

Dec-Rides & Vitals Sums & Averages - Power BI & Excel



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DECEMBER RIDES – VITALS – SUMS & AVERAGES

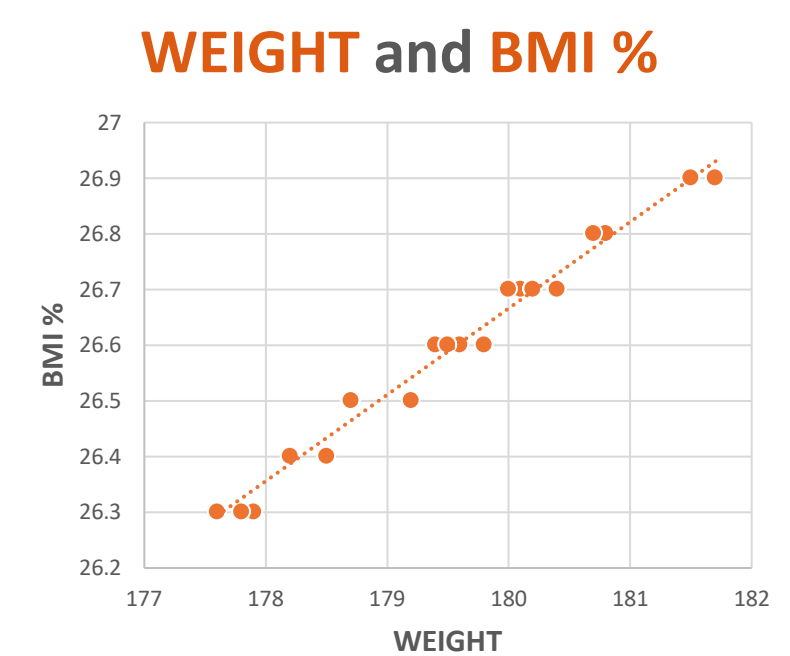
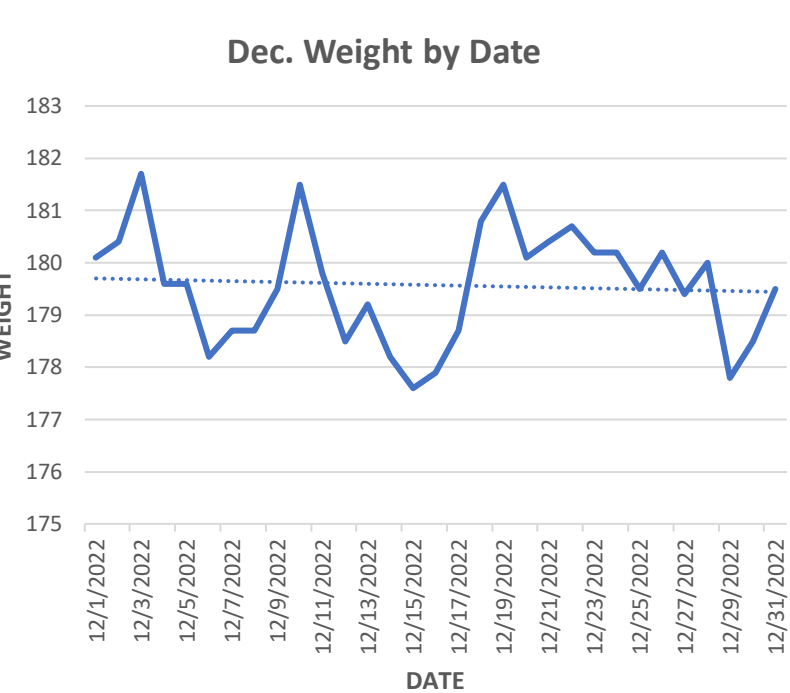
A summary of my rides and vitals taken on and off rides.

My vitals include my Weight, BMI, Body Fat %, Heart Rate, Blood Pressure, Muscle Mass, Bone Mass and Sleep per Night.

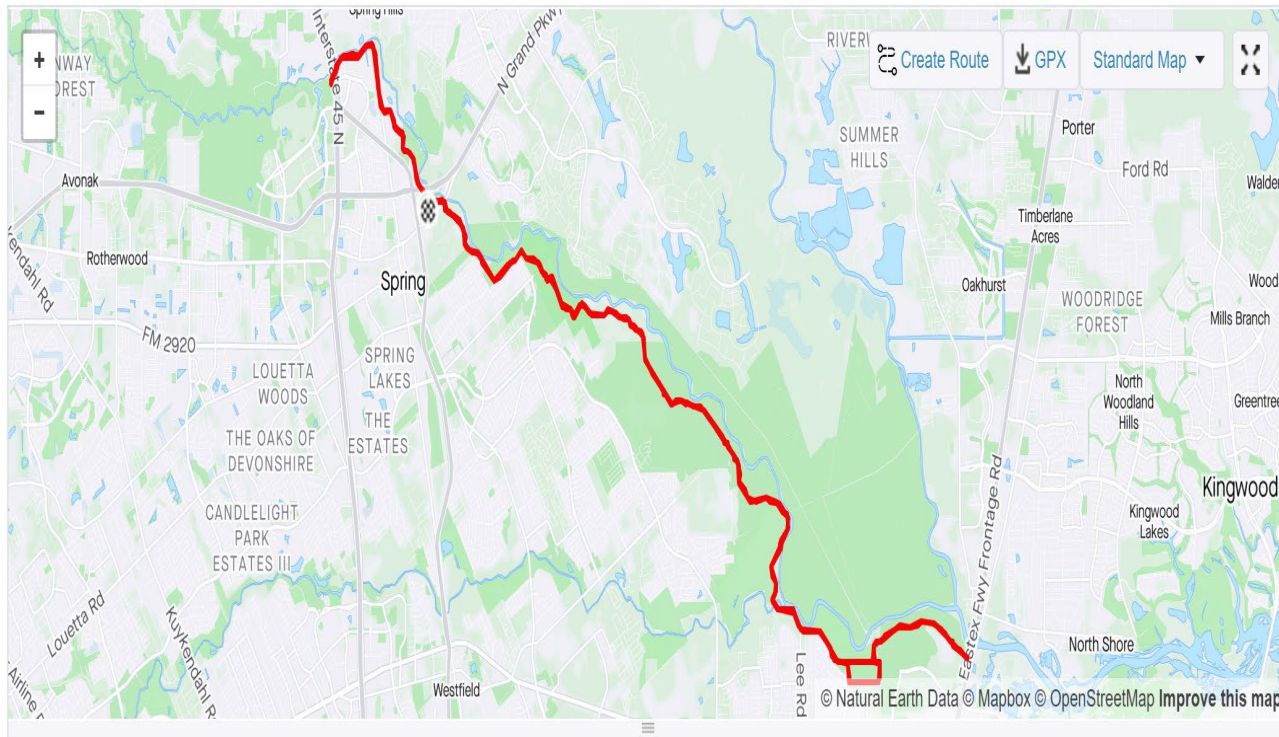
My ride data includes my Ride Type, Route, Sum of Distance, Calories Burned, Elevation Gain, Averages of Speed, Heart Rate, Power and Cadence.

I have also included data from my Garmin Power Meter Pedals, which includes Averages of Left / Right Power Balance, Total Stress Score, Natural Power, & Intensity Factor. I have also included the Sum of Total of Strokes.

Year	Month	Day	Average of WEIGHT	Average of BODY FAT %	Average of BMI %	Avera ge of HR	Average of of SYSTOLIC	Average of DIASTOLIC	Average of MUSCLE MASS LBS	Average of BONE MASS LBS	Average of LAST SLEEP
⚙											
2022	December	1	180.10	26.20	26.70	75.00	125.00	79.00	70.10	9.20	5.00
2022	December	2	180.40	25.90	26.70	73.00	111.00	70.00	70.10	9.30	8.00
2022	December	3	181.70	26.40	26.90	75.00	127.00	80.00	70.50	9.30	5.50
2022	December	4	179.60	26.50	26.60	80.00	127.00	84.00	70.00	9.10	7.25
2022	December	5	179.60	27.20	26.60	76.00	124.00	80.00	70.00	9.00	8.00
2022	December	6	178.20	26.60	26.40	73.00	120.00	79.00	69.60	9.00	7.00
2022	December	7	178.70	26.50	26.50	87.00	125.00	83.00	69.70	9.10	7.50
2022	December	8	178.70	26.50	26.50	80.00	112.00	77.00	69.70	9.10	9.00
2022	December	9	179.50	26.40	26.60	78.00	112.00	77.00	69.90	9.10	8.30
2022	December	10	181.50	26.40	26.90	89.00	123.00	79.00	70.40	9.30	6.25
2022	December	11	179.80	26.60	26.60	82.00	123.00	80.00	70.00	9.70	9.00
2022	December	12	178.50	26.20	26.40	77.00	126.00	78.00	69.70	9.10	7.25
2022	December	13	179.20	26.50	26.50	73.00	120.00	78.00	69.90	9.10	7.00
2022	December	14	178.20	26.30	26.40	77.00	126.00	78.00	69.90	9.10	7.00
2022	December	15	177.60	26.10	26.30	74.00	120.00	83.00	69.50	9.00	6.25
2022	December	16	177.90	27.00	26.30	68.00	115.00	80.00	69.50	8.90	6.25
2022	December	17	178.70	26.30	26.50	76.00	109.00	72.00	69.70	9.10	6.75
2022	December	18	180.80	25.60	26.80	75.00	112.00	73.00	70.20	9.40	7.00
2022	December	19	181.50	27.00	26.90	80.00	116.00	80.00	70.40	9.20	8.25
2022	December	20	180.10	26.60	26.70	74.00	118.00	79.00	70.10	9.10	7.50
2022	December	21	180.40	26.30	26.70	65.00	107.00	69.00	70.10	9.20	8.25
2022	December	22	180.70	27.10	26.80	78.00	122.00	83.00	70.20	9.10	7.75
2022	December	23	180.20	26.60	26.70	87.00	124.00	79.00	70.10	9.10	6.75
2022	December	24	180.20	27.00	26.70	71.00	119.00	76.00	70.10	9.10	8.00
2022	December	25	179.50	28.00	26.60	76.00	121.00	78.00	70.00	8.90	8.00
2022	December	26	180.20	26.70	26.70	79.00	120.00	84.00	70.10	9.10	6.00
2022	December	27	179.40	28.40	26.60	80.00	122.00	82.00	69.90	8.80	8.25
2022	December	28	180.00	28.60	26.70	93.00	131.00	87.00	70.10	8.80	6.25
2022	December	29	177.80	27.30	26.30	94.00	118.00	87.00	69.50	8.90	8.00
2022	December	30	178.50	27.00	26.40	94.00	116.00	78.00	69.70	9.00	7.75
2022	December	31	179.50	26.80	26.60	95.00	121.00	84.00	70.00	9.10	6.00
Total			179.57	26.73	26.60	79.16	119.74	79.23	69.96	9.11	7.26



Maps of Some of My Local Rides Around the Greater Houston, TX. Area. (Taken from Strava)



This is a route in Spring, Texas. It is an out and back paved trail and park. 1 full lap = 33 miles. It is a beautiful park that is patrolled by Harris County Constables. You can see many kinds of wildlife, to include deer and occasional snakes (ewww).



This is a 43-mile route that my cycling club, Northwest Cycling Club (NWCC), does every Saturday morning out of a park called Zube. There are multiple ride groups, to include No-Drop, 14-16, 16-18, 18-20, and 20 + MPH. NWCC is a welcoming and fun group to ride with!

Ride Type, Route, Sum of Distance, Calories Burned, Elevation Gain, Averages of Speed, Heart Rate, Power and Cadence.

Year	Month	Day	RIDE TYPE	ROUTE	Sum of DISTANCE	Average of AVG HR	Average of MAX HR	Sum of CALORIES BURNED	Sum of ELAVATION GAIN	Average of AVG SPEED	Average of AVG POWER	Average of AVG CADENCE	Average of MAX CADENCE
2022	December	1	TRAINER	MILANO	9.68	163.00	182.00	437	75.00	18.10	243.00	97.00	116.00
2022	December	3	ROAD	ZUBE STOKES	17.02	166.00	178.00	919	121.40	15.90	209.00	86.00	115.00
2022	December	7	ROAD	DJP	21.00	169.00	179.00	686	413.00	15.00	113.00	85.00	123.00
2022	December	10	ROAD	ZUBE STOKES	43.44	161.00	178.00	1371	508.00	16.00	118.00	80.00	128.00
2022	December	16	TRAINER	GENT	8.33	166.00	179.00	277	141.00	16.30	131.00	97.00	137.00
2022	December	18	ROAD	DJP	20.69	151.00	167.00	716	374.00	14.60	118.00	74.00	117.00
2022	December	22	ROAD	DJP	20.42	170.00	184.00	708	374.00	15.80	129.00	80.00	119.00
2022	December	28	ROAD	DJP	33.00	174.00	188.00	1109	689.00	15.20	118.00	86.00	143.00
2022	December	31	ROAD	DJP	33.04	168.00	182.00	1042	629.90	15.30	111.00	80.00	141.00
Total					206.62	165.33	179.67	7265	3,325.30	15.80	143.33	85.00	126.56

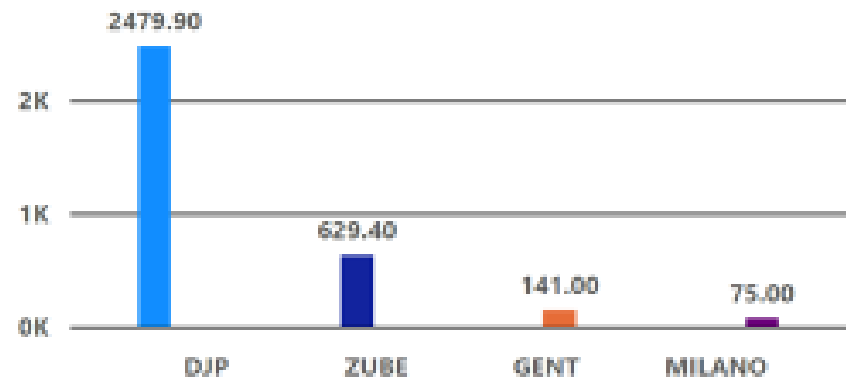
Year	Month	Day	ROUTE	Average of LEFT BALANCE	Average of RIGHT BALANCE	Average of TSS	Average of NP	Average of IF	Sum of TOTAL STROKES
2022	December	1	MILANO	71.00	29.00	68.20	246.00	1.23	2665
2022	December	3	ZUBE STOKES	69.00	31.00	140.00	227.00	1.13	5102
2022	December	7	DJP	51.00	49.00	35.90	128.00	0.64	5879
2022	December	10	ZUBE STOKES	51.00	49.00	122.00	135.00	0.67	12112
2022	December	16	GENT	51.00	49.00	21.60	133.00	0.66	2920
2022	December	18	DJP	50.00	50.00	66.00	137.00	0.69	5593
2022	December	22	DJP	49.00	51.00	64.90	142.00	0.71	5709
2022	December	28	DJP	50.00	50.00	103.40	138.00	0.69	9462
Total				54.44	45.56	79.23	157.33	0.79	58597

Averages of Left / Right Power Balance, Total Stress Score, Natural Power, & Intensity Factor. I have also included the Sum of Total of Strokes.

Sum of Elevation Gain

Sum of Elevation Gain By Route

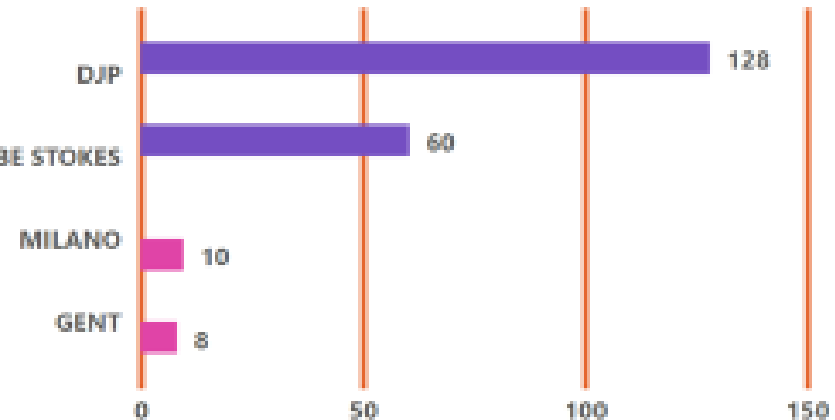
ROUTE ● DJP ● ZUBE STOKES ● GENT ● MILANO



Route

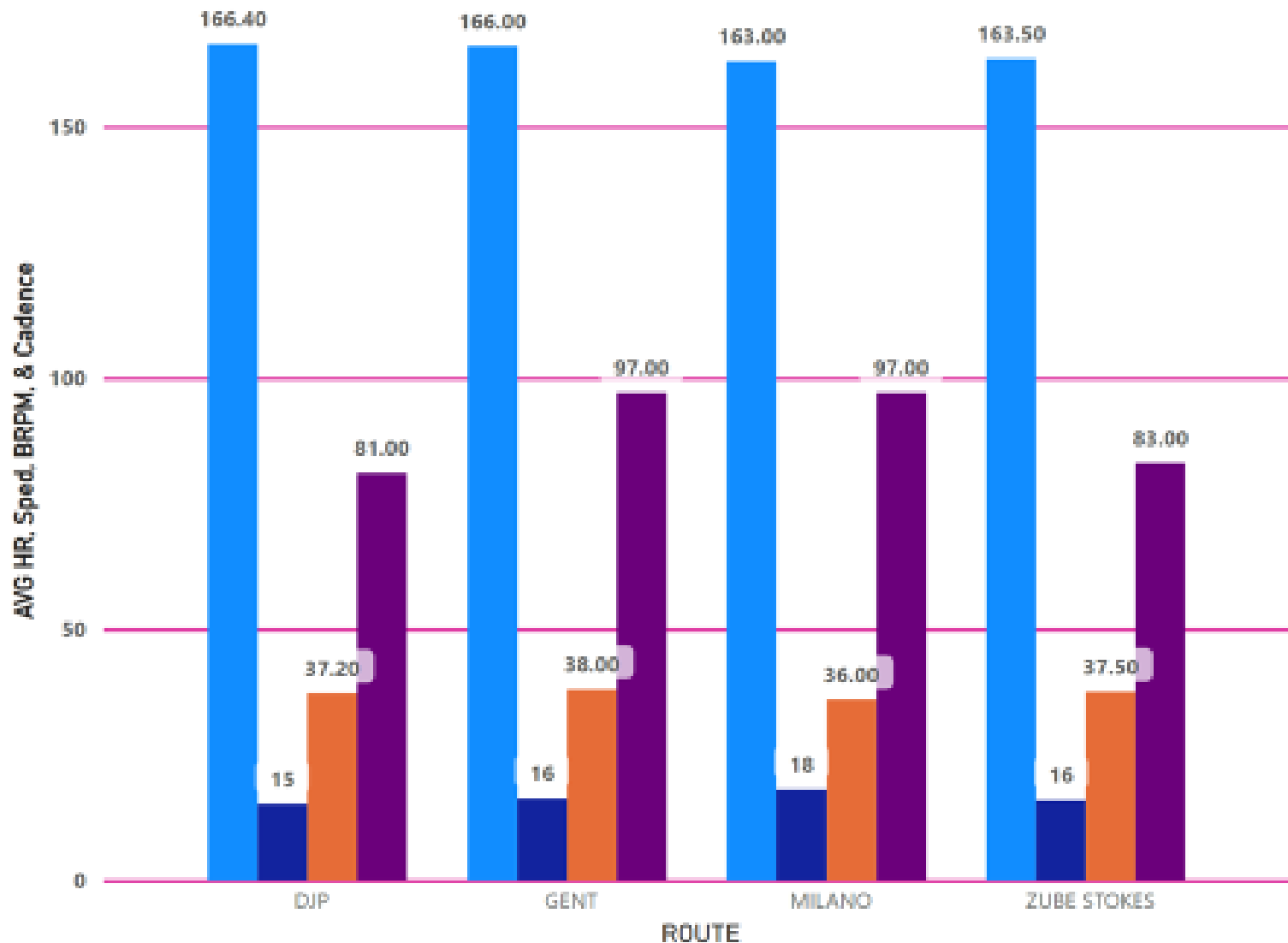
Sum of Distance by Route and Ride Type

RIDE TYPE ● ROAD ● TRAINER



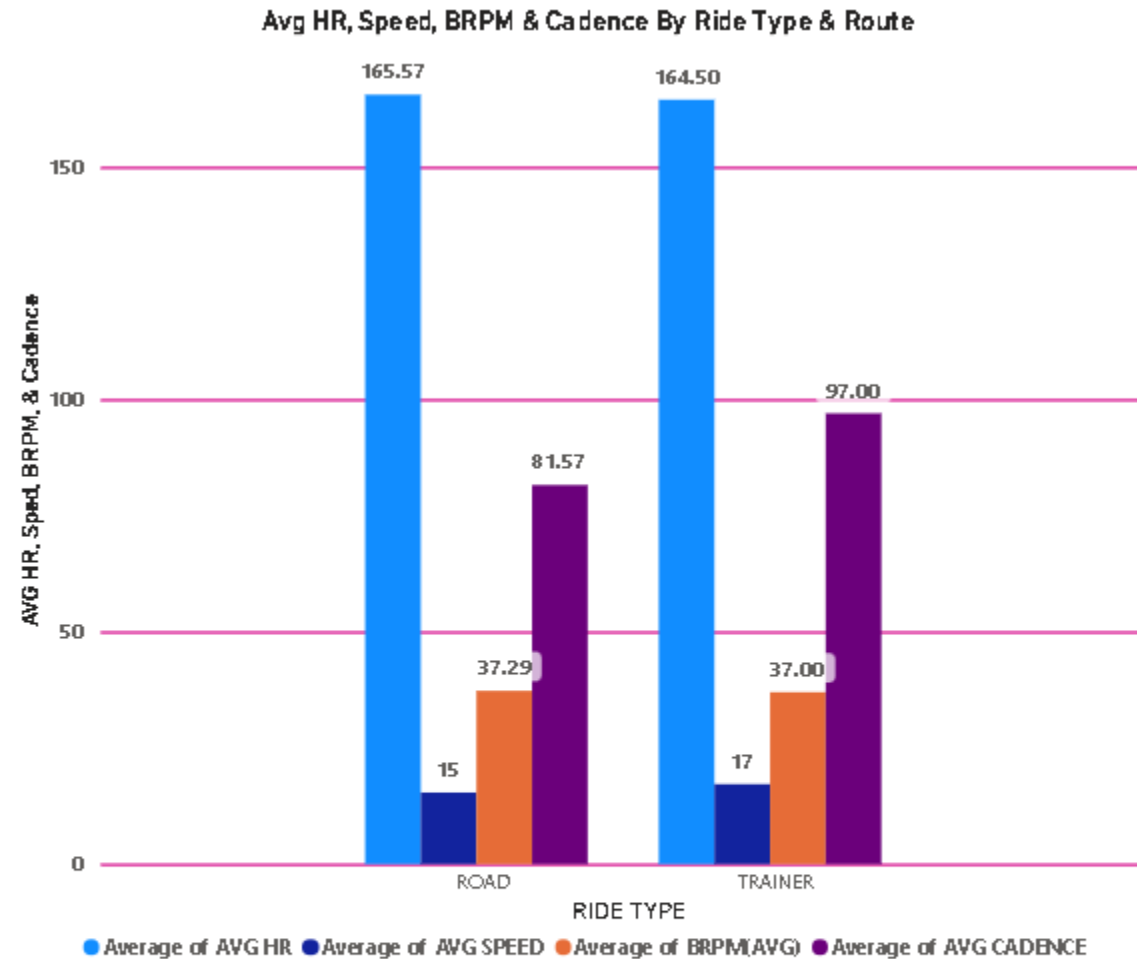
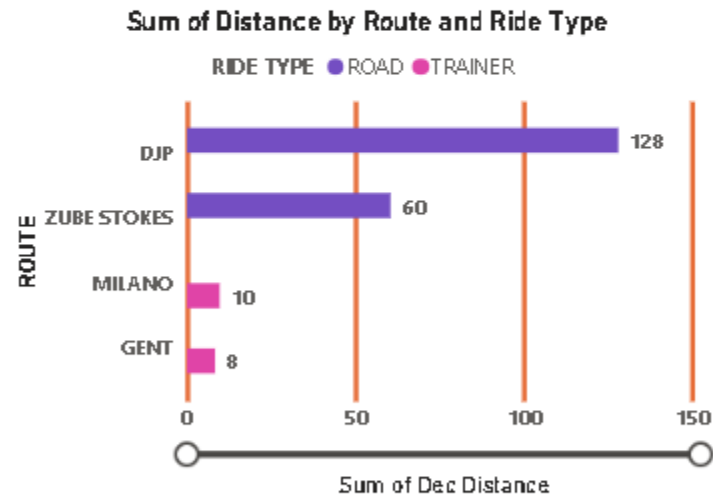
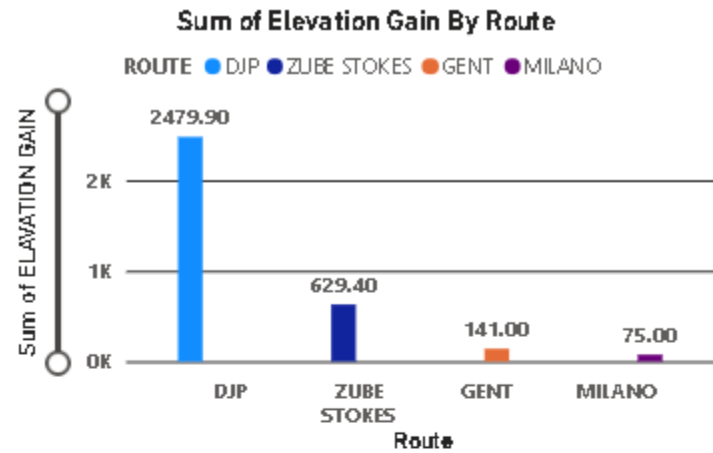
Sum of Dec Distance

Avg HR, Speed, BRPM & Cadence By Ride Type & Route

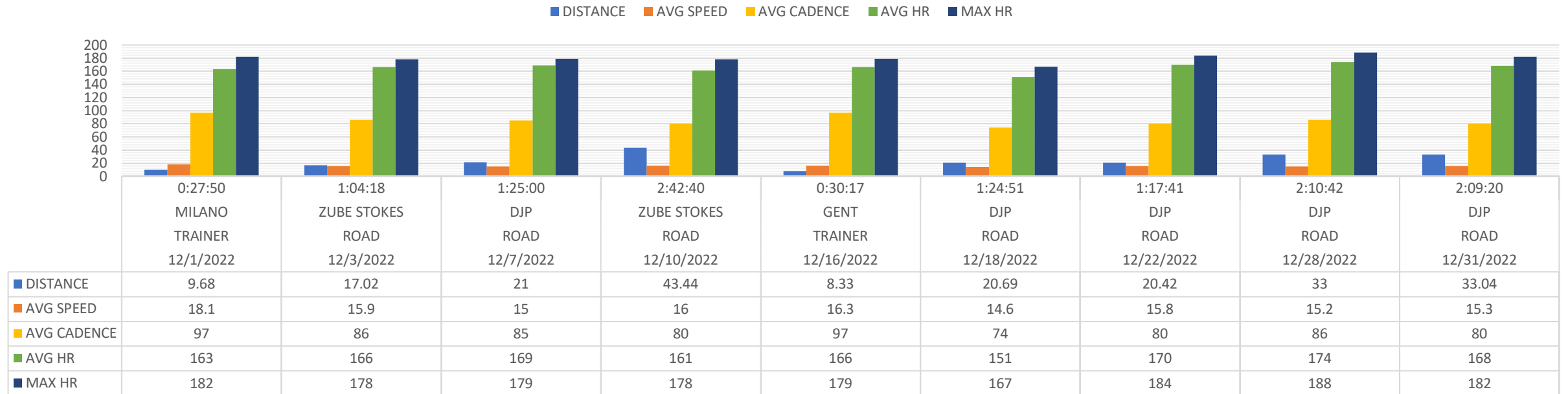


● Average of AVG HR ● Average of AVG SPEED ● Average of BRPM(AVG) ● Average of AVG CADENCE

Ride Stats From Power BI – Interactive & Drill Down Charts



Sum of Distance & Avg Speed, Cadence, HR & Max HR by Date, Route and Ride Type



Average of Left / Right Power Balance & Sum of Strokes

