Stage Power
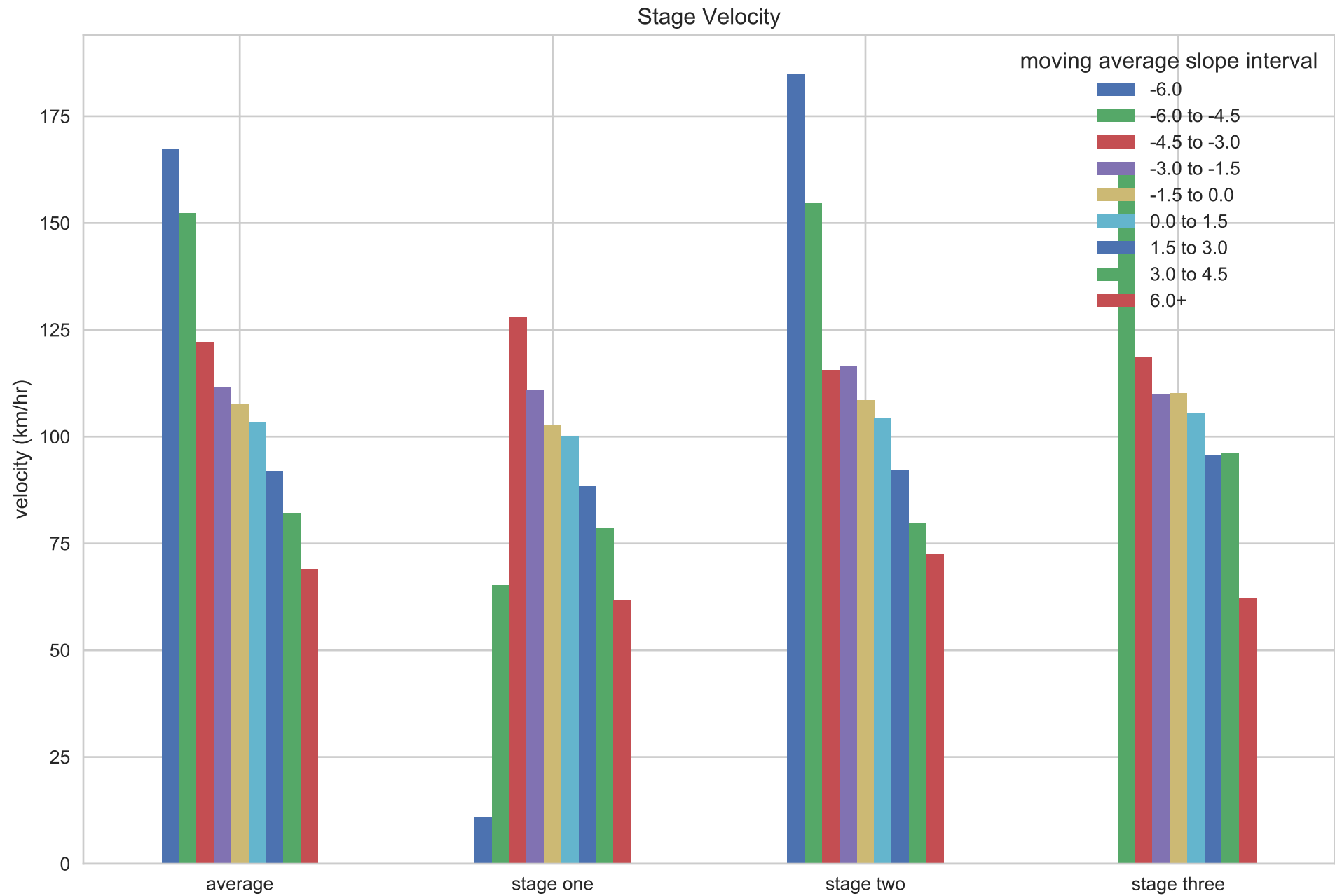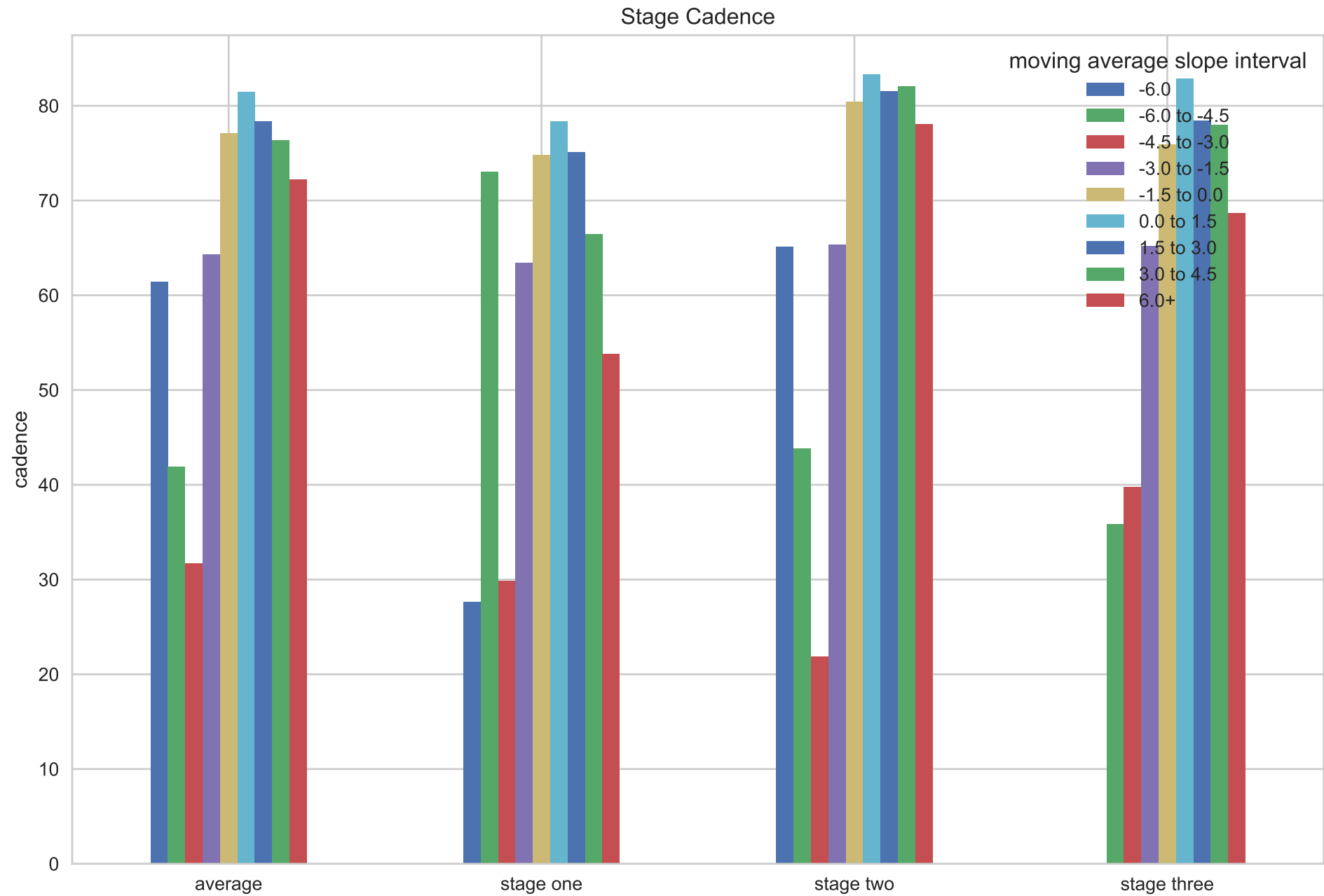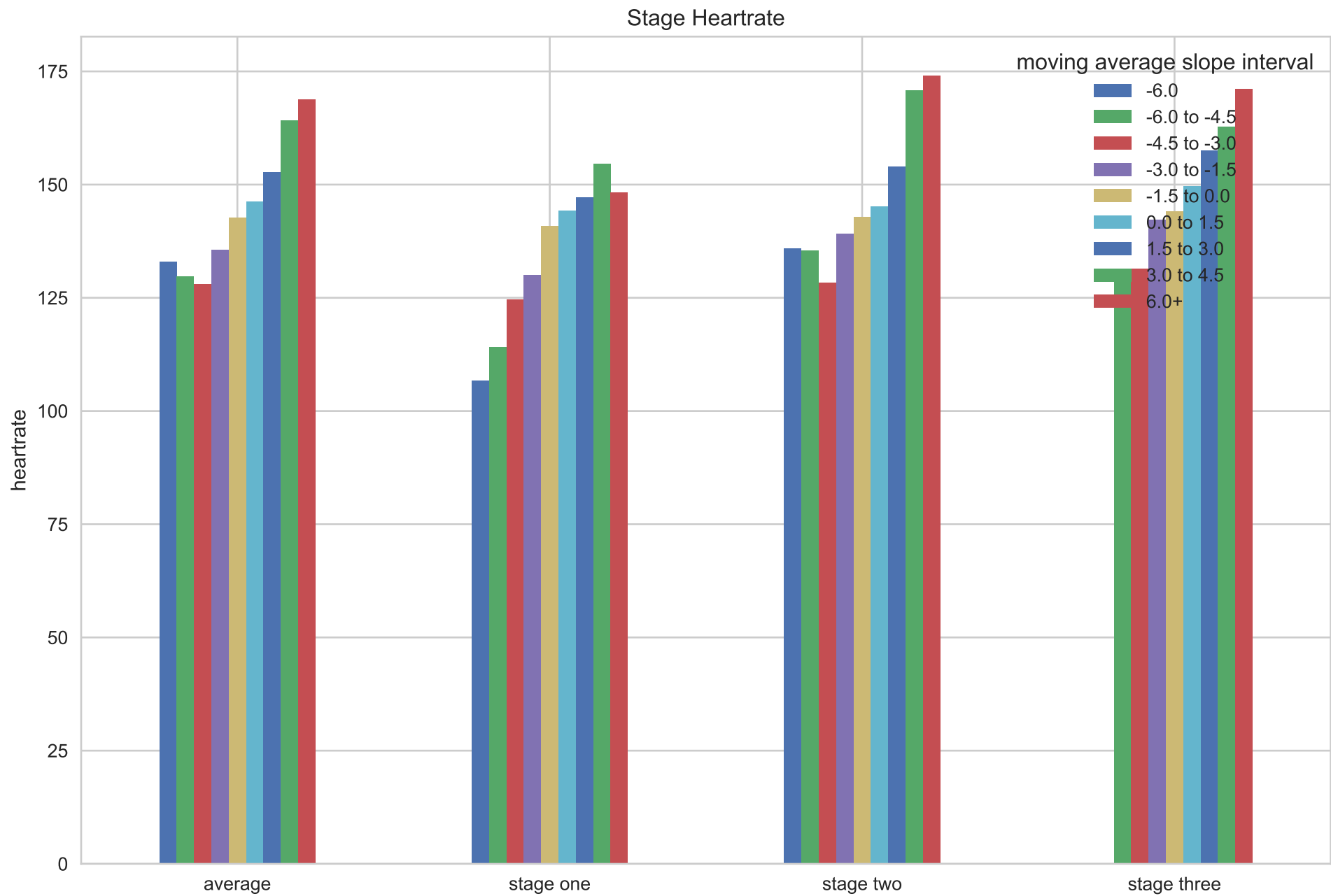
This plot shows the rider's power over the first-third, second-third, and final-third of the ride compared to his average power over the entire ride

Stage Velocity

This plot shows the rider's velocity over the first-third, second-third, and final-third of the ride compared to his average velocity over the entire ride

Stage Cadence

moving average slope interval
- -6.0
- -6.0 to -4.5
- -4.5 to -3.0
- -3.0 to -1.5
- -1.5 to 0.0
- 0.0 to 1.5
- 1.5 to 3.0
- 3.0 to 4.5
- 6.0+

This plot shows the rider's cadence over the first-third, second-third, and final-third of the ride compared to his average cadence over the entire ride

Stage Heartrate

This plot shows the rider's heartrate over the first-third, second-third, and final-third of the ride compared to his average heartrate over the entire ride