# Page Navigation

Data→

Max & Avrg Power, Cadence & Speed→

| Date | Cadence | Power | Distance (km) | Speed |
|---|---|---|---|---|
| September-03-22 | 93 | 409.00 | 90.33 | 57.63 |
| September-05-22 | 94 | 385.00 | 90.16 | 59.30 |
| September-07-22 | 91 | 402.00 | 85.09 | 64.25 |
| September-08-22 | 82 | 322.00 | 90.78 | 37.13 |
| September-09-22 | 92 | 419.00 | 89.89 | 59.17 |
| September-11-22 | 101 | 450.00 | 90.36 | 58.75 |
| September-14-22 | 91 | 428.00 | 81.46 | 64.37 |
| September-15-22 | 93 | 436.00 | 90.17 | 39.90 |
| September-16-22 | 95 | 403.00 | 81.72 | 53.62 |
| September-24-22 | 96 | 400.00 | 94.77 | 59.51 |
| September-30-22 | 88 | 451.00 | 70.60 | 46.29 |
| October-09-22 | 97 | 446.00 | 89.56 | 58.62 |
| October-16-22 | 92 | 465.00 | 89.54 | 61.36 |
| October-23-22 | 97 | 430.00 | 90.03 | 57.66 |
| October-30-22 | 94 | 408.00 | 89.79 | 60.33 |
| April-23-23 | | 9.94 | 85.69 | 51.67 |
| April-28-23 | 93 | 471.00 | 90.14 | 61.16 |
| May-06-23 | 104 | 479.00 | 92.61 | 63.33 |
| May-08-23 | 95 | 434.00 | 77.50 | 57.10 |
| May-09-23 | 93 | 398.00 | 90.72 | 37.29 |
| May-10-23 | 94 | 404.00 | 77.56 | 64.11 |
| May-11-23 | 83 | 356.00 | 84.95 | 36.13 |
| May-12-23 | 92 | 447.00 | 85.21 | 60.82 |
| May-14-23 | 95 | 441.00 | 86.80 | 44.73 |
| May-18-23 | 97 | 476.00 | 80.05 | 56.21 |
| May-19-23 | 88 | 345.00 | 84.93 | 35.63 |
| May-22-23 | 94 | 415.00 | 92.77 | 56.66 |
| May-26-23 | 93 | 403.00 | 84.83 | 59.88 |
| May-28-23 | 95 | 385.00 | 89.58 | 58.85 |
| May-30-23 | 97 | 416.00 | 84.04 | 61.68 |
| May-31-23 | 84 | 345.00 | 85.25 | 36.05 |
| June-03-23 | 94 | 408.00 | 90.90 | 57.66 |
| June-04-23 | 96 | 470.00 | 86.76 | 42.39 |
| June-07-23 | 89 | 410.00 | 47.27 | 42.59 |
| June-10-23 | 97 | 413.00 | 90.82 | 59.40 |
| June-11-23 | 90 | 425.00 | 86.01 | 46.43 |
| June-15-23 | 94 | 464.00 | 85.04 | 63.11 |
| June-18-23 | 98 | 418.00 | 87.84 | 62.50 |
| June-20-23 | 100 | 472.00 | 71.75 | 58.60 |
| June-21-23 | 91 | 415.00 | 82.65 | 36.42 |

**105**
Max Cadence (RPM)

**539**
Max Power (W)

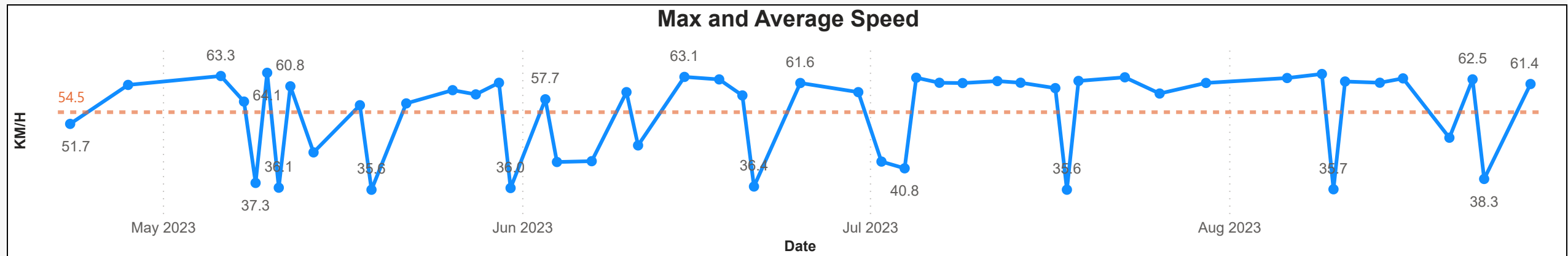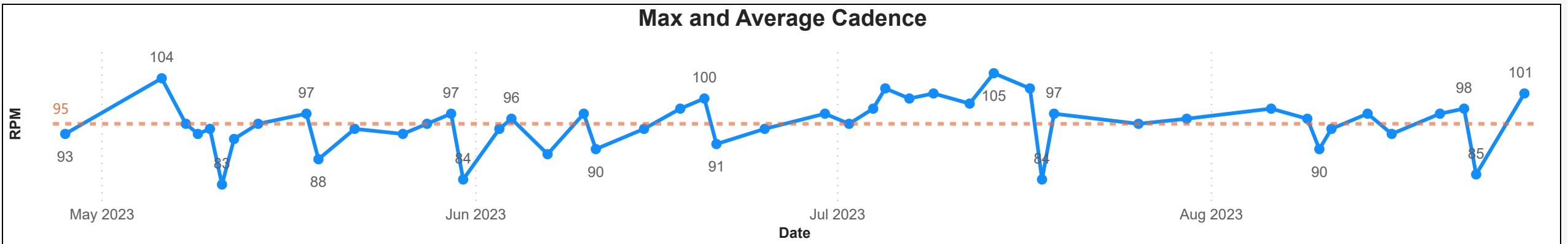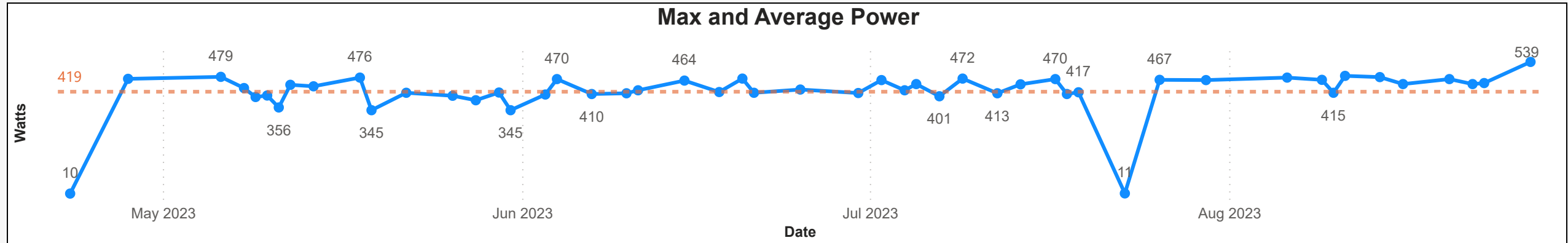**362.2**
Max Altitude (m)

**64.4**
Max Speed

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

| Year | Calories Burned | Max Temp | Max Altitude | Number of Rides |
|---|---|---|---|---|
| 2022 | 28,949 | 34 | 362.20 | 15 |
| 2023 | 84,354 | 38 | 361.80 | 50 |
| **Total** | **113,303** | **38** | **362.20** | **65** |

| Date | Max Power | Average Power | Max Speed | Average Speed | Max Cadence | Average Cadence |
|---|---|---|---|---|---|---|
| August-27-23 | 539 | 418.7 | 61.4 | 54.8 | 101 | 94.5 |
| August-11-23 | 483 | 418.7 | 62.0 | 54.8 | 94 | 94.5 |
| May-06-23 | 479 | 418.7 | 63.3 | 54.8 | 104 | 94.5 |
| August-14-23 | 478 | 418.7 | 61.7 | 54.8 | 97 | 94.5 |
| May-18-23 | 476 | 418.7 | 56.2 | 54.8 | 97 | 94.5 |
| August-06-23 | 476 | 418.7 | 62.8 | 54.8 | 98 | 94.5 |
| June-20-23 | 472 | 418.7 | 58.6 | 54.8 | 100 | 94.5 |
| July-09-23 | 472 | 418.7 | 61.6 | 54.8 | 101 | 94.5 |
| April-28-23 | 471 | 418.7 | 61.2 | 54.8 | 93 | 94.5 |
| June-04-23 | 470 | 418.7 | 42.4 | 54.8 | 96 | 94.5 |
| July-17-23 | 470 | 418.7 | 60.4 | 54.8 | 102 | 94.5 |
| August-20-23 | 470 | 418.7 | 48.3 | 54.8 | 97 | 94.5 |
| July-26-23 | 467 | 418.7 | 59.1 | 54.8 | 95 | 94.5 |
| August-09-23 | 467 | 418.7 | 63.8 | 54.8 | 96 | 94.5 |
| July-02-23 | 466 | 418.7 | 42.5 | 54.8 | 95 | 94.5 |
| July-30-23 | 466 | 418.7 | 61.6 | 54.8 | 96 | 94.5 |
| October-16-22 | 465 | 418.7 | 61.4 | 54.8 | 92 | 94.5 |
| June-15-23 | 464 | 418.7 | 63.1 | 54.8 | 94 | 94.5 |
| August-23-23 | 454 | 418.7 | 38.3 | 54.8 | 85 | 94.5 |
| September-30-22 | 451 | 418.7 | 46.3 | 54.8 | 88 | 94.5 |
| September-11-22 | 450 | 418.7 | 58.7 | 54.8 | 101 | 94.5 |
| July-05-23 | 450 | 418.7 | 62.9 | 54.8 | 102 | 94.5 |
| August-16-23 | 450 | 418.7 | 62.7 | 54.8 | 93 | 94.5 |

## Max and Average Power



Watts (axis)

419 (reference line)

Data labels: 10, 479, 356, 476, 345, 345, 470, 410, 464, 472, 401, 413, 470, 417, 11, 467, 415, 539

X-axis: May 2023, Jun 2023, Jul 2023, Aug 2023 — Date

## Max and Average Cadence



RPM (axis)

95 (reference line)

Data labels: 93, 104, 83, 97, 88, 97, 84, 96, 90, 100, 91, 105, 97, 84, 90, 98, 101, 85

X-axis: May 2023, Jun 2023, Jul 2023, Aug 2023 — Date

## Max and Average Speed



KM/H (axis)

54.5 (reference line)

Data labels: 51.7, 63.3, 64.1, 60.8, 37.3, 36.1, 35.6, 36.0, 57.7, 63.1, 61.6, 36.4, 40.8, 35.6, 35.7, 62.5, 38.3, 61.4

X-axis: May 2023, Jun 2023, Jul 2023, Aug 2023 — Date

# Page Navigation

Distance & Duration →

KMs Cycled →

Number of Rides →

| Date | Distance (KM) | Total Moving Time |
|---|---|---|
| June-24-22 | 1.57 | 00:04 |
| July-13-22 | 11.07 | 00:25 |
| May-10-19 | 13.01 | 00:33 |
| April-14-23 | 15.00 | 00:45 |
| May-12-19 | 18.88 | 00:50 |
| May-08-19 | 21.39 | 00:56 |
| April-22-23 | 33.30 | 01:15 |
| August-13-19 | 34.66 | 01:16 |
| May-12-19 | 31.67 | 01:18 |
| April-28-19 | 36.89 | 01:32 |
| June-14-20 | 46.21 | 01:44 |
| June-17-20 | 49.38 | 01:49 |
| April-06-22 | 47.48 | 01:57 |
| October-26-19 | 52.34 | 02:00 |
| August-24-19 | 55.15 | 02:00 |
| October-20-19 | 52.62 | 02:00 |
| September-07-21 | 52.16 | 02:04 |
| May-19-19 | 53.39 | 02:06 |
| August-20-19 | 62.15 | 02:14 |
| August-19-23 | 60.00 | 02:15 |
| August-24-23 | 60.00 | 02:15 |
| August-25-23 | 60.00 | 02:15 |
| July-20-19 | 67.25 | 02:19 |
| May-26-20 | 63.33 | 02:19 |
| July-23-19 | 63.97 | 02:19 |
| June-22-19 | 66.76 | 02:24 |
| June-04-20 | 64.16 | 02:24 |
| May-28-20 | 63.88 | 02:25 |
| June-21-20 | 67.12 | 02:25 |
| July-06-19 | 67.10 | 02:25 |
| June-08-20 | 62.52 | 02:26 |
| June-29-19 | 66.80 | 02:26 |
| October-19-19 | 64.33 | 02:27 |
| April-13-21 | 64.01 | 02:28 |
| October-25-20 | 61.42 | 02:28 |
| April-17-21 | 63.92 | 02:28 |
| June-02-20 | 63.92 | 02:30 |
| May-21-20 | 66.73 | 02:30 |
| May-25-19 | 64.75 | 02:31 |
| October-13-19 | 62.18 | 02:31 |

## Distance (km) by Year

| Year | Distance (KM) |
|---|---|
| 2019 | 3.9K |
| 2020 | 5.4K |
| 2021 | 6.1K |
| 2022 | 4.9K |
| 2023 | 0.4K |

## Duration (hours) by Year

| Year | Duration (Hours) |
|---|---|
| 2019 | 147.03 |
| 2020 | 206.63 |
| 2021 | 237.05 |
| 2022 | 188.08 |
| 2023 | 14.75 |
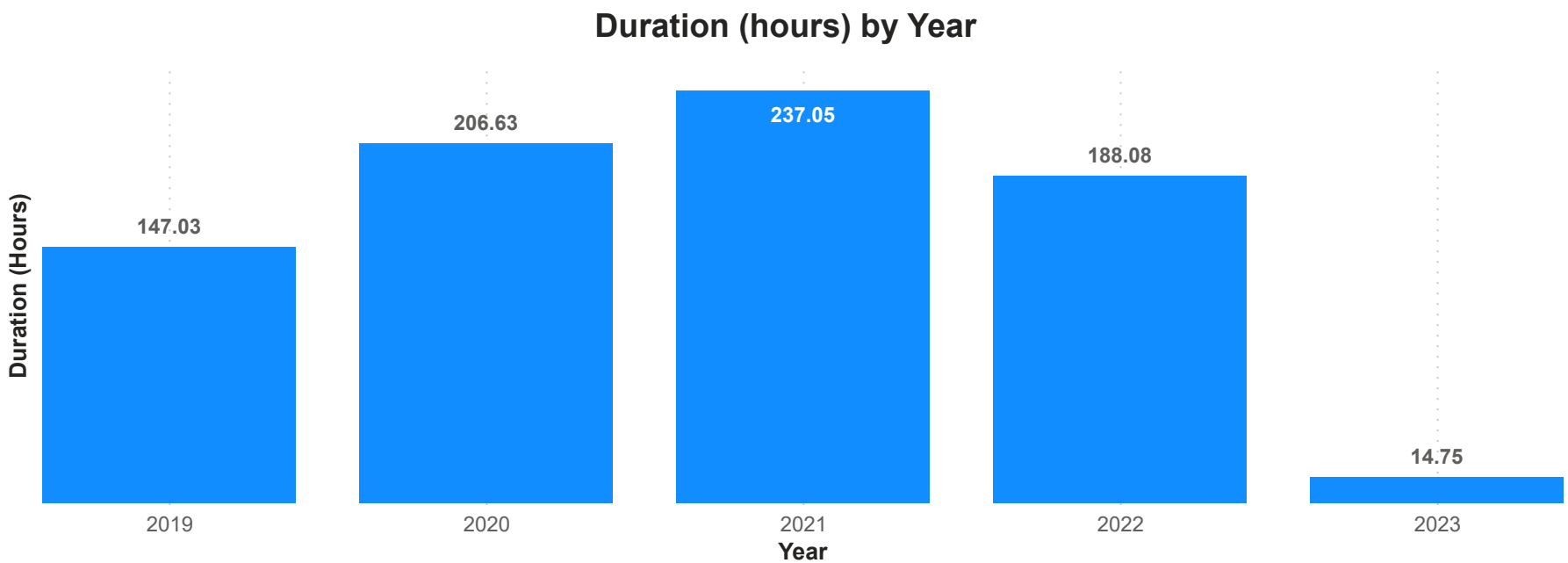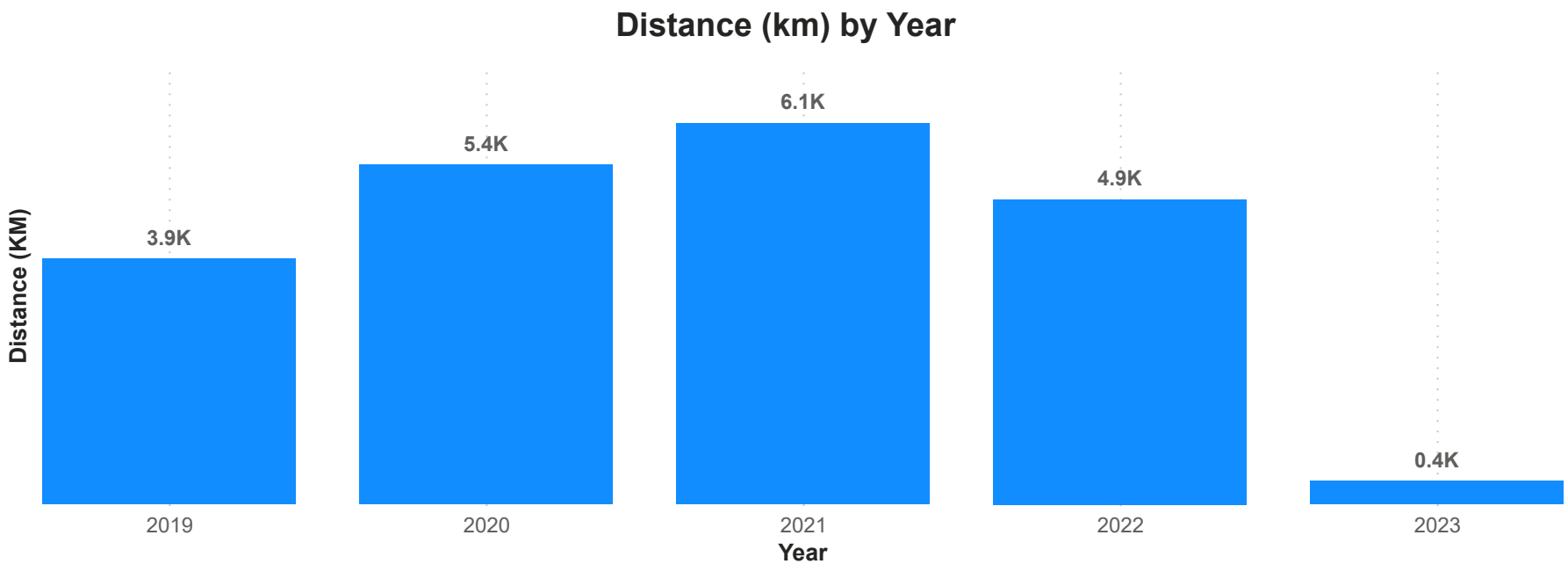
# KMs Cycled from 2019 to 2023



3.9K

5.4K

6.1K

4.9K

0.4K

**Distance (KM)**

2019        2020        2021        2022        2023

**Year**

# Number of Rides per Year



| Year | Number of Rides |
|------|-----------------|
| 2019 | 55 |
| 2020 | 67 |
| 2021 | 74 |
| 2022 | 59 |
| 2023 | 7 |