

Summit Ultra Endurance Coaching

Bike Outline

Brian Mooney

2018 05 10

Averages

Average Speed/Pace: 9.13
Average Heart Rate: 149.53
Average Cadence: 86.64
Average Power: 169.25

Zones

Zone	% of Average Speed
Zone 1	0% - 70%
Zone 2	70% - 80%
Zone 3	80% - 90%
Zone 4	90% - 100%
Zone 5a	100% - 110%
Zone 5b	110% - 120%

