

台大單車社社課 - Strava

許博翔

January 31, 2025

1 外掛程式

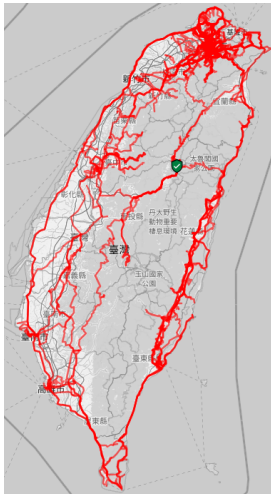
1 外掛程式

- 網頁：

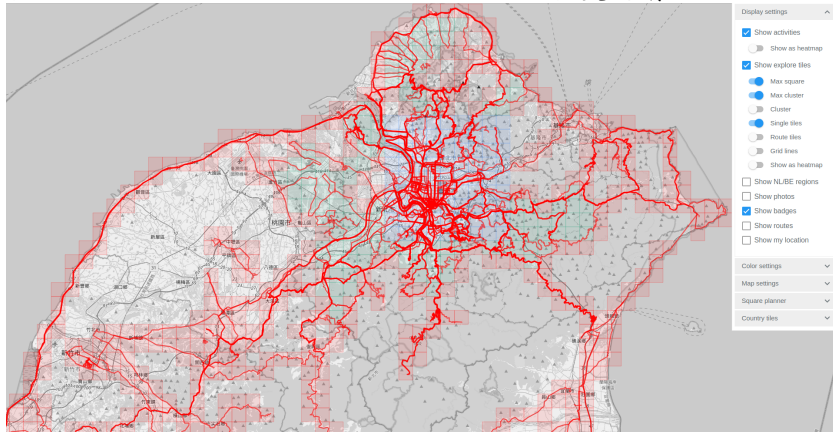
<https://www.statshunters.com>



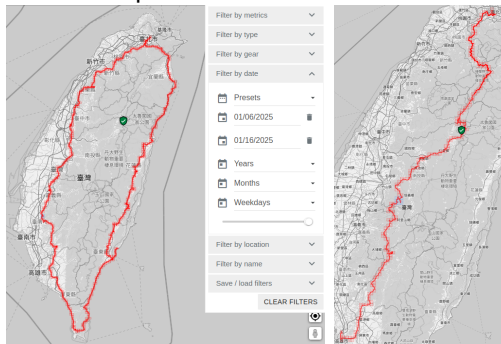
- Heatmap：所有騎過的路線畫出的地圖



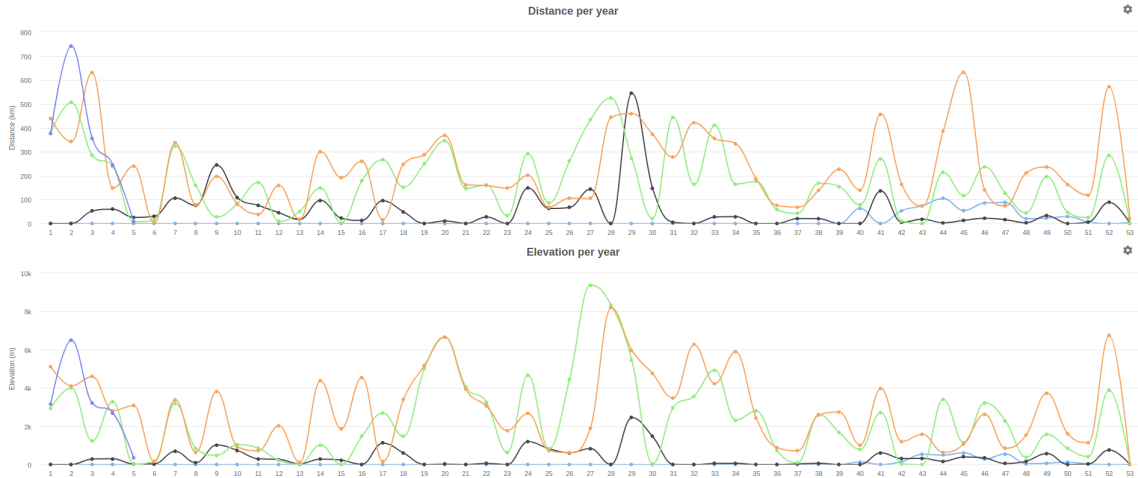
- Explore tiles : Statshunter 會把整個地球切成 $2^{14} \times 2^{14}$ 個 (近似) 正方形的格子
格子的寬度 = 赤道長度 $\times \cos(\text{緯度}) \times 2^{-14} \approx 2.446 \times \cos(\text{緯度}) \text{ km}$
- 在台北一格大約是 $2.217\text{ km} \times 2.217\text{ km}$ ，而在奧克蘭一格大約是 $1.957\text{ km} \times 1.957\text{ km}$



- Filter：比如說你可能只想看某段時間內的 heatmap、統計數據



Year	Activities	Distance	Elevation	Average	Pace	Moving time	Elapsed time
▼ 2025	27	1246 km	10597 m	22.56 km/h	02:39 /km	55.2 h	126.6 h
▼ January	27	1246 km	10597 m	22.56 km/h	02:39 /km	55.2 h	126.6 h
Mon, 6	4	77 km	520 m	16.94 km/h	03:32 /km	4.5 h	12.7 h
Tue, 7	2	91 km	538 m	23.44 km/h	02:33 /km	3.9 h	10.4 h
Wed, 8	2	59 km	388 m	23.36 km/h	02:34 /km	2.5 h	11.2 h
Thu, 9	2	69 km	804 m	19.81 km/h	03:01 /km	3.5 h	12.1 h
Fri, 10	3	169 km	1747 m	27.60 km/h	02:10 /km	6.1 h	9.5 h
Sat, 11	3	133 km	494 m	23.74 km/h	02:31 /km	5.6 h	11.4 h
Sun, 12	3	107 km	782 m	21.36 km/h	02:49 /km	5.0 h	12.1 h
Mon, 13	3	112 km	529 m	18.62 km/h	03:13 /km	6.0 h	13.9 h
Tue, 14	1	93 km	1797 m	19.99 km/h	03:00 /km	4.7 h	10.6 h
Wed, 15	1	124 km	478 m	23.07 km/h	02:30 /km	5.2 h	10.9 h
Thu, 16	3	212 km	2563 m	25.94 km/h	02:18 /km	8.2 h	11.8 h
	27	1246 km	10597 m	22.56 km/h	02:39 /km	55.2 h	126.6 h
Year	Activities	Distance	Elevation	Average	Pace	Moving time	Elapsed time
▼ 2023	14	701 km	13903 m	16.94 km/h	03:32 /km	41.4 h	69.1 h
▼ July	14	701 km	13903 m	16.94 km/h	03:32 /km	41.4 h	69.1 h
Wed, 5	1	150 km	3275 m	18.35 km/h	03:16 /km	8.2 h	11.0 h
Thu, 6	2	73 km	2340 m	13.36 km/h	04:29 /km	5.5 h	11.5 h
Fri, 7	1	100 km	1972 m	17.86 km/h	03:21 /km	5.6 h	8.7 h
Sat, 8	4	70 km	1459 m	13.63 km/h	04:24 /km	5.1 h	8.1 h
Sun, 9	2	74 km	1743 m	14.19 km/h	04:13 /km	5.2 h	9.3 h
Mon, 10	2	105 km	2680 m	15.62 km/h	03:50 /km	6.8 h	12.0 h
Tue, 11	2	126 km	633 m	25.51 km/h	02:21 /km	5.1 h	8.5 h
	14	701 km	13903 m	16.94 km/h	03:32 /km	41.4 h	69.1 h



General statistics

Activities	1095
Total distance	26395.8 km
Avg distance per activity	24.11 km
Max distance in TBA 四極點	600 km
Avg speed	18.35 km/h (03:16 /km)
Max avg speed in 慈戀197	39.19 km/h (01:31 /km)
Trips around the world	0.659
Trips to the moon	0.069

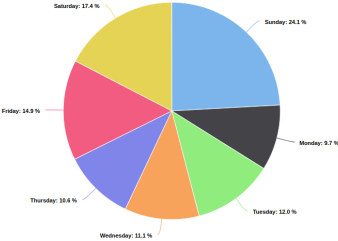
To date statistics

This year	1729.1 km
This year week average	390.4 km
Rolling year	12174.7 km
Rolling year week average	234.1 km
This month	1729.1 km
Rolling month	1729.1 km
This week	60.2 km
Rolling week	237.1 km

Time statistics

Total moving time	1438 h
Avg moving time	01:18:48
Max moving time in TBA 四極點	21:21:07
Total elapsed time	2446 h
Avg elapsed time	02:14:01
Max elapsed time in TBA 四極點	26:55:32
Max streak 12/25/2024 to 01/30/2025	37 days
Current streak 12/25/2024 to 01/30/2025	37 days

Weekday statistics

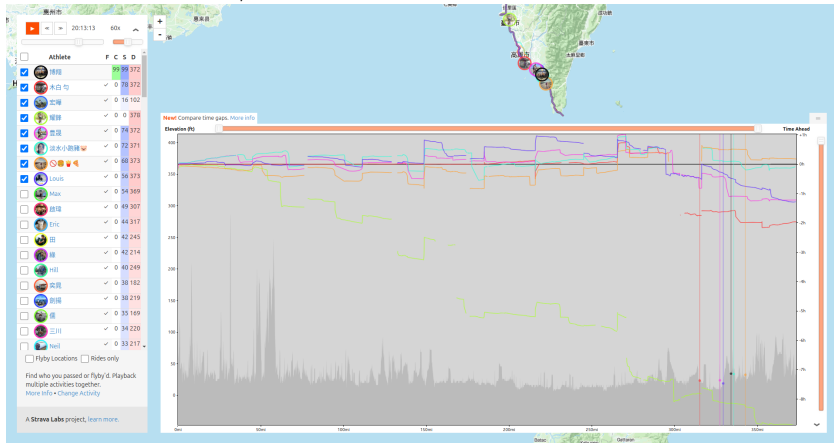


Day	Activities	Distance	Elevation	Average	Pace	Moving time	Elapsed time
Sunday ▾	208	6374 km	71512 m	19.87 km/h	03:01 /km	320.7 h	537.9 h
Monday ▾	123	2573 km	27194 m	17.49 km/h	03:25 /km	147.1 h	267.7 h
Tuesday ▾	160	3180 km	40283 m	16.94 km/h	03:32 /km	187.7 h	320.6 h
Wednesday ▾	155	2935 km	37126 m	17.01 km/h	03:31 /km	172.6 h	315.8 h
Thursday ▾	141	2799 km	34830 m	16.89 km/h	03:33 /km	165.7 h	268.0 h
Friday ▾	138	3941 km	43213 m	19.65 km/h	03:03 /km	200.6 h	313.5 h
Saturday ▾	170	4594 km	50578 m	18.85 km/h	03:10 /km	243.7 h	422.5 h
	1095	26396 km	304735 m	18.35 km/h	03:16 /km	1438.1 h	2446.0 h



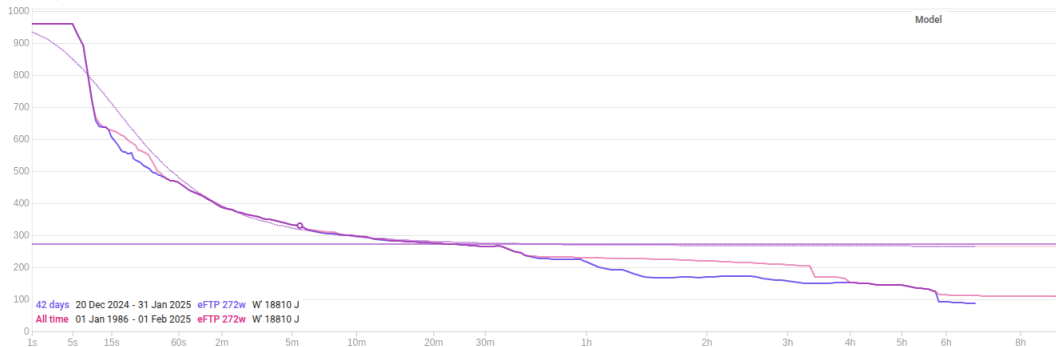
Distance breakdown statistics							
Group	Activities	Distance	Elevation	Average	Pace	Moving time	Elapsed time
0 - 20 km	782	3518 km	29577 m	9.42 km/h	06:22 /km	373.3 h	733.0 h
20 - 40 km	84	2446 km	29432 m	19.87 km/h	03:01 /km	123.1 h	208.7 h
40 - 60 km	55	2818 km	39090 m	21.66 km/h	02:46 /km	130.1 h	206.3 h
60 - 80 km	69	4800 km	65470 m	20.20 km/h	02:58 /km	237.6 h	404.6 h
80 - 100 km	36	3283 km	38911 m	22.00 km/h	02:43 /km	149.3 h	236.6 h
100 - 120 km	33	3959 km	40847 m	22.34 km/h	02:41 /km	159.3 h	267.7 h
120 - 140 km	18	2297 km	27062 m	22.86 km/h	02:37 /km	100.5 h	154.7 h
140 - 160 km	8	1192 km	15888 m	22.26 km/h	02:41 /km	53.5 h	82.8 h
160 - 180 km	4	667 km	8292 m	21.02 km/h	02:46 /km	30.9 h	46.0 h
180 - 200 km	2	375 km	3440 m	24.94 km/h	02:24 /km	15.0 h	23.1 h
200 - 220 km	1	205 km	2557 m	26.32 km/h	02:16 /km	7.8 h	9.7 h
220 - 240 km	0	0 km	0 m	-	-	0.0 h	0.0 h
240 - 260 km	1	254 km	2651 m	24.62 km/h	02:26 /km	10.3 h	14.2 h
260 - 280 km	0	0 km	0 m	-	-	0.0 h	0.0 h
280 - 300 km	0	0 km	0 m	-	-	0.0 h	0.0 h
300 - 320 km	0	0 km	0 m	-	-	0.0 h	0.0 h
320 - 340 km	0	0 km	0 m	-	-	0.0 h	0.0 h
340 - 360 km	0	0 km	0 m	-	-	0.0 h	0.0 h
360 - 380 km	0	0 km	0 m	-	-	0.0 h	0.0 h
380 - 400 km	1	383 km	632 m	30.38 km/h	01:58 /km	12.6 h	18.2 h
400 - 420 km	0	0 km	0 m	-	-	0.0 h	0.0 h
420 - 440 km	0	0 km	0 m	-	-	0.0 h	0.0 h
440 - 460 km	0	0 km	0 m	-	-	0.0 h	0.0 h
460 - 480 km	0	0 km	0 m	-	-	0.0 h	0.0 h
480 - 500 km	0	0 km	0 m	-	-	0.0 h	0.0 h
500 - 520 km	0	0 km	0 m	-	-	0.0 h	0.0 h
520 - 540 km	0	0 km	0 m	-	-	0.0 h	0.0 h
540 - 560 km	0	0 km	0 m	-	-	0.0 h	0.0 h
560 - 580 km	0	0 km	0 m	-	-	0.0 h	0.0 h
580 - 600 km	1	600 km	886 m	28.10 km/h	02:08 /km	21.4 h	26.9 h

- 打開方法：設定 → 隱私控管功能 → Flyby → 所有人
- 用上帝視角看在某個特定時間點所有的人分別在哪裡
- 比對每個人的領先/落後的狀況



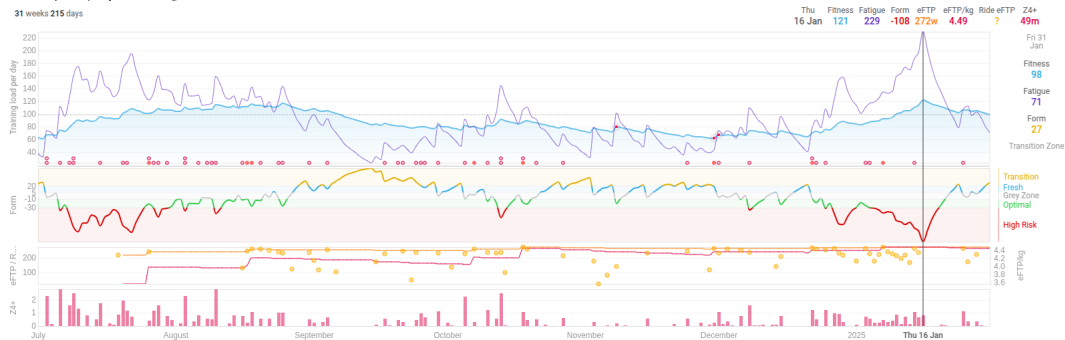
Intervals

- 分析功率、心率資料
- 估計 FTP



● 分析訓練強度

31 weeks 215 days



CUSTOM CHARTS ▾

The blue line shows fitness. This is a 42 day exponentially weighted moving average of your training load. The purple line shows fatigue. This is a 7 day exponentially weighted moving average of your training load. To get fitter, purple line above the blue line. Your form is your fitness less fatigue. When your form is in the optimal training zone you are gaining fitness. When your form is fresh and you are fit then you are ready to race. Avoid staying in the Transition Zone. Include periodic rest weeks in your training to recover from fatigue and to be at your best for goal events. References: [Monitoring your training load by Science2Sport](#) and [Managing Training Using TSB by Joe Friel](#)

