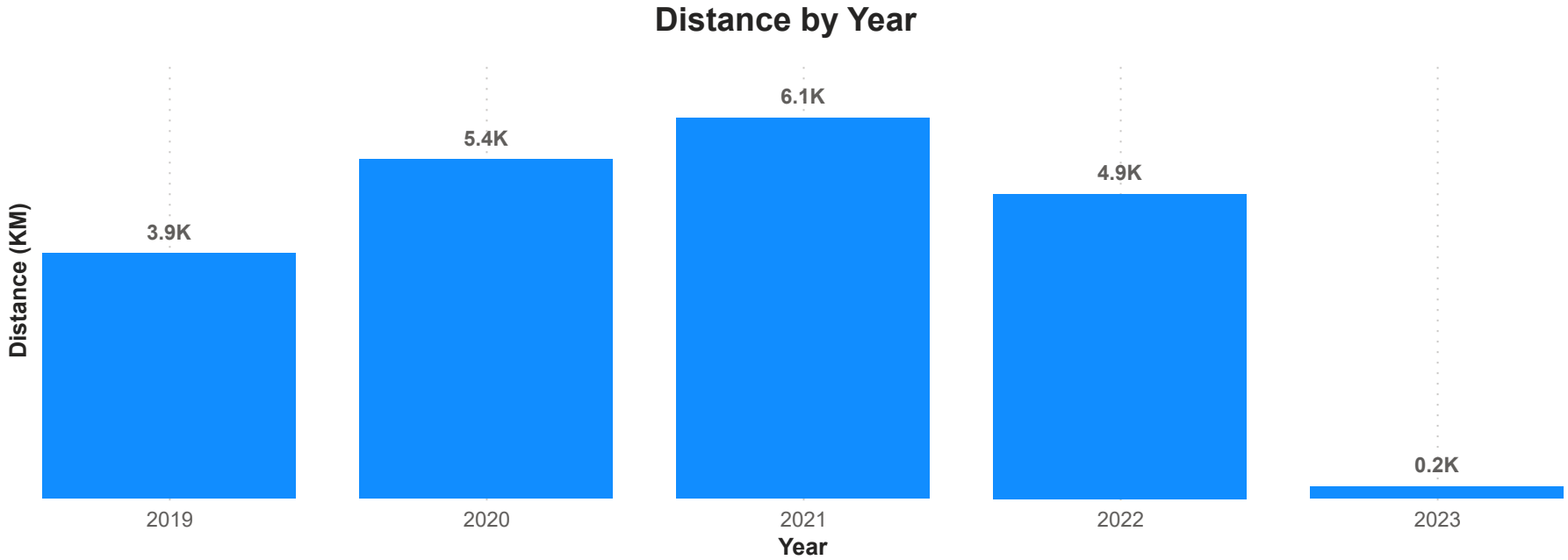


• **Max and Average Power**

• **Max and Average Cadence**

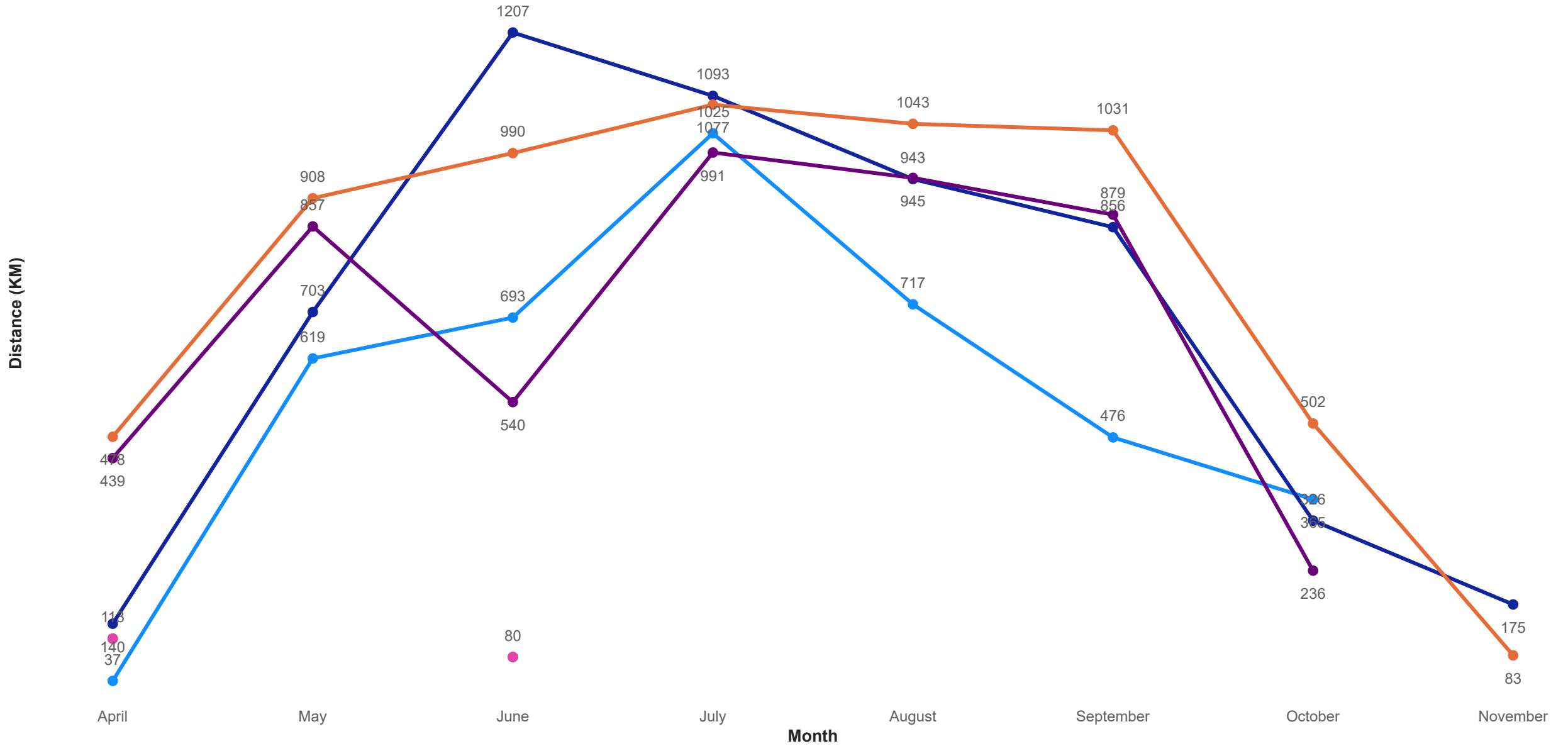
• **Max and Average Speed**

Activity Date	Distance (KM)	Total Moving Time
June-23-23	80.00	03:00
April-22-23	33.30	01:15
April-15-23	65.00	03:00
April-14-23	15.00	00:45
October-16-22	89.54	03:20
October-09-22	89.56	03:25
October-02-22	56.86	02:43
September-30-22	70.59	02:35
September-24-22	94.76	03:22
September-16-22	81.72	03:01
September-14-22	90.16	03:24
September-11-22	90.35	03:12
September-09-22	89.89	03:09
September-07-22	90.78	03:17
September-05-22	90.16	03:14
September-03-22	90.32	03:13
September-01-22	89.83	03:17
August-29-22	89.28	03:16
August-28-22	89.67	03:14
August-24-22	88.50	03:13
August-20-22	92.16	03:24
August-19-22	90.62	03:13
August-16-22	78.44	03:03
August-14-22	89.33	03:28
August-11-22	84.55	03:26
August-07-22	70.54	02:52
August-05-22	81.57	03:11
August-02-22	90.29	03:32
July-31-22	90.56	03:34
July-29-22	89.65	03:27
July-26-22	81.74	03:19
July-24-22	89.70	03:37
July-22-22	89.37	03:36
July-19-22	89.30	03:33
July-17-22	90.00	03:33
July-15-22	89.30	03:24
July-13-22	11.07	00:25
July-11-22	89.07	03:27
July-07-22	89.92	03:23
July-03-22	91.01	03:29
June-29-22	88.84	03:28



# KMs Cycled from 2019 to 2023

Year ● 2019 ● 2020 ● 2021 ● 2022 ● 2023



Number of Rides per Year

