

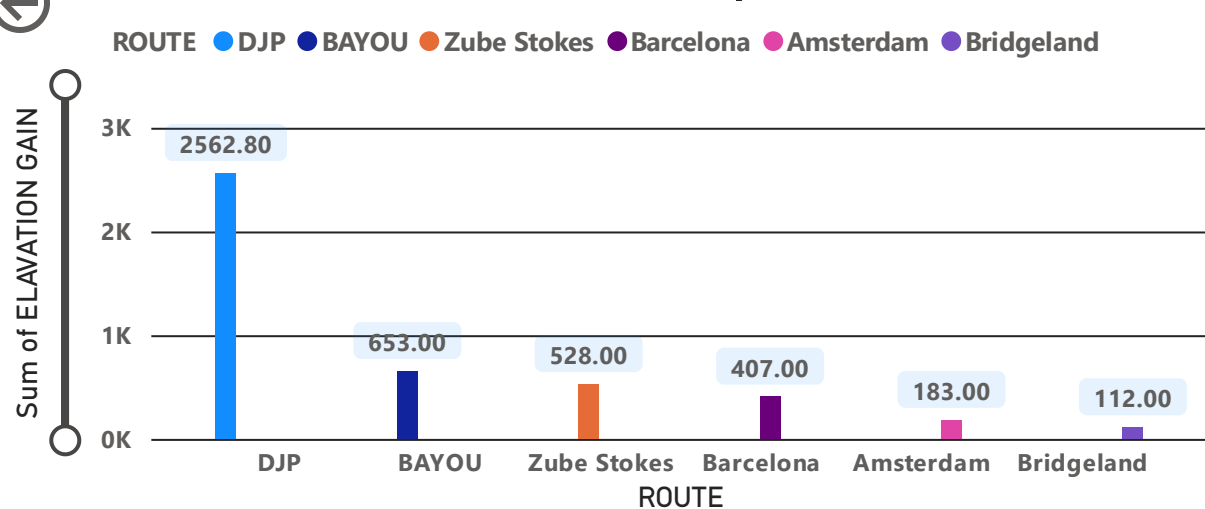
Year	Month	Day	Average of WEIGHT	Average of BODY FAT % ▼	Average of BMI %	Average of HR	Average of SYSTOLIC	Average of DIASTOLIC	Average of MUSCLE MASS LBS	Average of BONE MASS LBS	Average of LAST SLEEP
2022	November	30	178.60	26.10	26.50	63.00	120.00	80.00	69.70	9.10	7.00
2022	November	3	176.70	26.00	26.20	84.00	127.00	88.00	69.30	9.00	6.75
2022	November	28	176.70	25.90	26.20	62.00	118.00	72.00	69.20	9.00	6.50
2022	November	29	178.40	25.90	26.40	62.00	119.00	75.00	69.70	9.10	8.00
2022	November	21	175.50	25.80	26.00	62.00	131.00	76.00	69.00	8.90	8.00
2022	November	23	175.50	25.80	26.10	61.00	120.00	76.00	69.00	9.00	8.00
2022	November	24	174.30	25.80	25.80	61.00	126.00	82.00	68.60	8.90	6.50
2022	November	25	175.10	25.80	25.90	62.00	120.00	77.00	68.80	8.90	8.25
2022	November	26	176.50	25.80	26.10	61.00	114.00	77.00	69.20	9.00	8.00
2022	November	5	176.70	25.70	26.20	74.00	109.00	76.00	69.20	9.00	5.50
2022	November	11	170.20	25.70	25.20	62.00	112.00	78.00	67.70	8.60	8.00
2022	November	27	177.40	25.70	26.30	61.00	117.00	80.00	69.40	9.10	8.25
2022	November	6	173.90	25.60	25.80	85.00	112.00	75.00	68.60	8.90	6.00
2022	November	18	176.60	25.60	26.20	62.00	131.00	83.00	69.20	9.10	7.00
2022	November	8	172.60	25.50	25.60	70.00	112.00	77.00	68.20	8.80	5.00
2022	November	10	172.60	25.50	25.60	71.00	125.00	84.00	68.30	8.80	8.25
2022	November	17	176.90	25.50	26.20	63.00	127.00	81.00	69.30	9.10	7.50
2022	November	20	174.80	25.50	25.90	63.00	127.00	79.00	68.80	8.90	6.00
2022	November	4	176.30	25.40	26.10	78.00	101.00	62.00	69.20	9.10	5.25
2022	November	14	173.70	25.30	25.70	62.00	115.00	73.00	68.50	8.90	8.00
2022	November	22	175.70	25.30	26.00	62.00	121.00	81.00	69.00	9.00	8.50
2022	November	12	171.60	25.20	25.40	62.00	118.00	77.00	68.00	8.80	6.25
2022	November	13	173.20	25.20	25.60	62.00	128.00	81.00	68.40	8.90	8.00
2022	November	15	175.10	25.20	25.90	62.00	129.00	89.00	68.80	9.00	9.00
2022	November	1	174.80	25.10	25.90	79.00	122.00	85.00	68.80	9.00	6.00
2022	November	7	173.00	25.10	25.60	81.00	114.00	75.00	68.30	8.90	6.00
2022	November	9	172.10	25.10	25.50	79.00	106.00	71.00	68.10	8.80	5.75
2022	November	19	174.30	25.10	25.80	63.00	126.00	81.00	68.70	9.00	6.25
2022	November	16	176.30	25.00	26.10	62.00	131.00	71.00	69.20	9.10	5.00
2022	November	2	174.90	24.90	25.90	69.00	119.00	82.00	68.80	9.10	5.50
Total			175.00	25.50	25.92	67.00	119.90	78.13	68.83	8.96	6.93

Year	Month	Day	RIDE TYPE	ROUTE	Sum of Nov Distance	Average of AVG HR	Average of MAX HR	Sum of CALORIES BURNED	Sum of ELAVATION GAIN	Average of Nov Speed	Average of AVG POWER	Average of AVG CADENCE	Average of MAX CADENCE
2022	November	3	TRAINER	Amsterdam	21.72	171.00	179.00	575	157.00	19.60	121.00	93.00	146.00
2022	November	5	ROAD	Zube Stokes	43.50	165.00	183.00	1762	528.00	15.50	142.00	85.00	114.00
2022	November	6	ROAD	DJP	27.11	146.00	170.00	953	551.20	13.90	99.00	75.00	123.00
2022	November	10	ROAD	DJP	33.01	170.00	179.00	1186	649.60	15.57	134.00	86.00	130.00
2022	November	12	ROAD	BAYOU	23.11	146.00	167.00	764	653.00	14.20	107.00	75.00	119.00
2022	November	16	TRAINER	Barcelona	13.06	116.00	179.00	401	407.00	15.90	229.00	93.00	115.00
2022	November	18	ROAD	DJP	33.28	168.00	180.00	1777	676.00	15.60	200.00	88.00	129.00
2022	November	23	ROAD	DJP	33.36	162.00	175.00	1684	686.00	15.00	170.00	79.00	140.00
2022	November	27	ROAD	Bridgeland	10.38	156.00	181.00	552	112.00	14.10	188.00	82.00	132.00
2022	November	30	TRAINER	Amsterdam	9.30	166.00	176.00	270	26.00	18.40	233.00	94.00	118.00
Total					247.83	156.60	176.90	9924	4,445.80	15.78	162.30	85.00	126.60

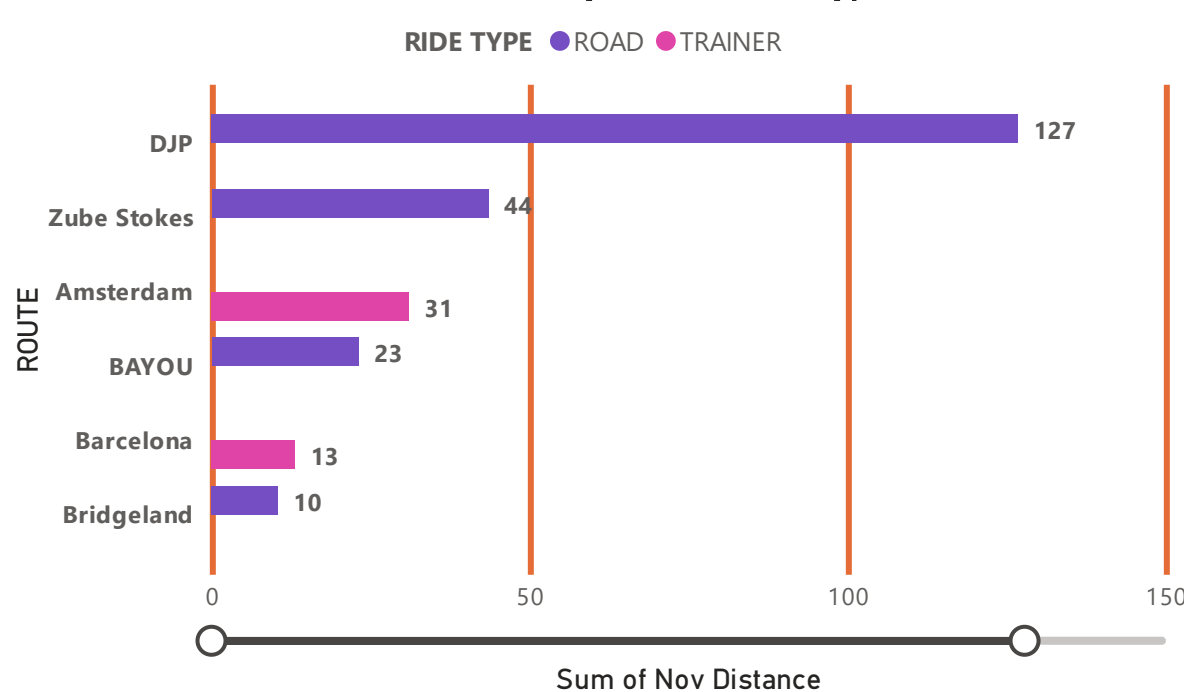
Year	Month	Day	ROUTE	Average of LEFT BALANCE	Average of RIGHT BALANCE	Average of TSS	Average of NP	Average of IF	Sum of TOTAL STROKES
2022	November	3	Amsterdam	49.00	51.00	43.30	125.00	0.63	6125
2022	November	5	Zube_Stoke	57.00	43.00	190.40	161.00	0.81	13575
2022	November	6	DJP	51.00	49.00	74.30	121.00	0.61	7799
2022	November	10	DJP	51.00	49.00	117.10	150.00	0.75	9704
2022	November	12	Bayou	52.00	48.00	73.30	134.00	0.67	6587
2022	November	16	Barcelona	73.00	27.00	109.10	233.00	1.16	4670
2022	November	18	DJP	68.00	32.00	277.70	224.00	1.12	9708
2022	November	23	DJP	68.00	32.00	243.00	202.00	1.01	9200
2022	November	27	Bridgeland	65.00	35.00	86.00	218.00	1.09	2861
2022	November	30	Amsterdam	71.00	29.00	68.90	236.00	1.18	2841
Total				60.50	39.50	128.31	180.40	0.90	73070



Sum of Elevation Gain By Route



Sum of Distance By Route & Ride Type



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

