

Cycling Ride Report

File: parsed_full_metrics.csv

Date: 2025-05-01

Normalized Power (NP): 248 W

Intensity Factor (IF): 0.89

Training Stress Score (TSS): 86.7

Time in Zones (seconds):

Z1: 364 sec

Z2: 1145 sec

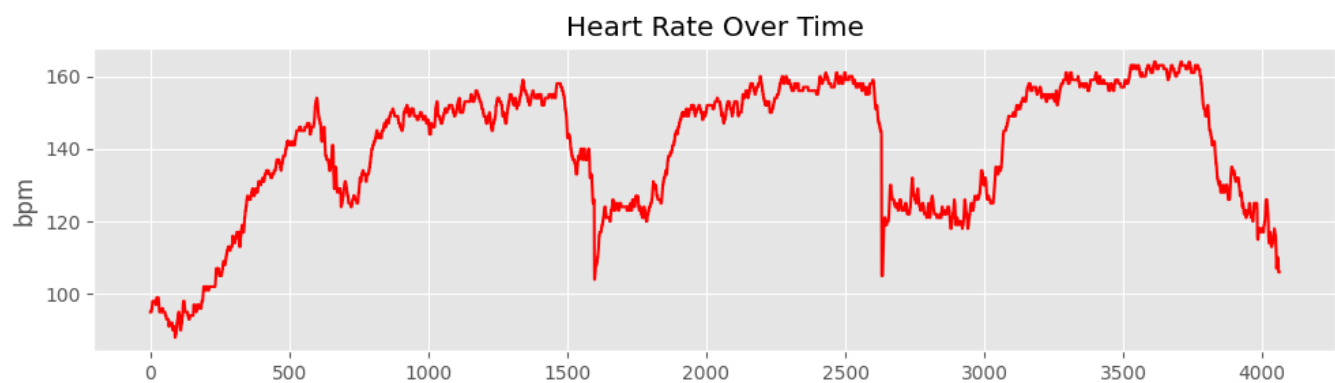
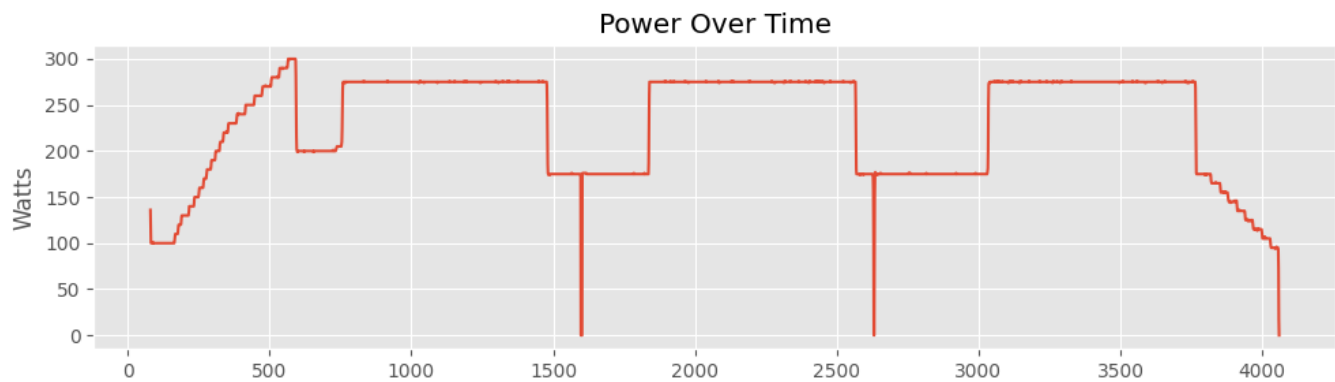
Z3: 117 sec

Z4: 2298 sec

Z5: 28 sec

Z6: 0 sec

Z7: 0 sec



Time in Power Zones

