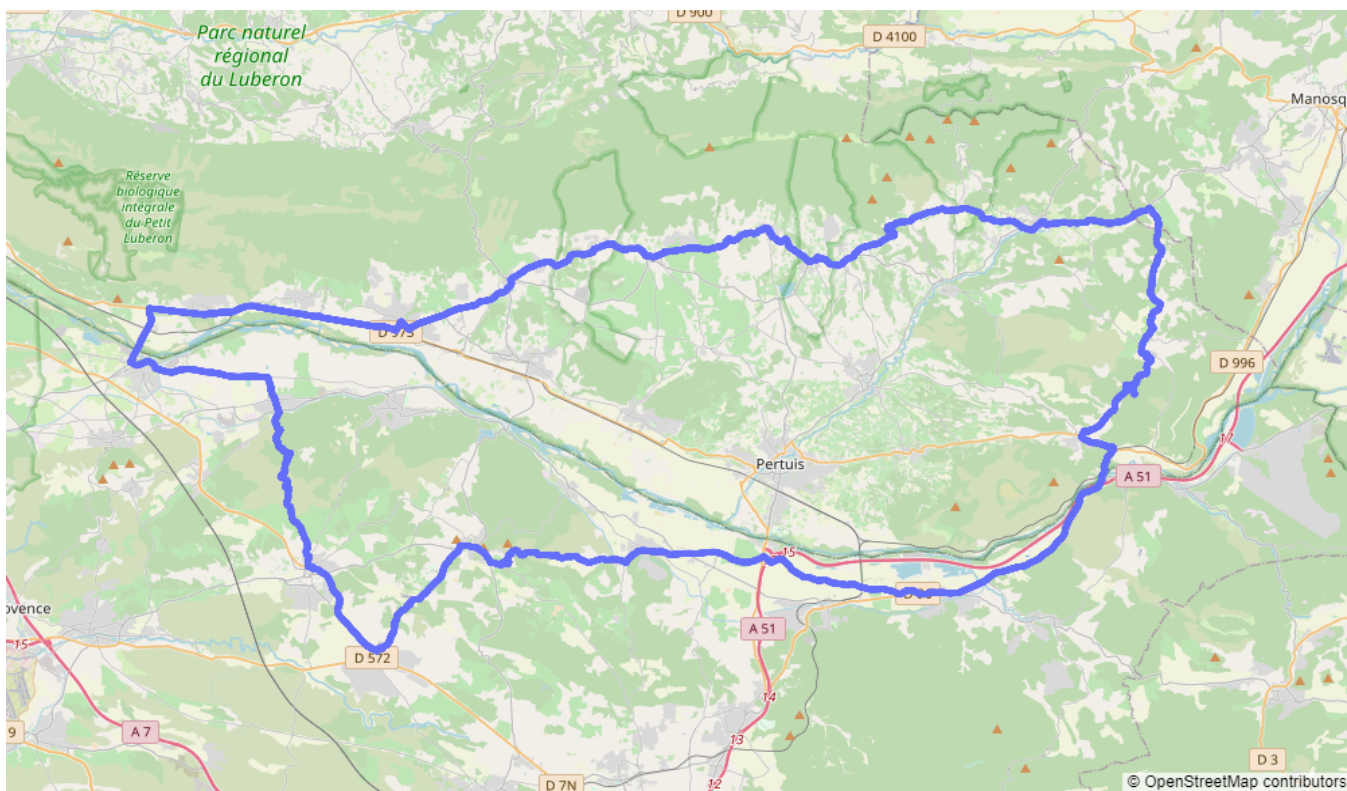
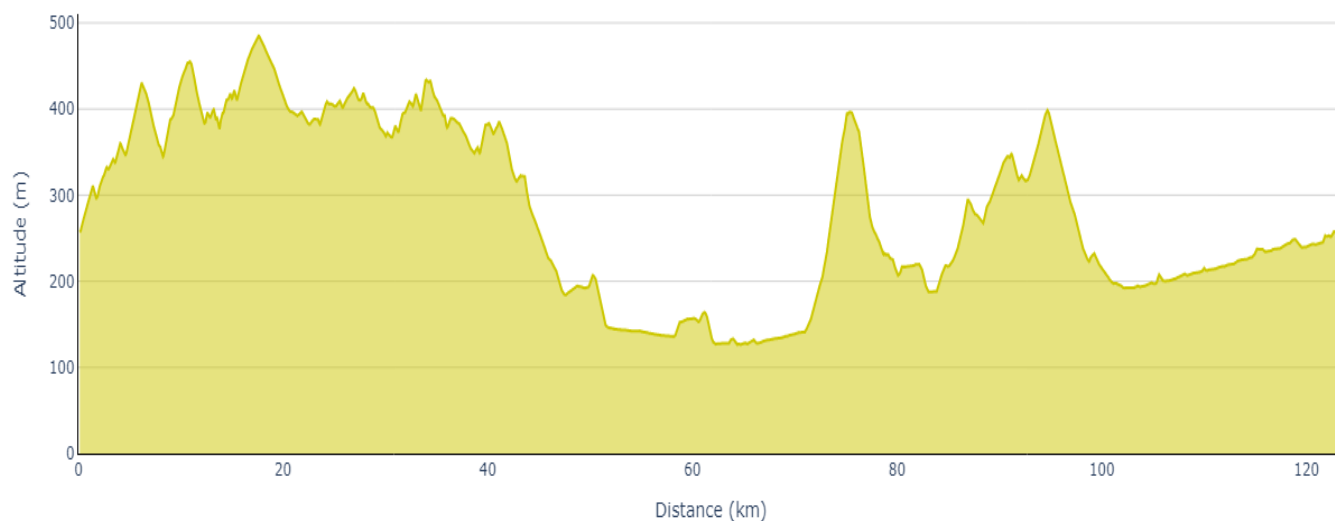


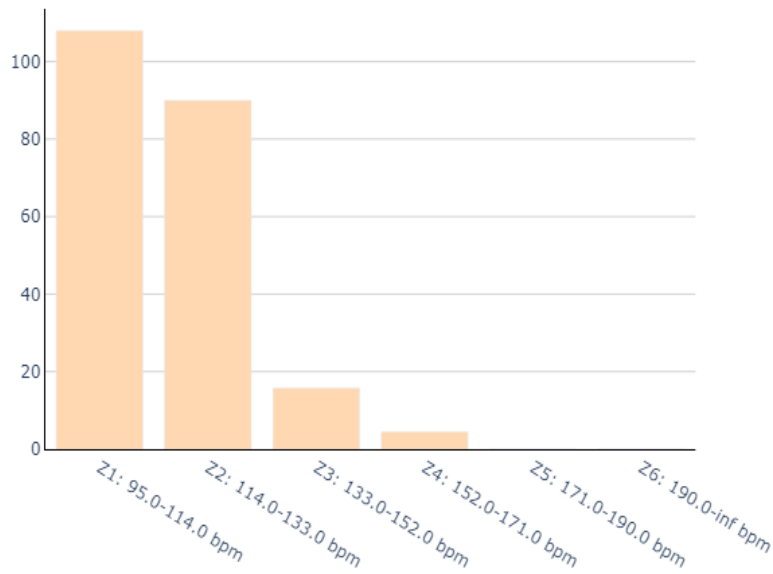
0.87	33.0	69.0	18.4	3.59	336.0
Move Ratio	Avg Speed	HRSS	HRSS/hour	Norm Power/kg	20 min Max Power



Elevation Profile



Heart Rate



Zone	BPM Range	Time	Percentage
Zone 1	< 114	01:47:56	48.0%
Zone 2	114 - 133	01:29:57	40.0%
Zone 3	133 - 152	00:15:44	7.0%
Zone 4	152 - 171	00:04:29	2.0%
Zone 5	171 - 190	00:00:00	0.0%
Zone 6	>190	00:00:00	0.0%

HRSS:

69.0

HRSS/h:

18.41

Avg HRR:

39.0

TRIMP:

118.0

TRIMP/h:

31.48

HR 20min:

138.0

HR 60min:

125.0

SPEED

Best 20min Speed

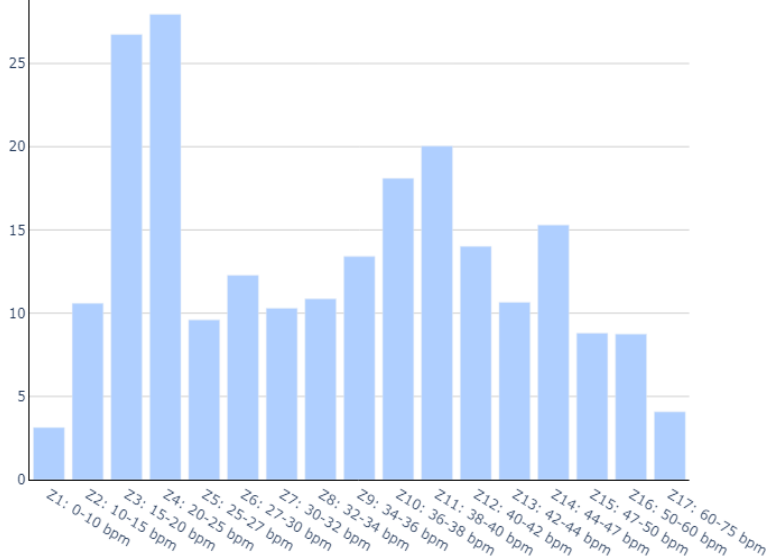
41.6km/h

Avg Speed

33.0km/h

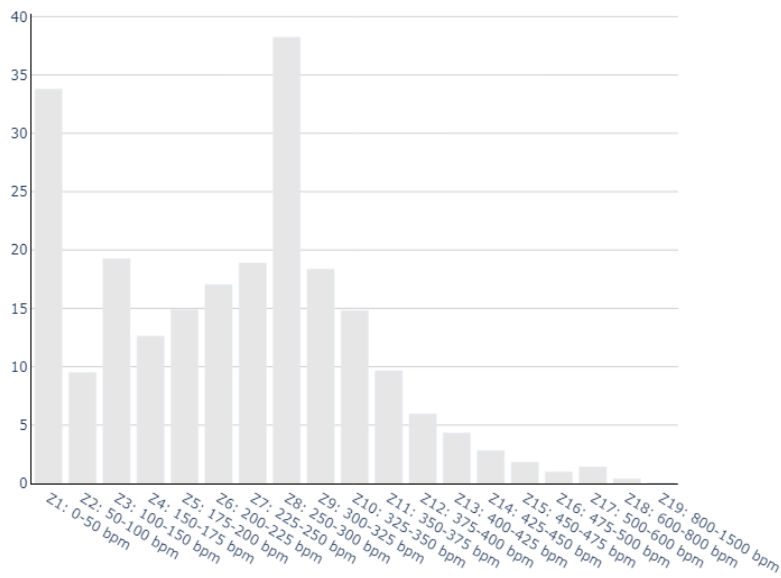
Speed Stdv

12.0km/h



Zone	From KPH	To KPH	Time	Percentage
Zone 1	0	10	03:07	1.4%
Zone 2	10	15	10:35	4.7%
Zone 3	15	20	26:44	11.9%
Zone 4	20	25	27:57	12.4%
Zone 5	25	27	09:36	4.3%
Zone 6	27	30	12:16	5.5%
Zone 7	30	32	10:17	4.6%
Zone 8	32	34	10:51	4.8%
Zone 9	34	36	13:24	6.0%
Zone 10	36	38	18:06	8.1%
Zone 11	38	40	20:02	8.9%
Zone 12	40	42	14:00	6.2%
Zone 13	42	44	10:39	4.7%
Zone 14	44	47	15:17	6.8%
Zone 15	47	50	08:47	3.9%
Zone 16	50	60	08:44	3.9%
Zone 17	60	75	04:04	1.8%

Power



Variability Index:

1.15

Avg Watts/Kg:

3.11W/kg

Normalized Power:

251.0W

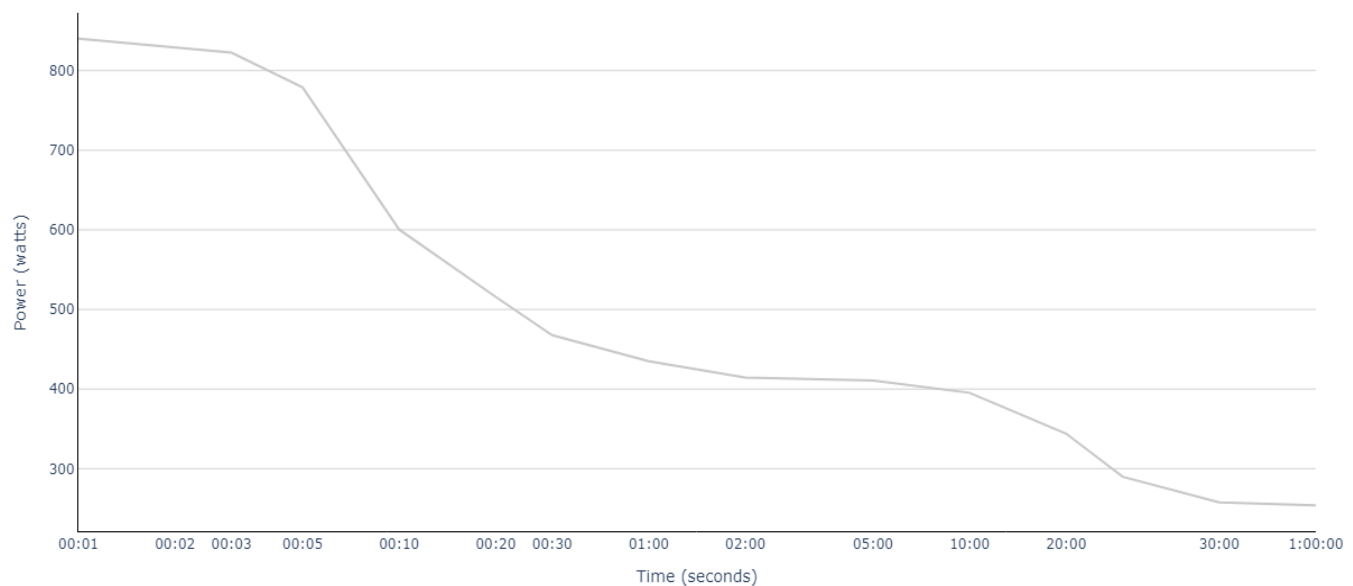
Norm Watts/Kg:

3.59W/kg

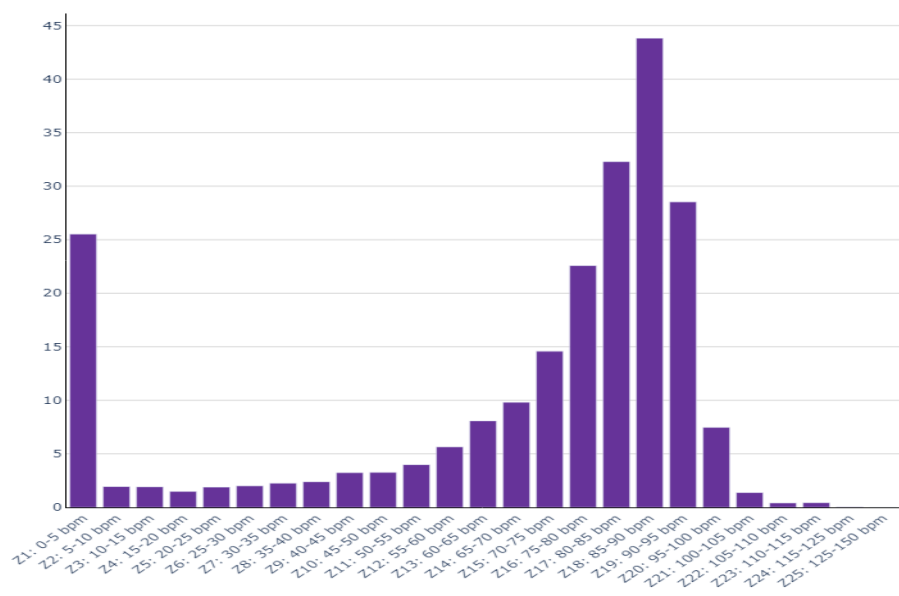
Best 20min Power:

336.0 W

Power Curve



Cadence



Zone	From RPM	To RPM	Time	Percentage
Zone 1	0	5	25:31	11.3%
Zone 2	5	10	01:56	0.9%
Zone 3	10	15	01:54	0.9%
Zone 4	15	20	01:29	0.7%
Zone 5	20	25	01:53	0.8%
Zone 6	25	30	02:00	0.9%
Zone 7	30	35	02:14	1.0%
Zone 8	35	40	02:23	1.1%
Zone 9	40	45	03:14	1.4%
Zone 10	45	50	03:15	1.5%
Zone 11	50	55	03:58	1.8%
Zone 12	55	60	05:38	2.5%
Zone 13	60	65	08:04	3.6%
Zone 14	65	70	09:48	4.4%
Zone 15	70	75	14:34	6.5%
Zone 16	75	80	22:34	10.0%
Zone 17	80	85	32:17	14.4%
Zone 18	85	90	43:49	19.5%
Zone 19	90	95	28:32	12.7%
Zone 20	95	100	07:27	3.3%
Zone 21	100	105	01:22	0.6%
Zone 22	105	110	00:24	0.2%
Zone 23	110	115	00:25	0.2%
Zone 24	115	125	00:01	0.0%
Zone 25	125	150	00:00	0.0%

Grade

% climbing:

42.2%

Climbing Time:

01:48:39

Avg Climbing Speed:

23.3km/h

Avg Grade:

1.0%

% flat:

38.6%

Flat Time:

01:39:23

Avg Flat Speed:

36.78km/h

Max Uphill Grade:

15.6%

% downhill:

18.8%

Downhill Time:

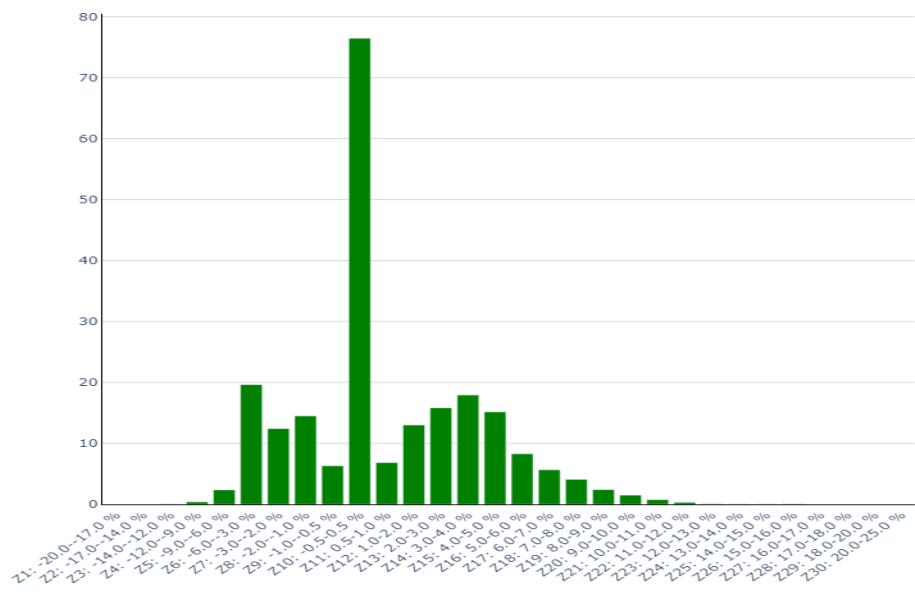
00:48:24

Avg Downhill Speed:

45.97km/h

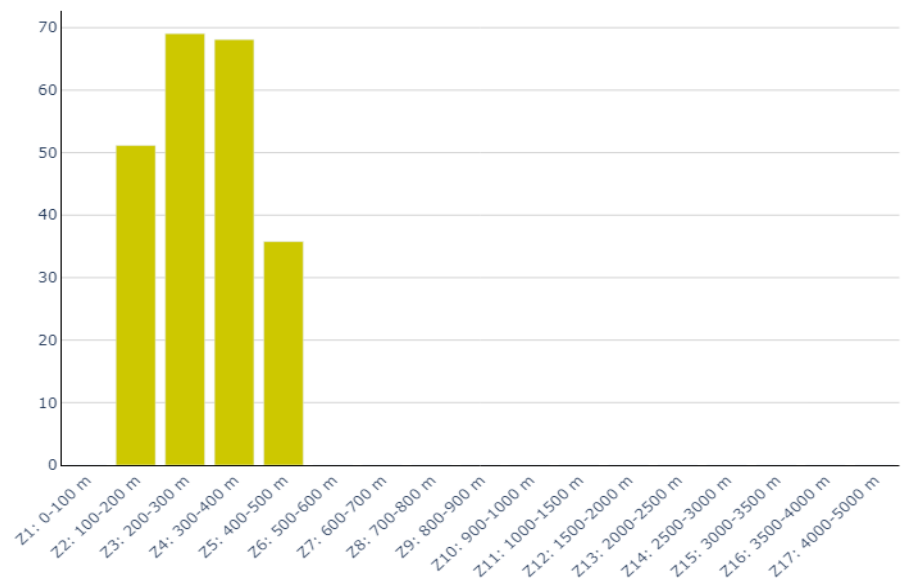
Max Downhill Grade:

-12.9%



Zone	From M	To M	Time	Percentage
Zone 1	-20.0	-17.0	00:00	0.0%
Zone 2	-17.0	-14.0	00:00	0.0%
Zone 3	-14.0	-12.0	00:01	0.0%
Zone 4	-12.0	-9.0	00:24	0.2%
Zone 5	-9.0	-6.0	02:21	1.1%
Zone 6	-6.0	-3.0	19:37	8.7%
Zone 7	-3.0	-2.0	12:26	5.5%
Zone 8	-2.0	-1.0	14:30	6.5%
Zone 9	-1.0	-0.5	06:19	2.8%
Zone 10	-0.5	0.5	16:27	34.0%
Zone 11	0.5	1.0	06:50	3.0%
Zone 12	1.0	2.0	13:01	5.8%
Zone 13	2.0	3.0	15:49	7.0%
Zone 14	3.0	4.0	17:55	8.0%
Zone 15	4.0	5.0	15:09	6.7%
Zone 16	5.0	6.0	08:17	3.7%
Zone 17	6.0	7.0	05:40	2.5%
Zone 18	7.0	8.0	04:05	1.8%
Zone 19	8.0	9.0	02:24	1.1%
Zone 20	9.0	10.0	01:30	0.7%
Zone 21	10.0	11.0	00:45	0.3%
Zone 22	11.0	12.0	00:18	0.1%
Zone 23	12.0	13.0	00:04	0.0%
Zone 24	13.0	14.0	00:01	0.0%
Zone 25	14.0	15.0	00:01	0.0%
Zone 26	15.0	16.0	00:02	0.0%
Zone 27	16.0	17.0	00:00	0.0%
Zone 28	17.0	18.0	00:00	0.0%

Elevation



Zone	From M	To M	Time	Percentage
Zone 1	0	100	00:00	0.0%
Zone 2	100	200	51:09	22.8%
Zone 3	200	300	09:03	30.7%
Zone 4	300	400	08:06	30.3%
Zone 5	400	500	35:46	15.9%
Zone 6	500	600	00:00	0.0%
Zone 7	600	700	00:00	0.0%
Zone 8	700	800	00:00	0.0%
Zone 9	800	900	00:00	0.0%
Zone 10	900	1000	00:00	0.0%
Zone 11	1000	1500	00:00	0.0%
Zone 12	1500	2000	00:00	0.0%
Zone 13	2000	2500	00:00	0.0%
Zone 14	2500	3000	00:00	0.0%
Zone 15	3000	3500	00:00	0.0%
Zone 16	3500	4000	00:00	0.0%
Zone 17	4000	5000	00:00	0.0%

Average Elevation:
287.0m

Ascent:
1389.0m

Descent:
1435.0 m

