



WORKOUT DASHBOARD

Sample - User1 Data fro the 19th of November - REPORT [LINK](#)

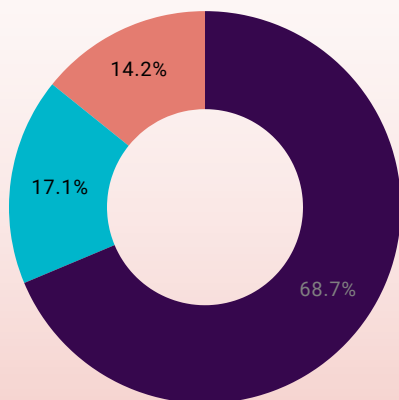
userID: U1000000

(1)

Nov 19, 2022 - Nov 19, 2022

Total Distance (km)
64.52

Total Duration
02:01:09



● Flat ● Climbing ● Downhill

Total Climbing
231

Max Grade
10.22

Av Grade
0.18

Av Power
214.35

FTP %
71.21%

Av Watts per Kg
2.68

Av Power*
223.43

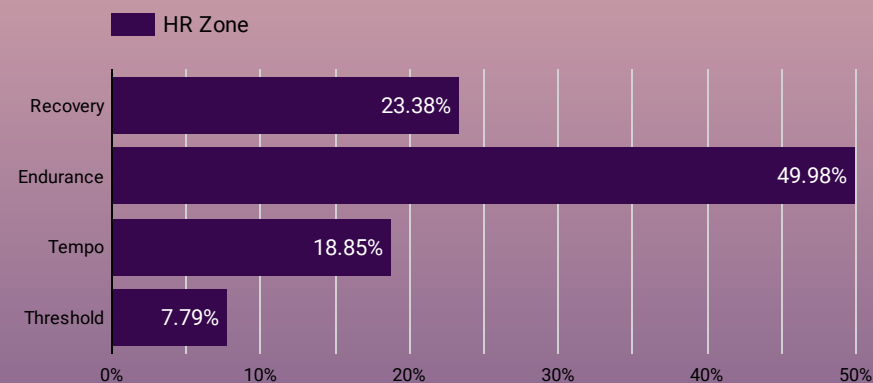
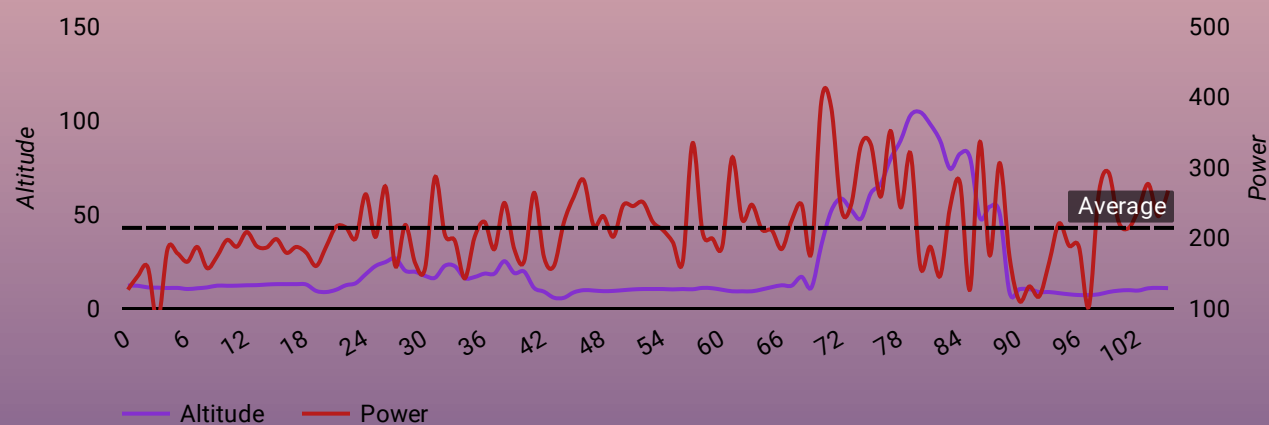
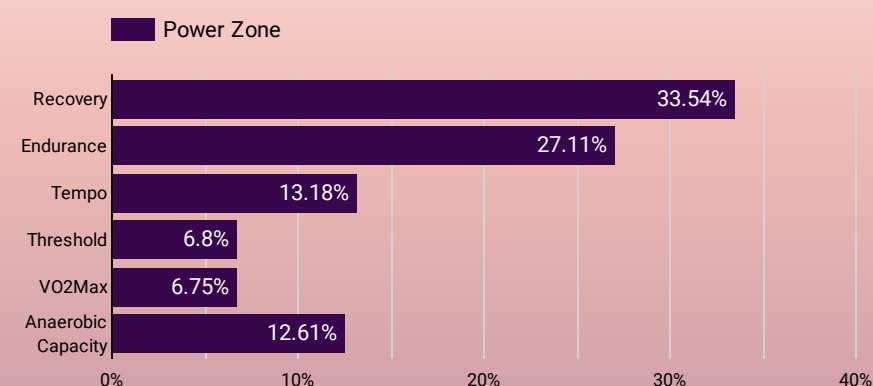
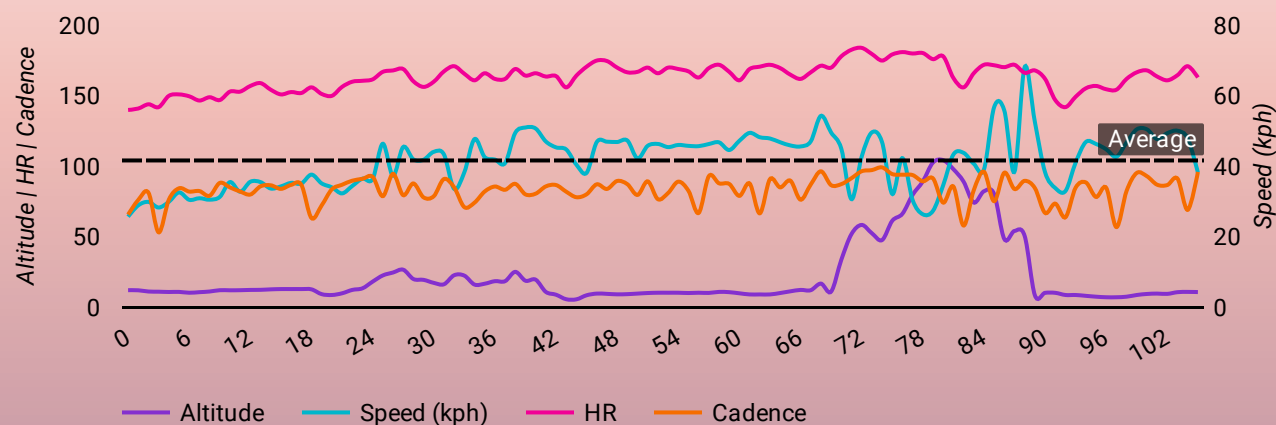
Std Power
125.5

Max Power
763

Av Heart Rate
158.91

Std Heart Rate
11.08

Av % max Heart Rate
83.69%



*Excludes Power < 10 watts