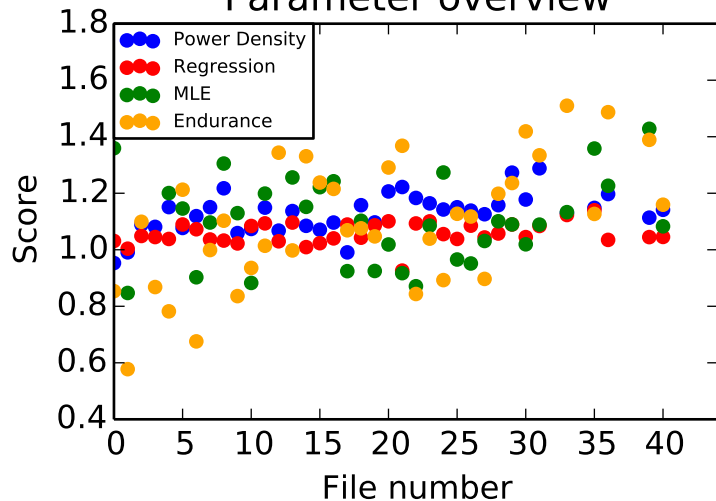
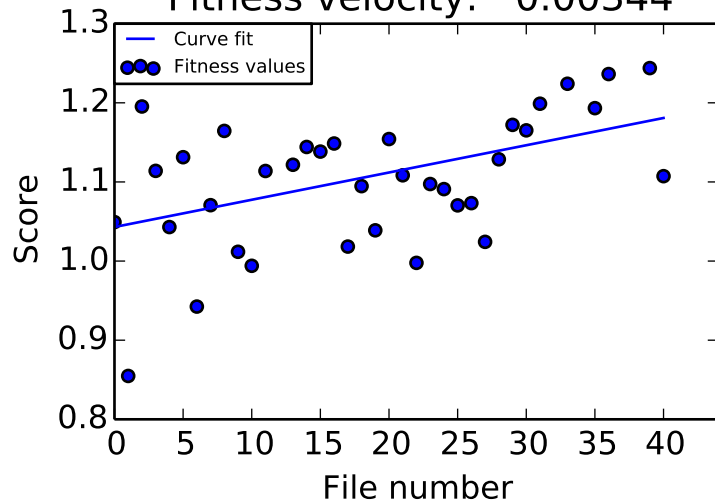


Fitness evaluation using (1) linear regression of time averaged HR v. Power and
(2) MLE fit of HRate - Power relationship in time

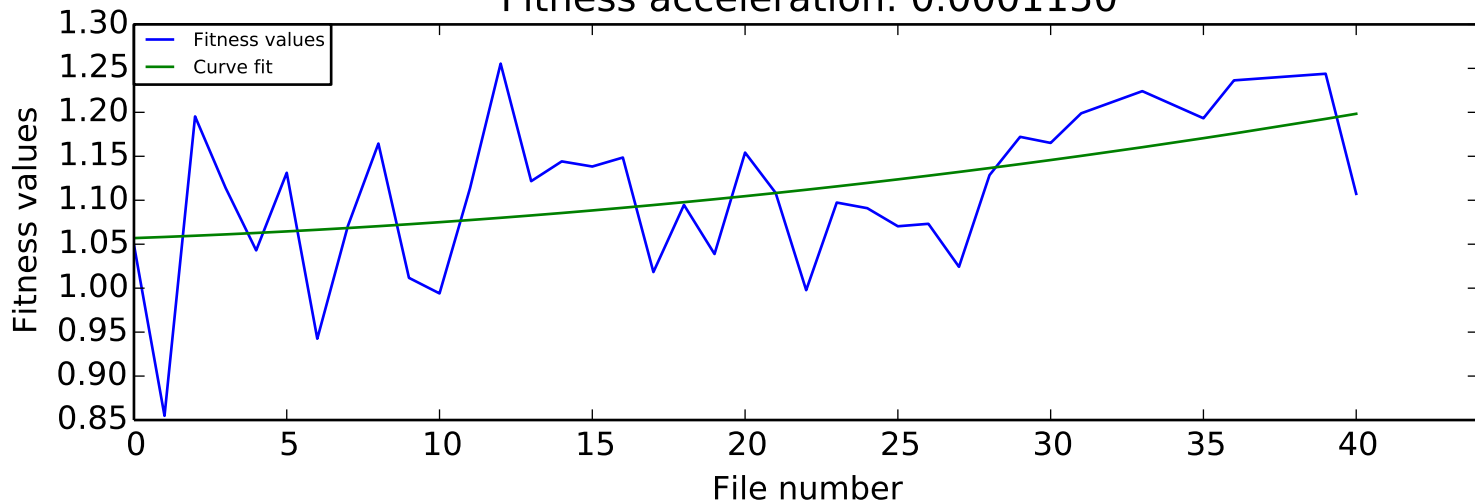
Parameter overview

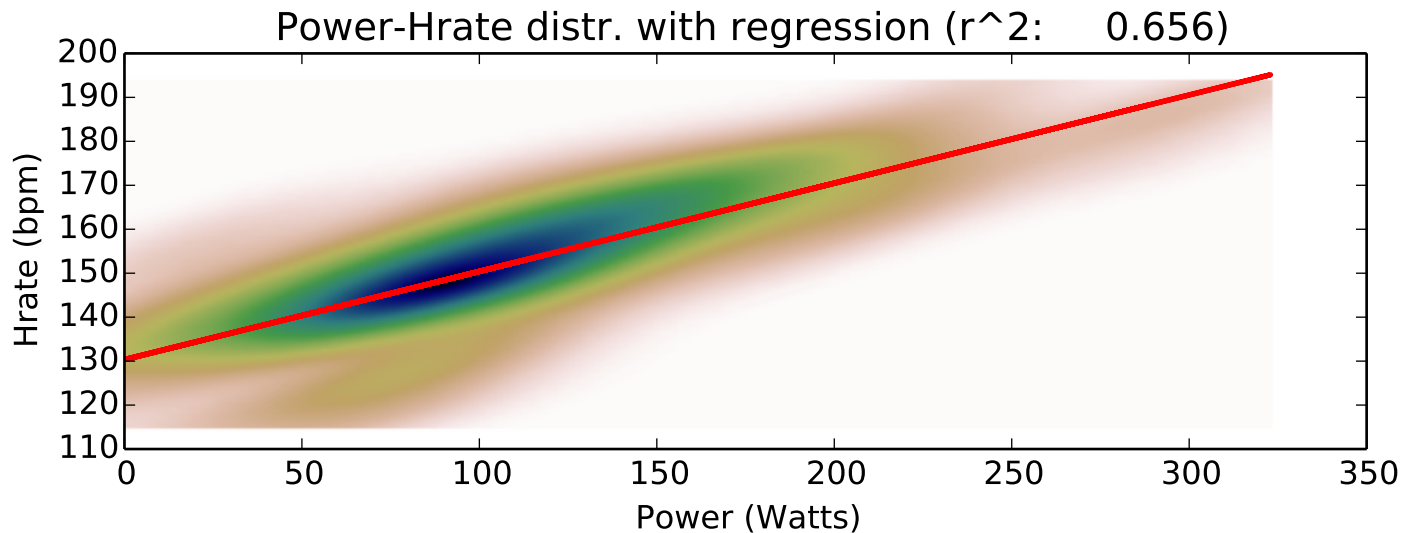
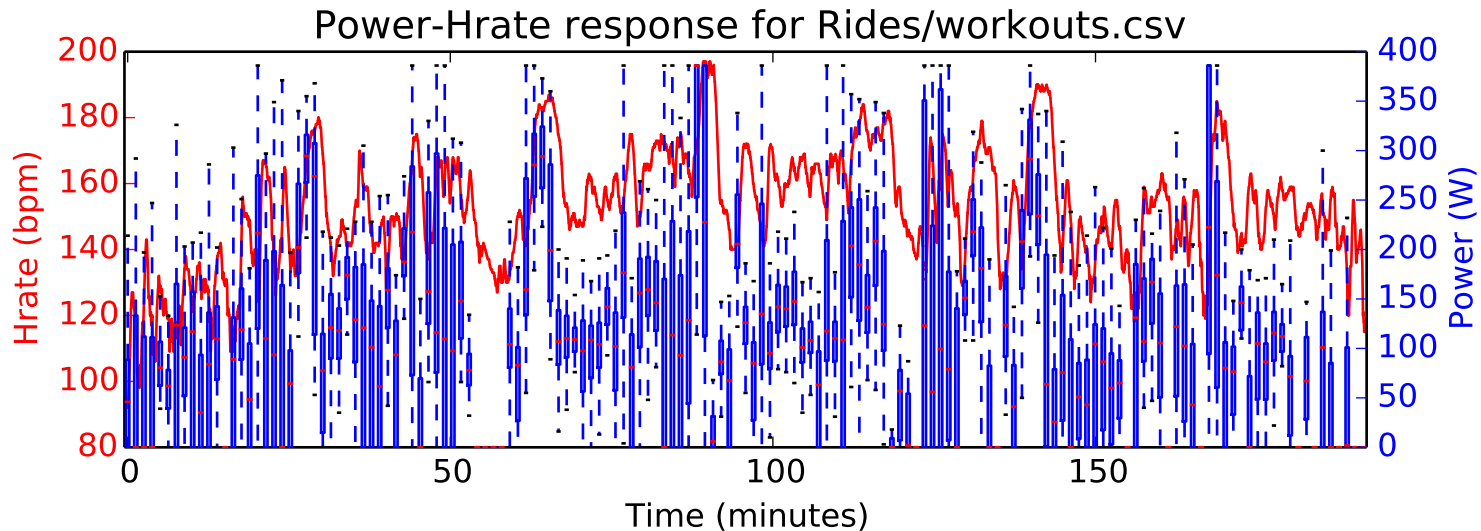


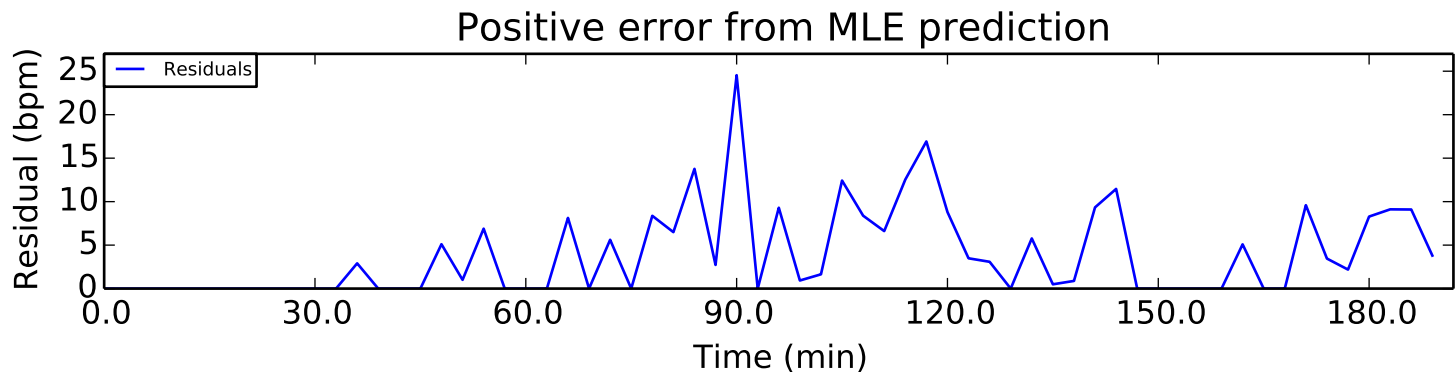
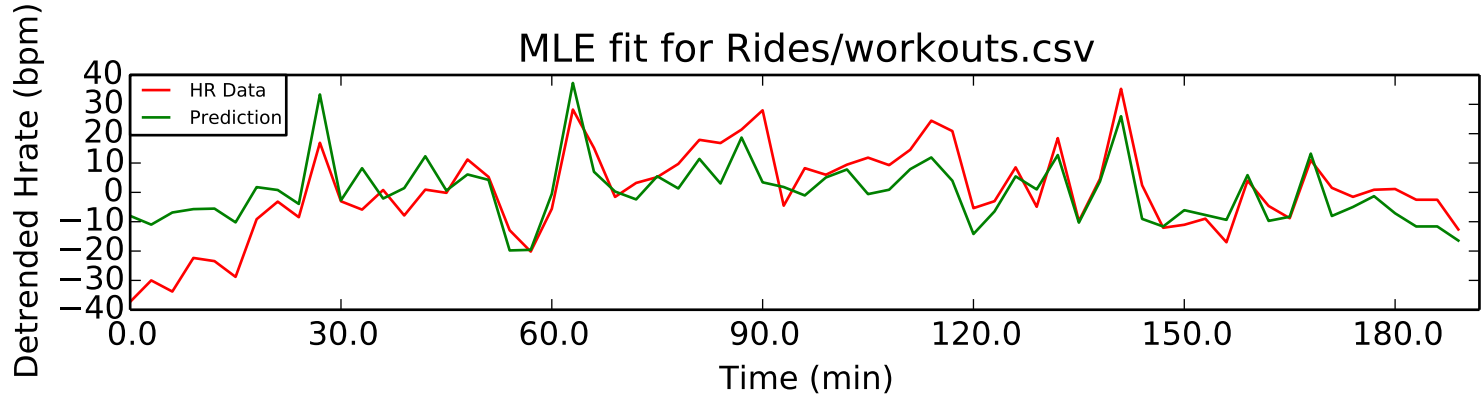
Fitness velocity: 0.00344



Fitness acceleration: 0.0001150







Overview of fitness parameters

Parameter 1: 0.9530

Parameter 2: 1.0310

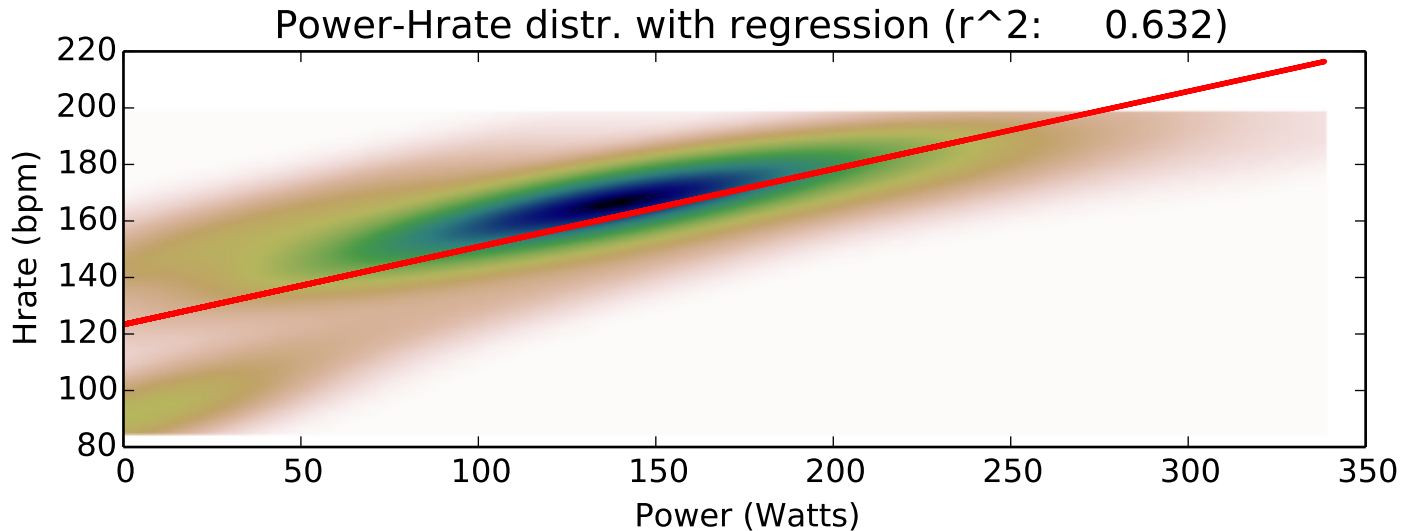
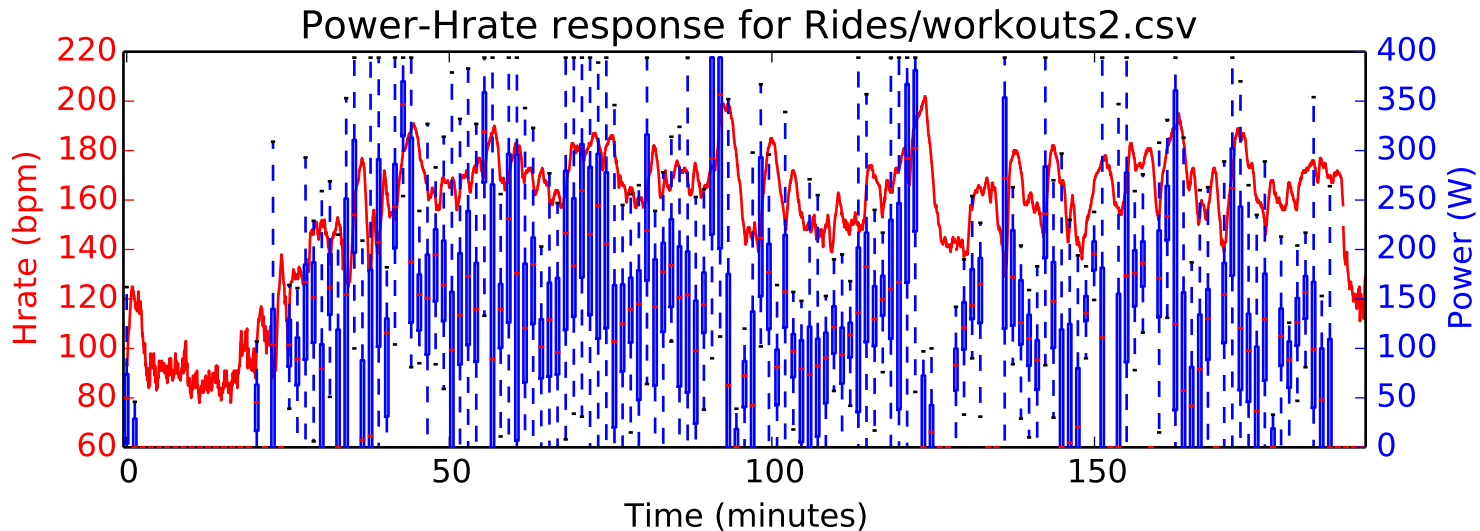
Parameter 3: 1.3593

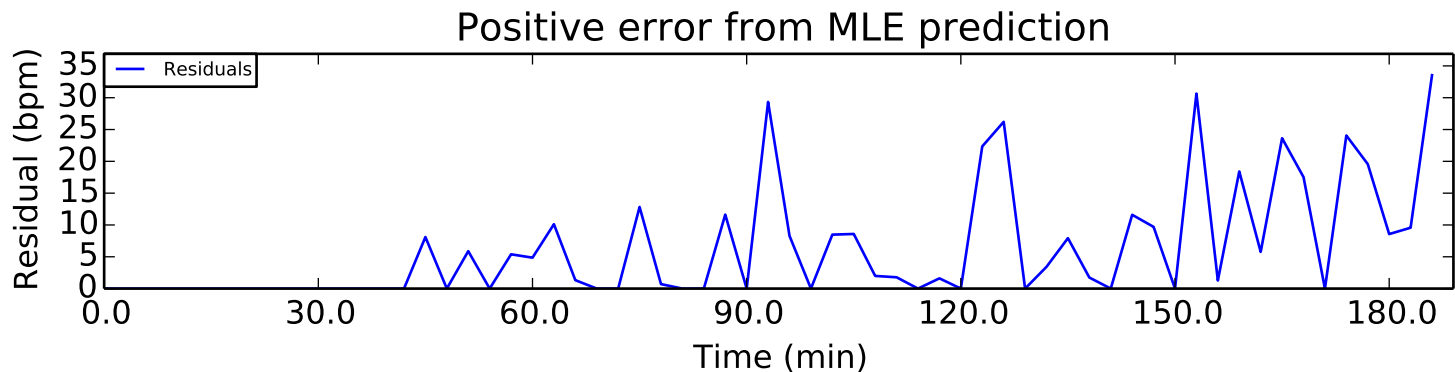
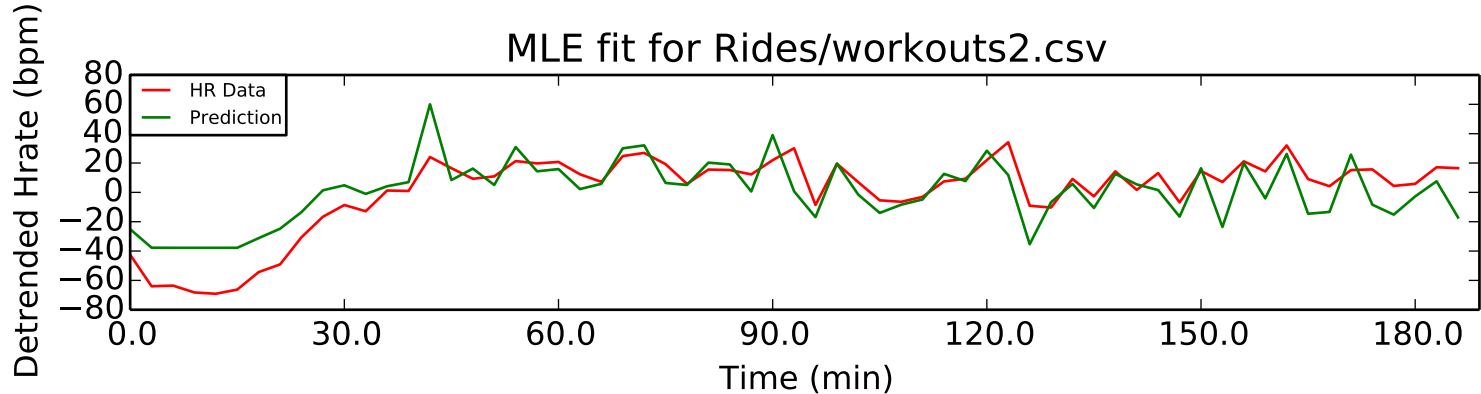
Parameter 4: 0.8535

MLE error sum: 248.20

MLE error density: 3.8782

Summary Parameter: 1.0492





Overview of fitness parameters

Parameter 1: 0.9908

Parameter 2: 1.0037

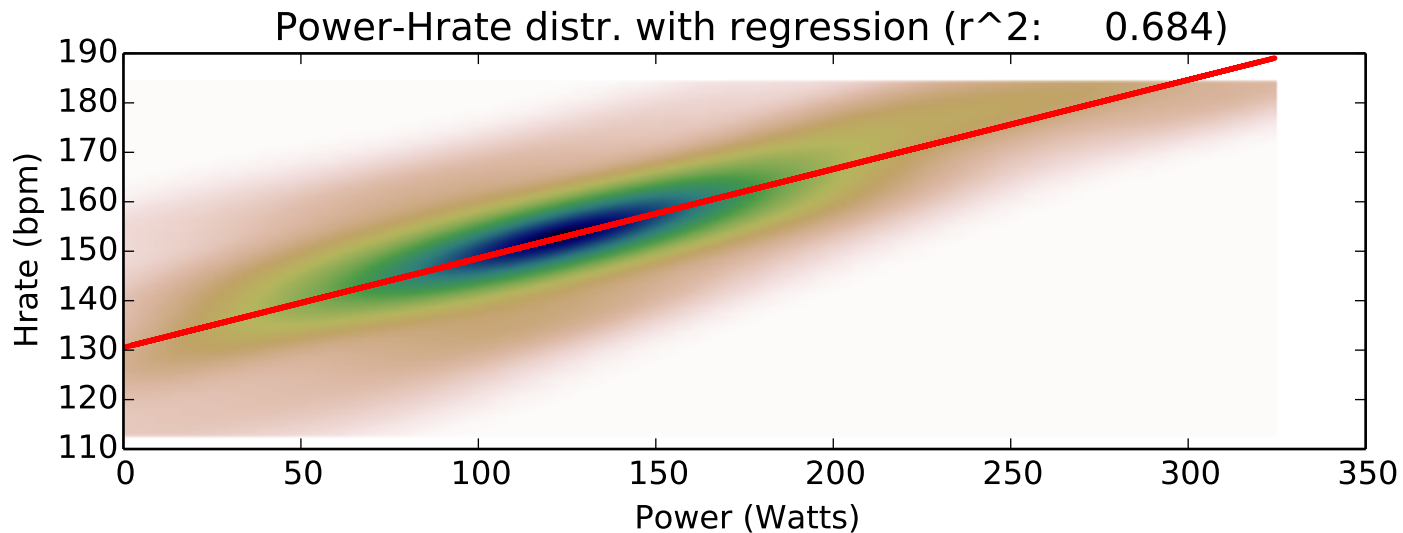
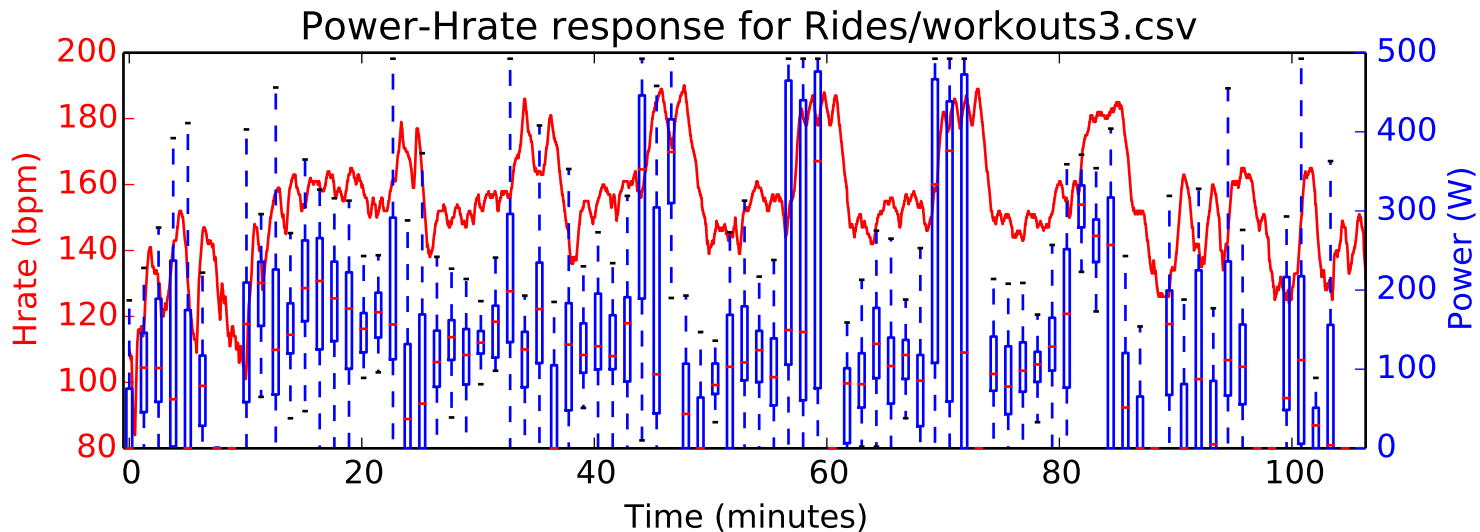
Parameter 3: 0.8470

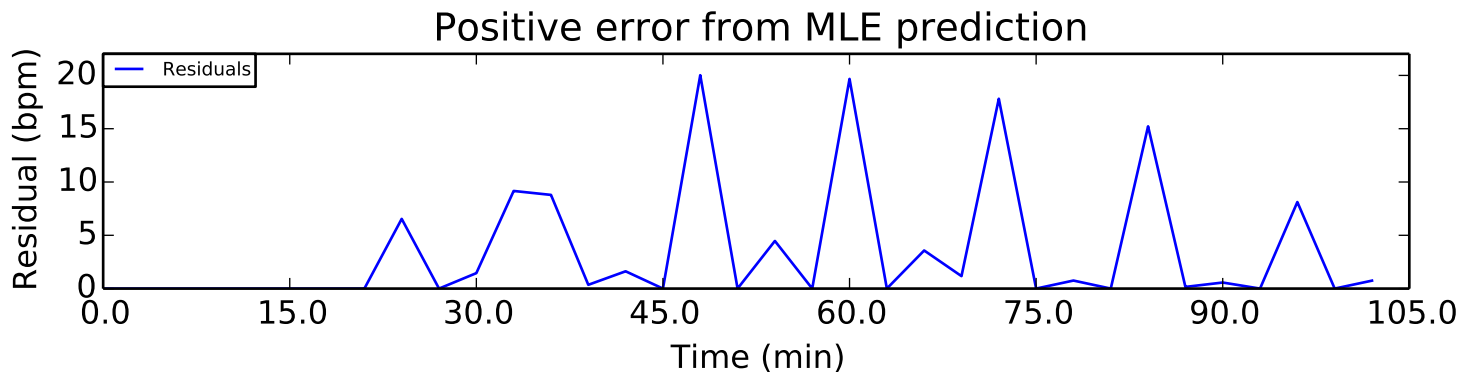
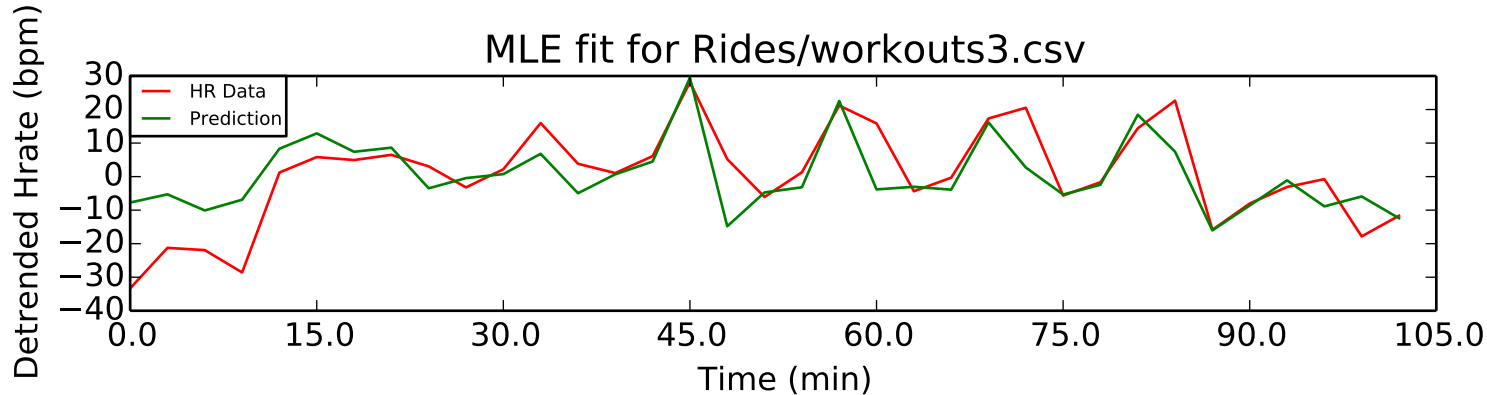
Parameter 4: 0.5775

MLE error sum: 396.38

MLE error density: 6.2918

Summary Parameter: 0.8548





Overview of fitness parameters

Parameter 1: 1.0889

Parameter 2: 1.0487

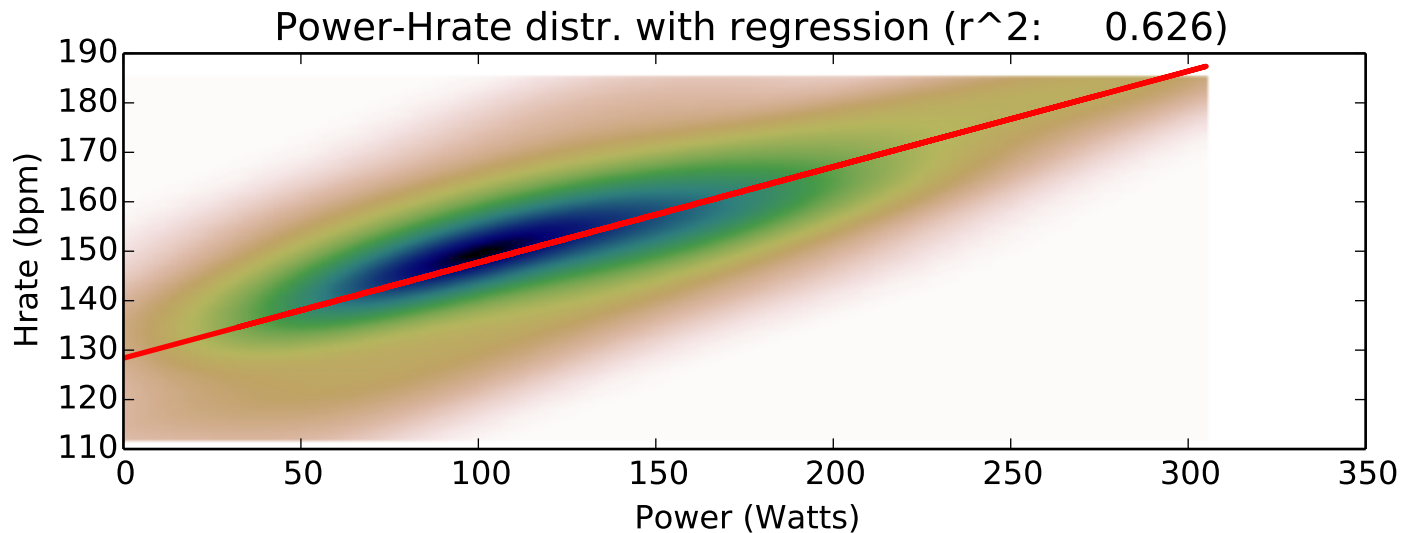
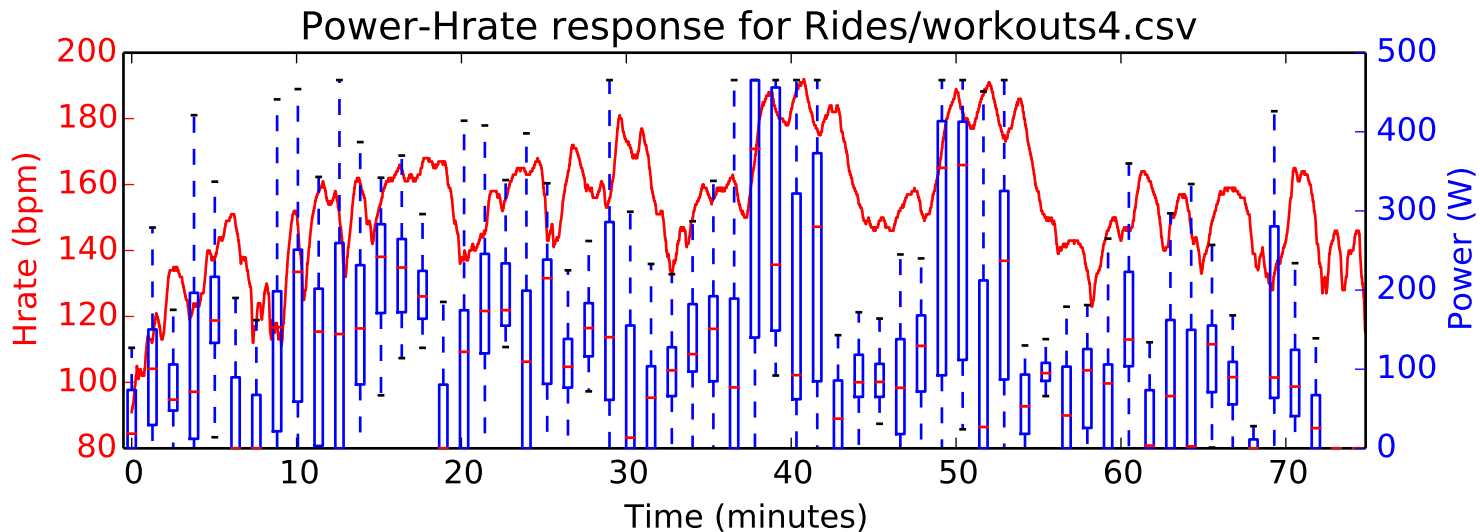
Parameter 3: 1.5446

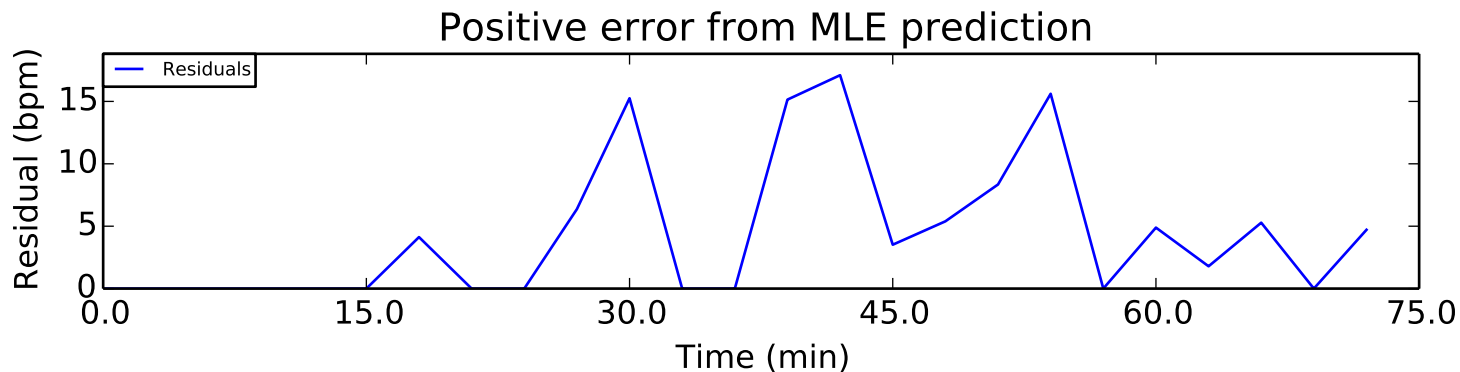
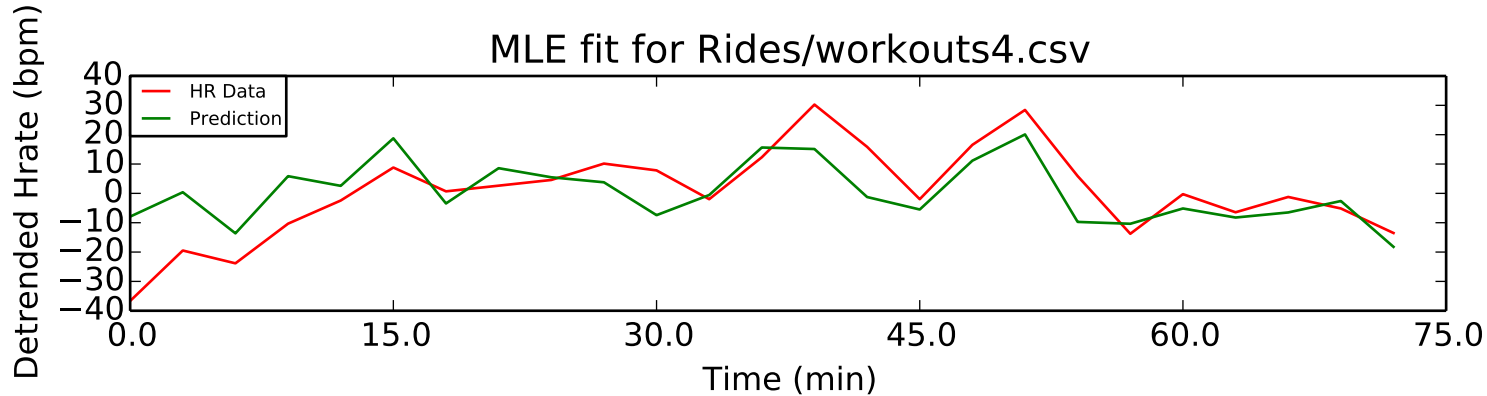
Parameter 4: 1.0990

MLE error sum: 120.21

MLE error density: 3.4346

Summary Parameter: 1.1953





Overview of fitness parameters

Parameter 1: 1.0810

Parameter 2: 1.0449

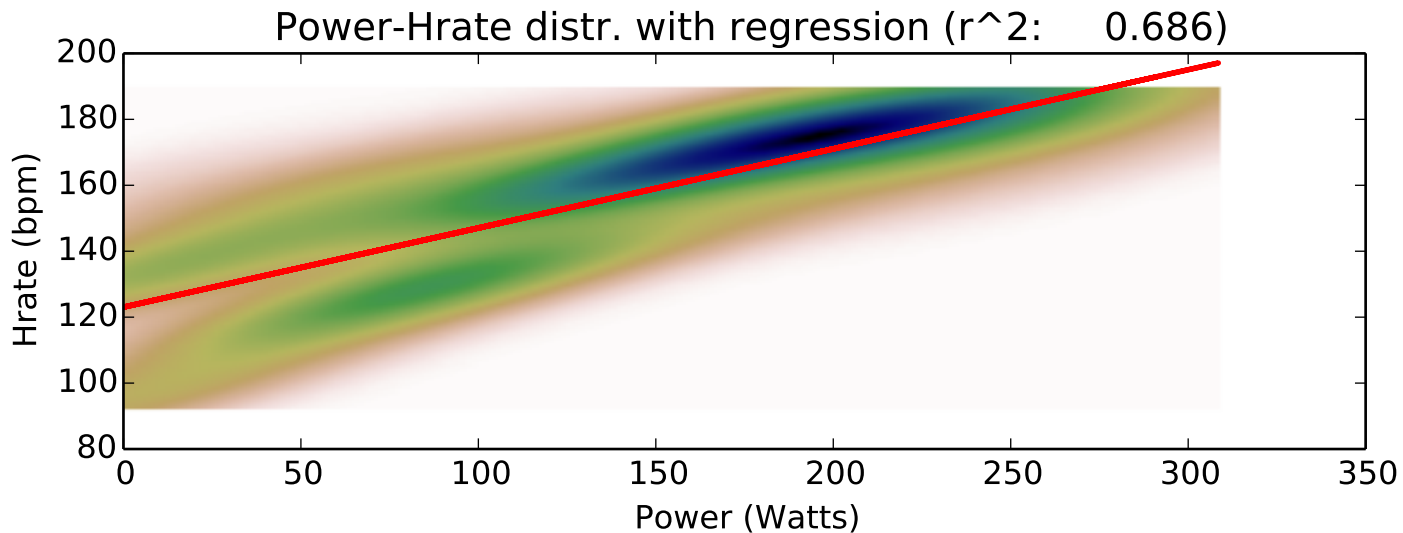
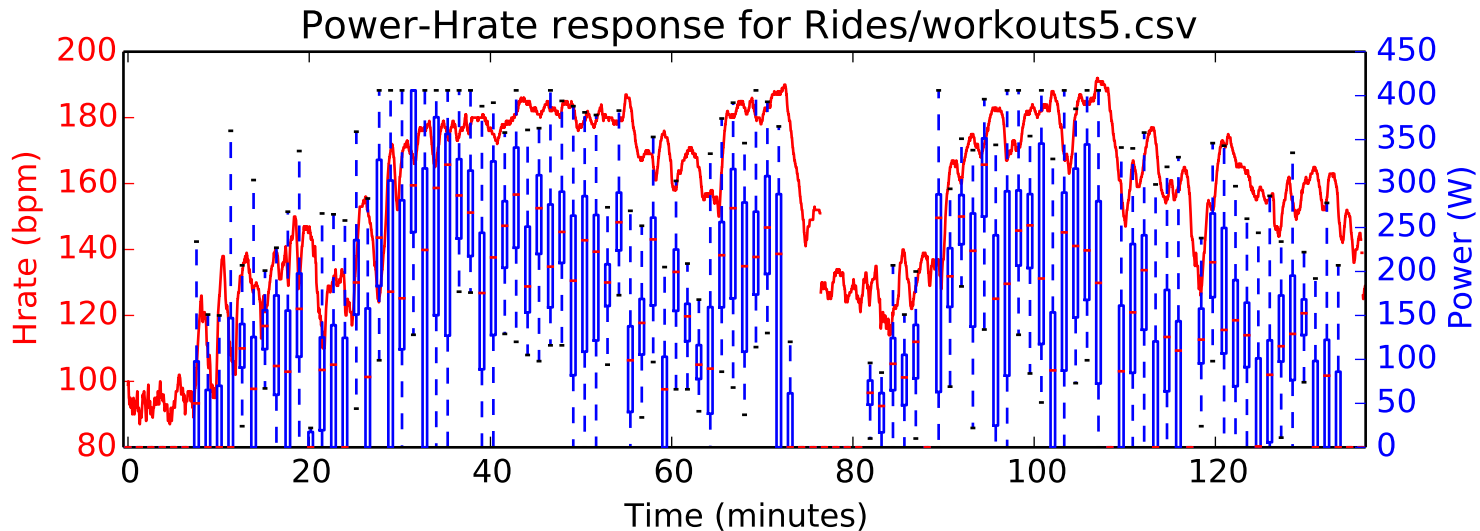
Parameter 3: 1.4620

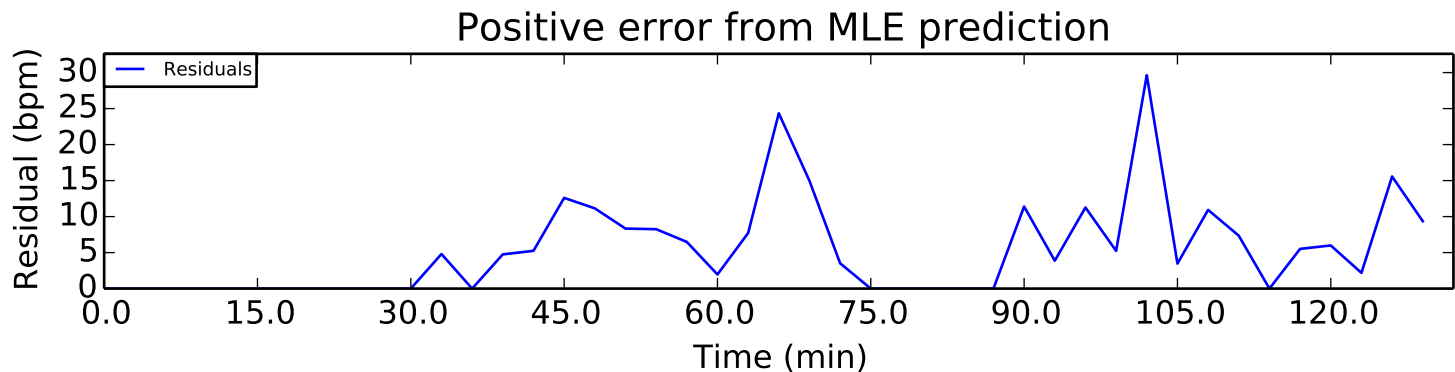
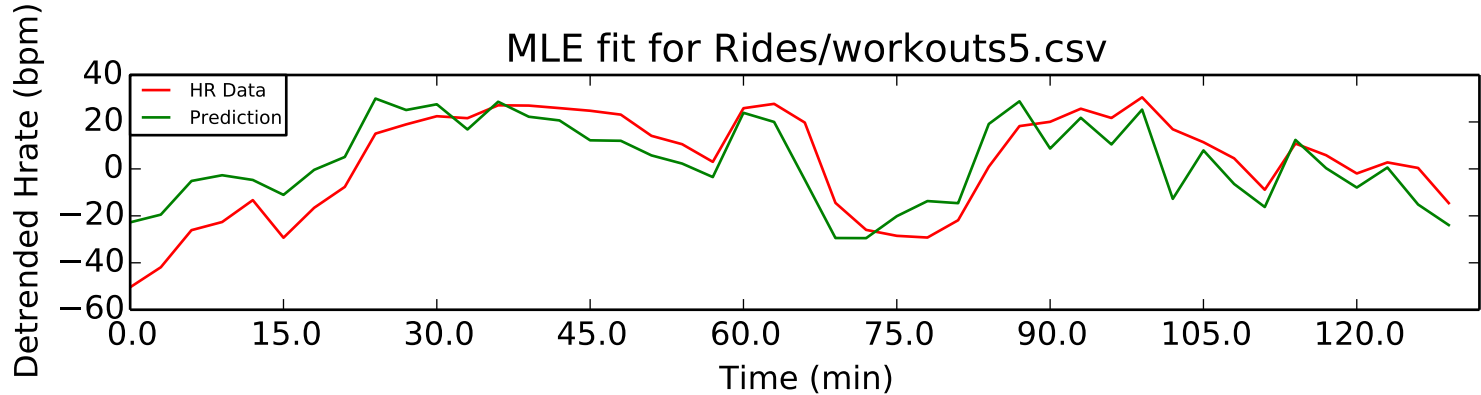
Parameter 4: 0.8680

MLE error sum: 107.52

MLE error density: 4.3011

Summary Parameter: 1.1140





Overview of fitness parameters

Parameter 1: 1.1509

Parameter 2: 1.0382

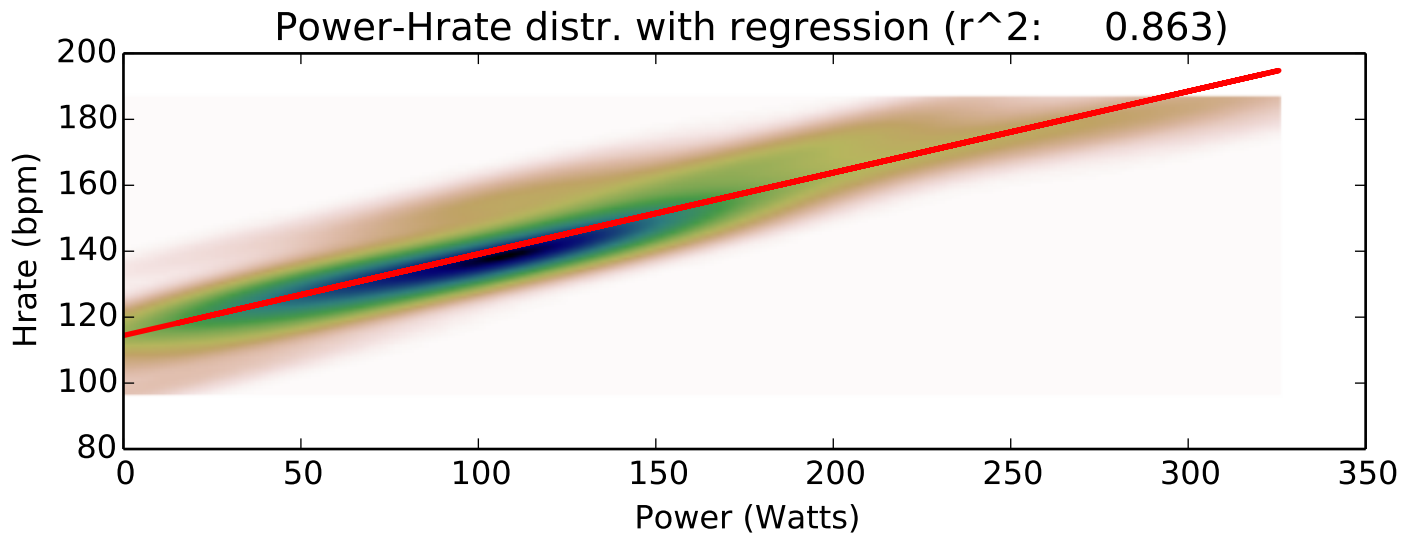
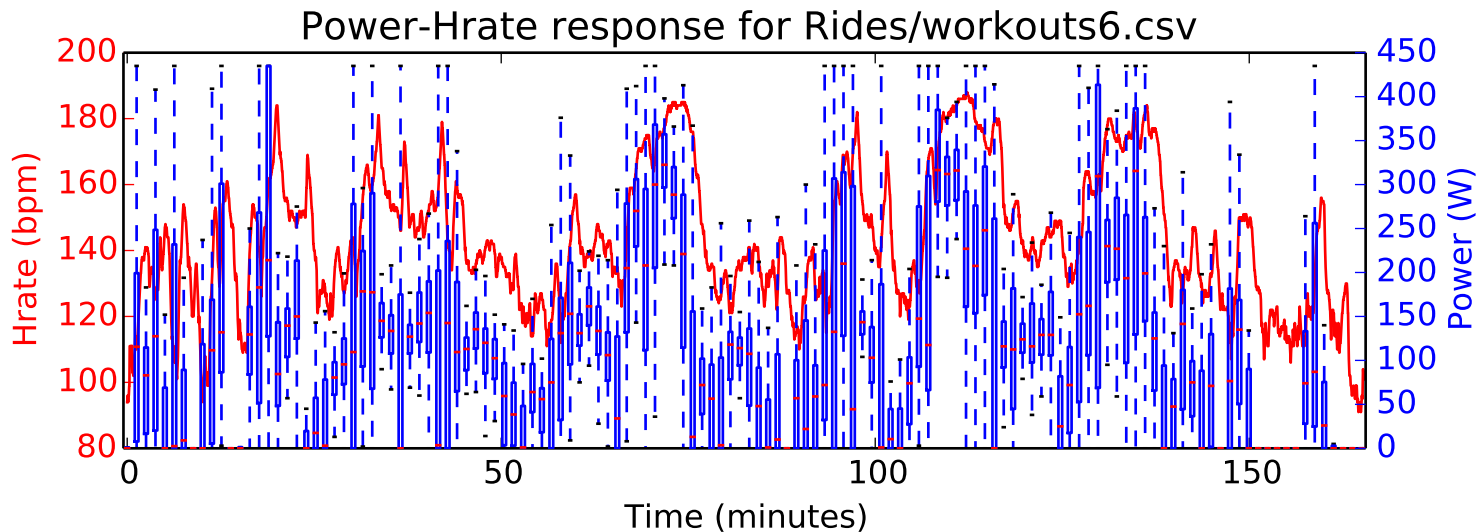
Parameter 3: 1.2006

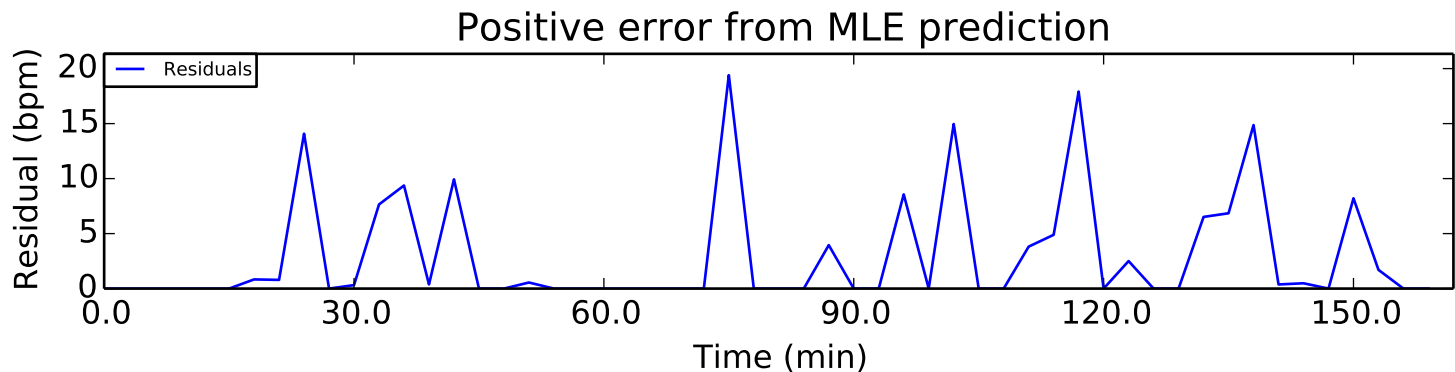
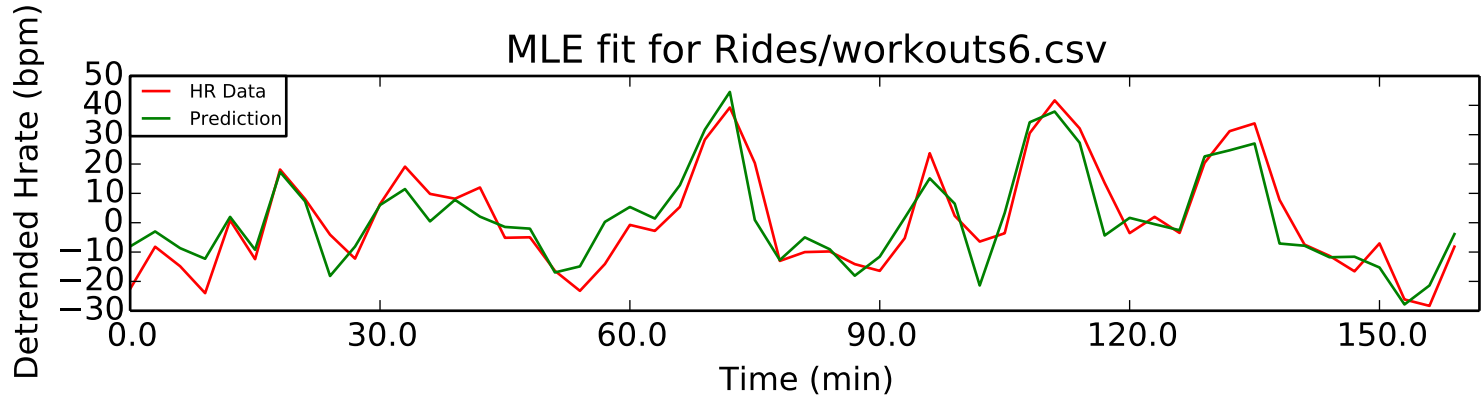
Parameter 4: 0.7820

MLE error sum: 235.88

MLE error density: 5.3609

Summary Parameter: 1.0429





Overview of fitness parameters

Parameter 1: 1.0771

Parameter 2: 1.0894

Parameter 3: 1.1458

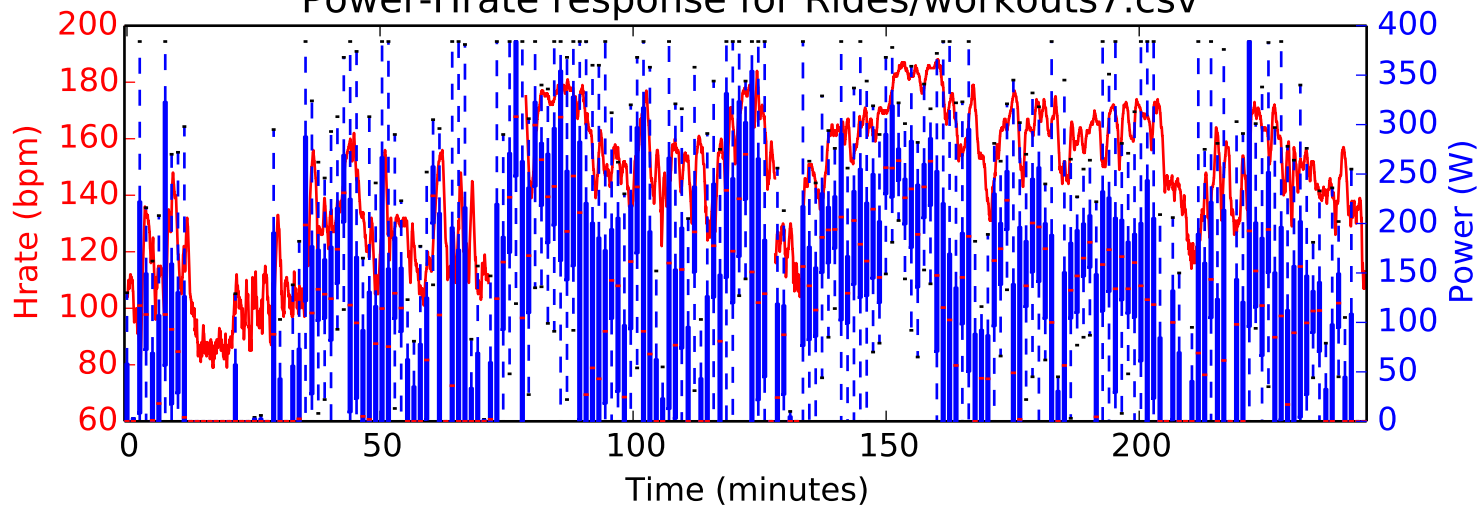
Parameter 4: 1.2125

MLE error sum: 158.92

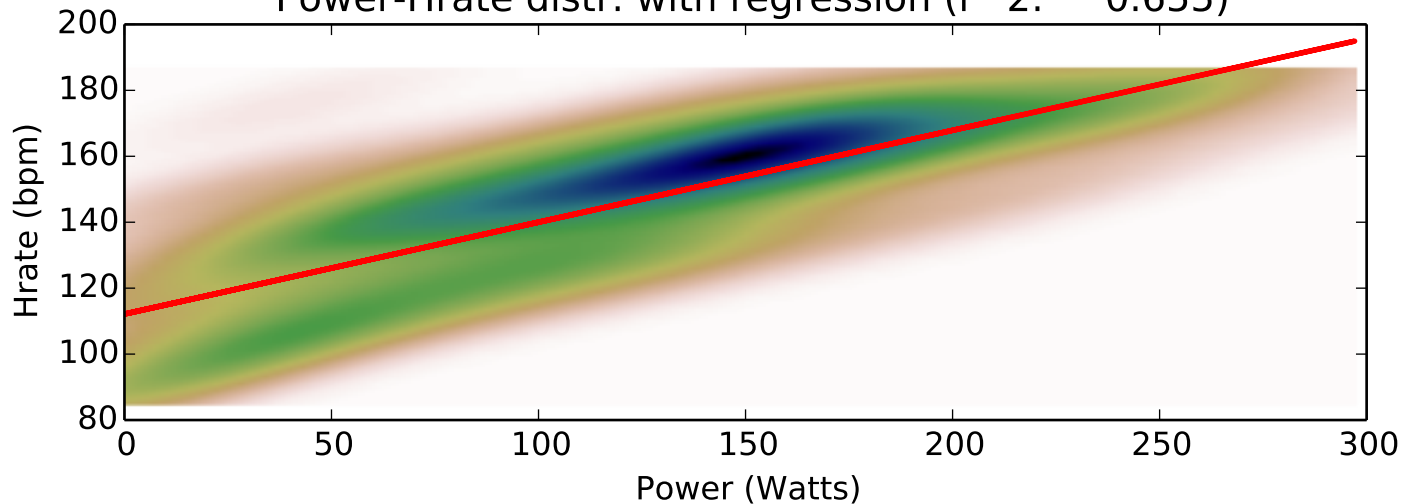
MLE error density: 2.9429

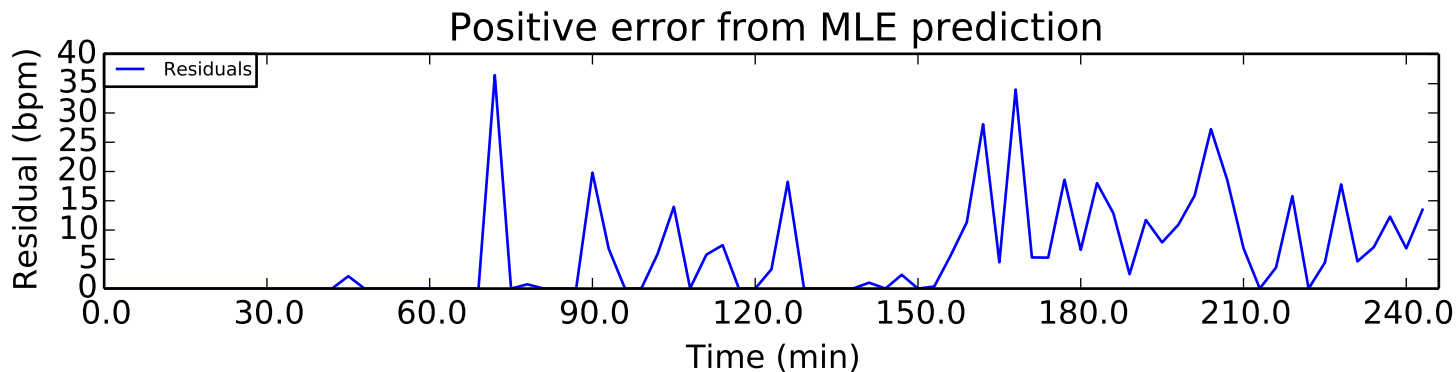
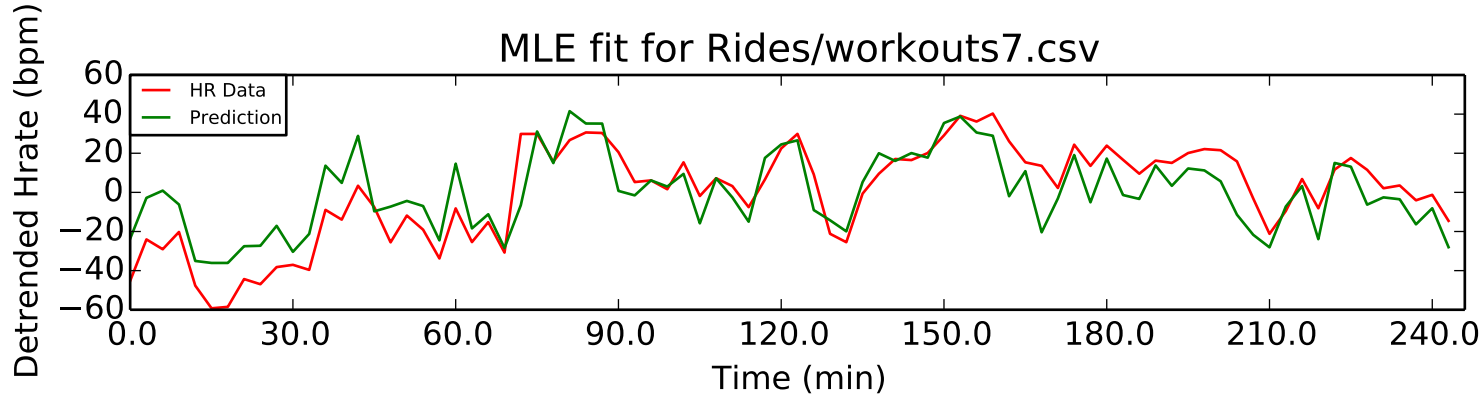
Summary Parameter: 1.1312

Power-Hrate response for Rides/workouts7.csv



Power-Hrate distr. with regression (r^2 : 0.655)





Overview of fitness parameters

Parameter 1: 1.1189

Parameter 2: 1.0725

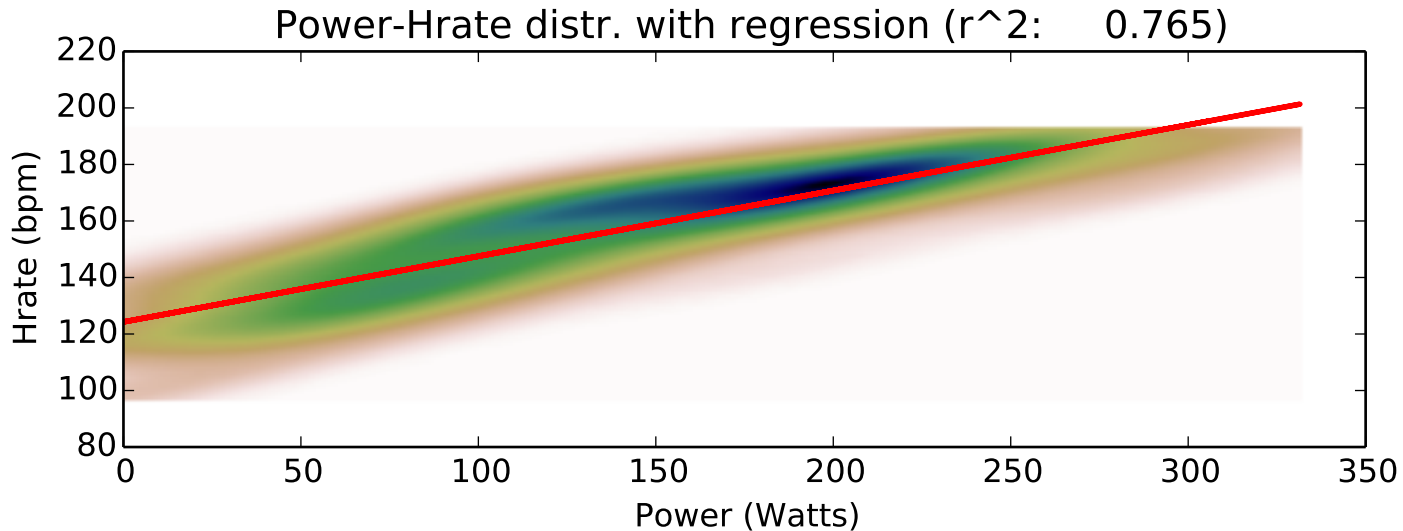
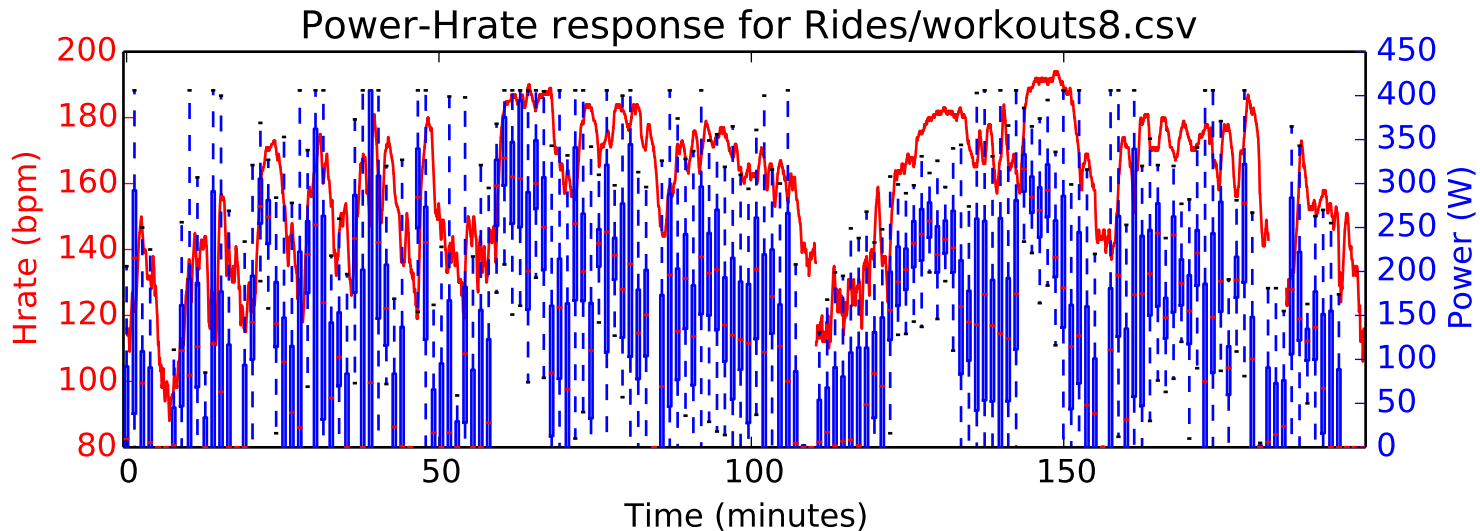
Parameter 3: 0.9026

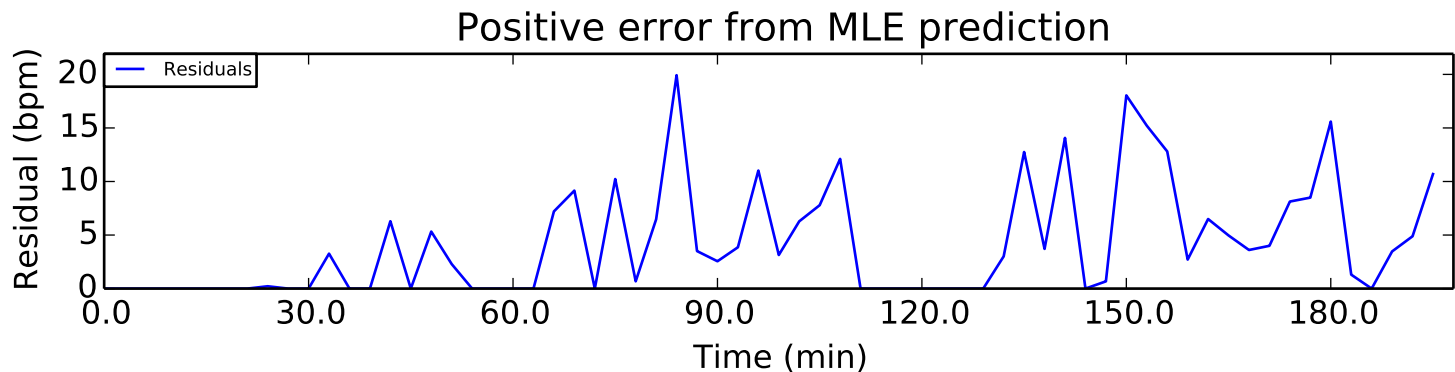
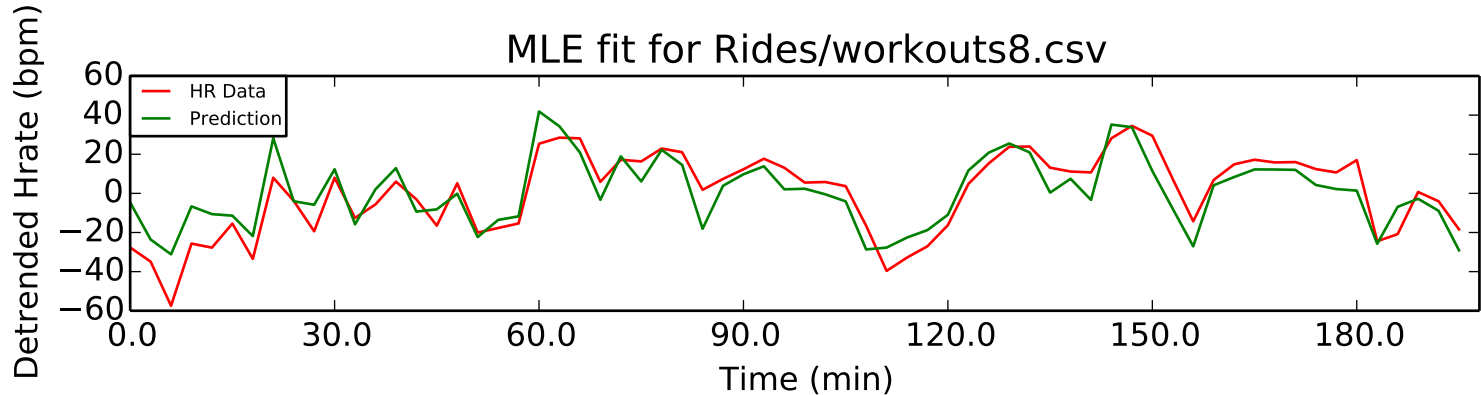
Parameter 4: 0.6757

MLE error sum: 462.10

MLE error density: 5.6354

Summary Parameter: 0.9424





Overview of fitness parameters

Parameter 1: 1.1506

Parameter 2: 1.0363

Parameter 3: 1.0964

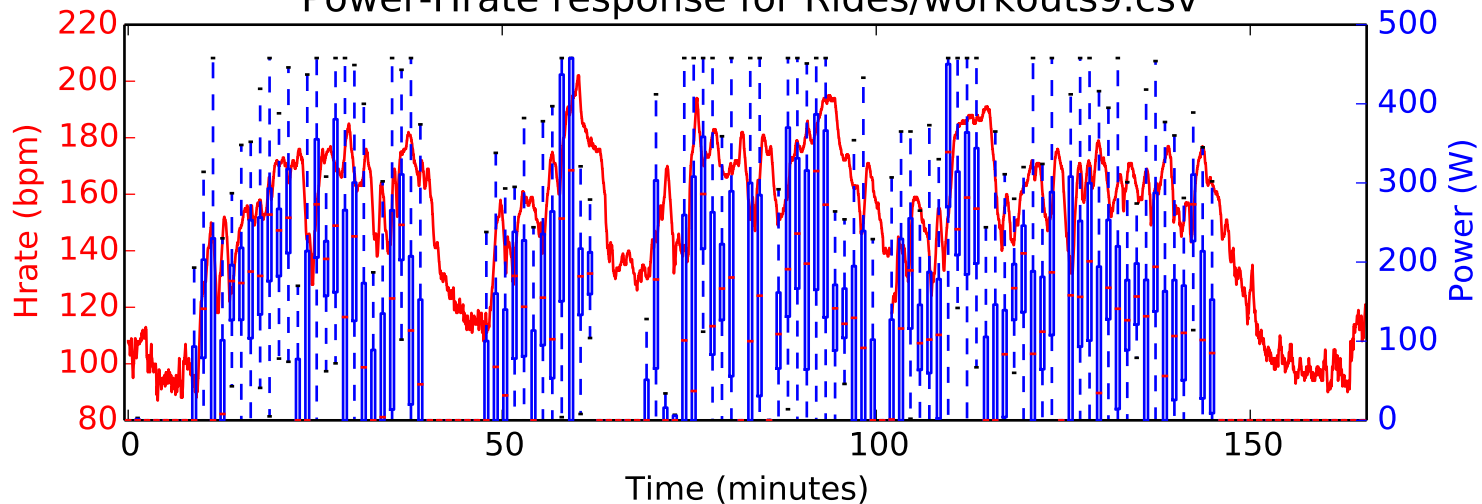
Parameter 4: 0.9990

MLE error sum: 275.90

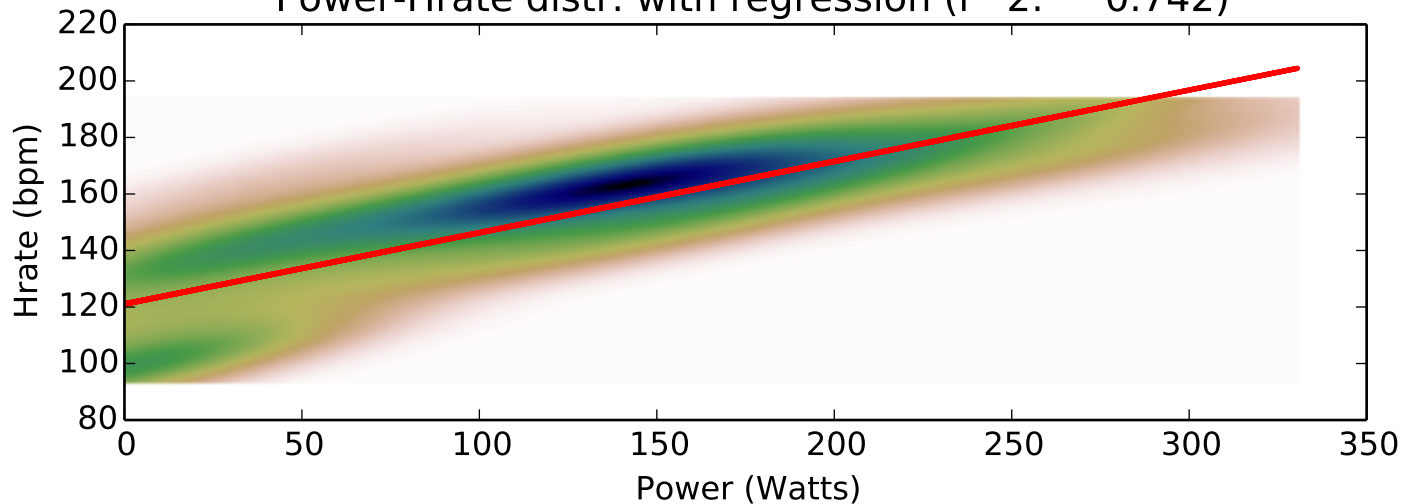
MLE error density: 4.1803

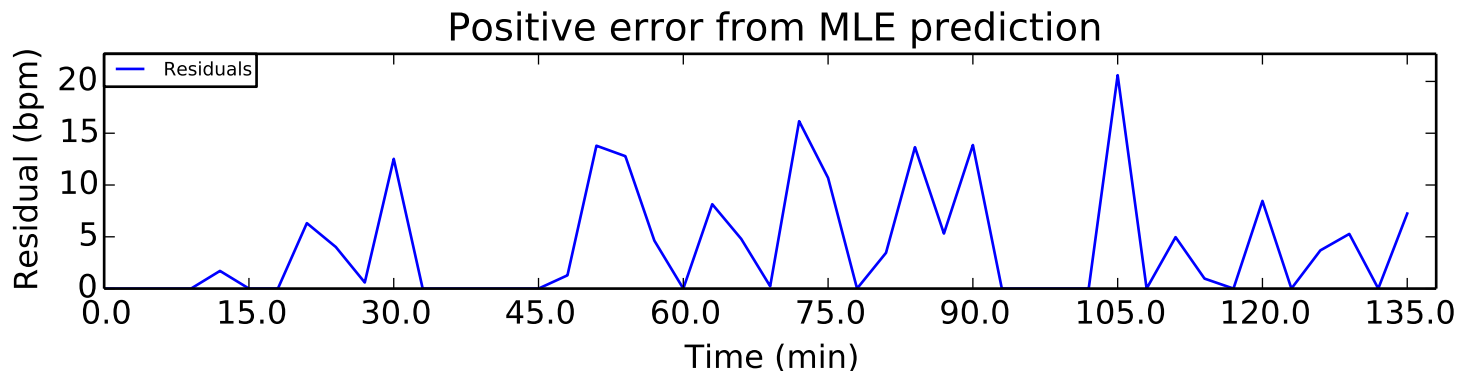
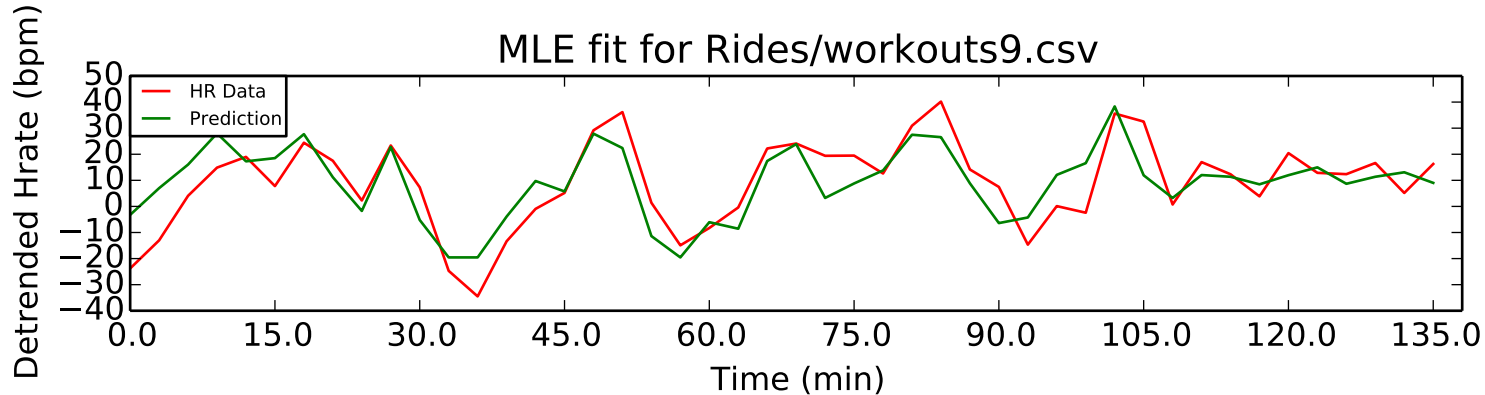
Summary Parameter: 1.0706

Power-Hrate response for Rides/workouts9.csv



Power-Hrate distr. with regression (r^2 : 0.742)





Overview of fitness parameters

Parameter 1: 1.2175

Parameter 2: 1.0325

Parameter 3: 1.3051

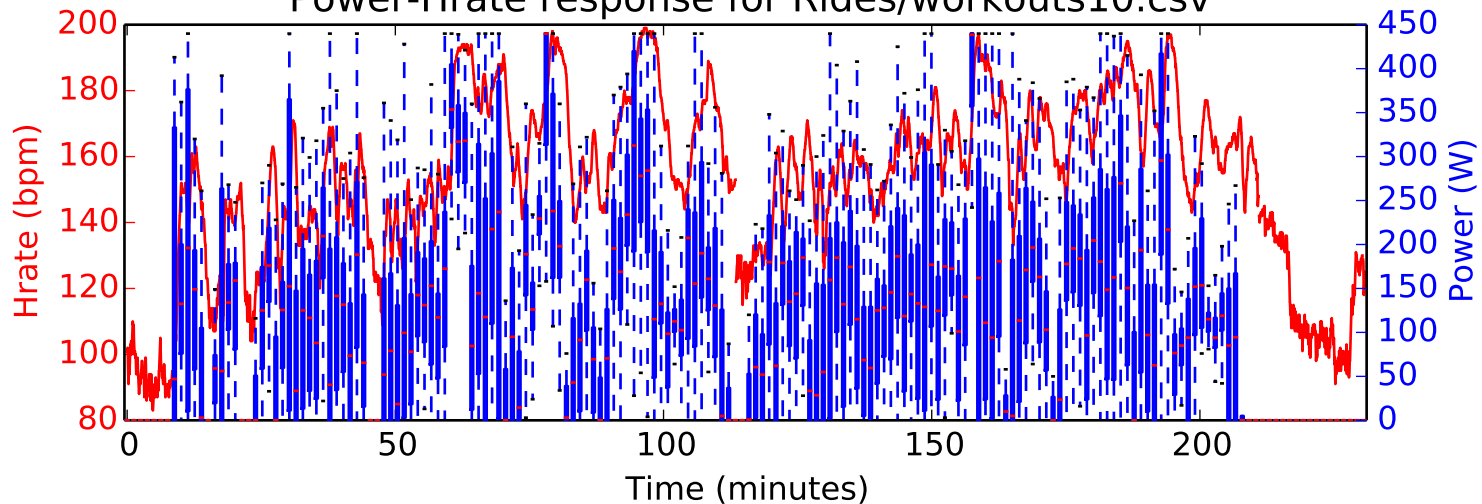
Parameter 4: 1.1028

MLE error sum: 185.16

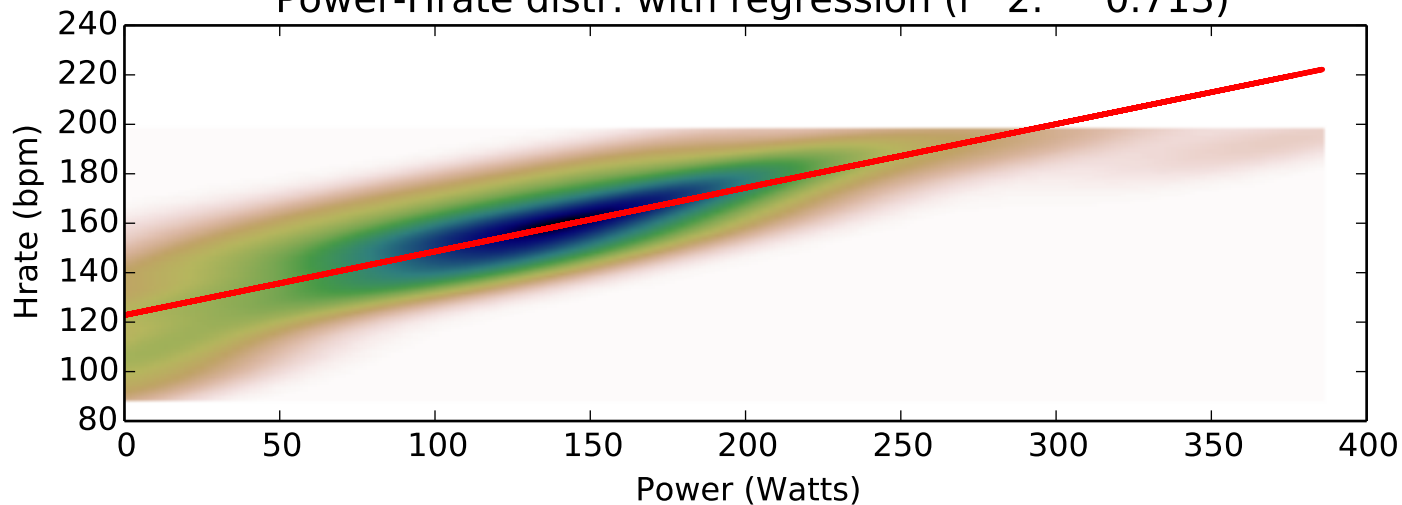
MLE error density: 4.0252

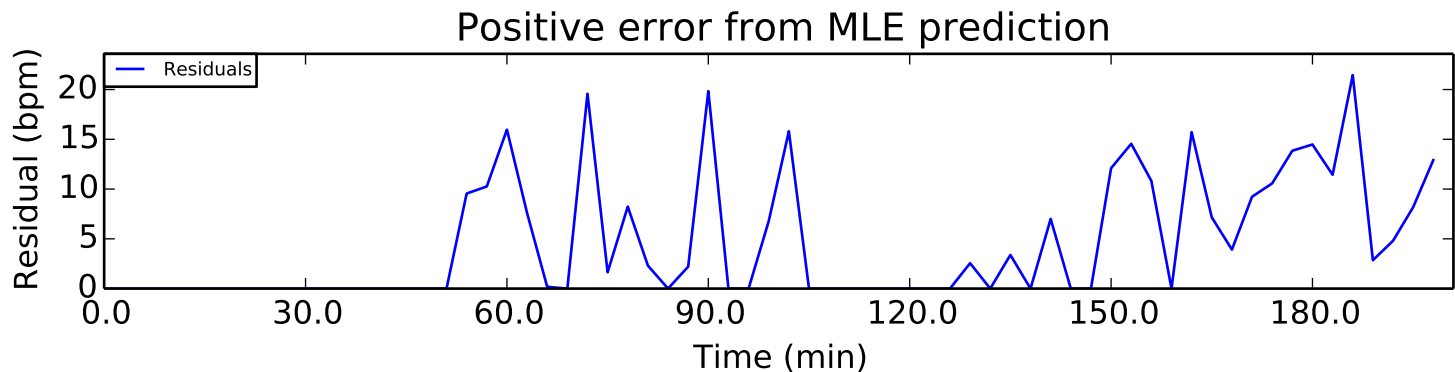
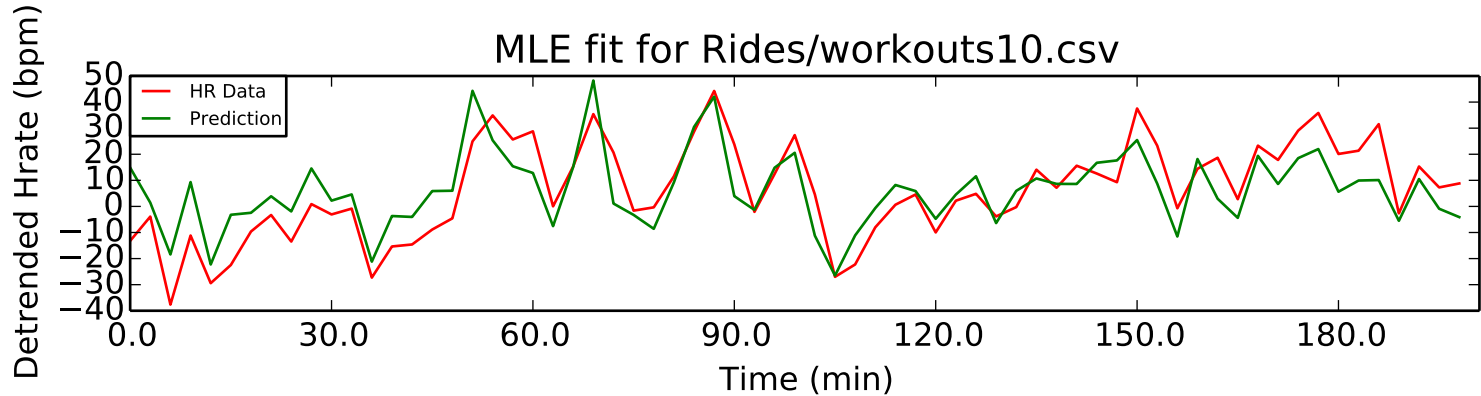
Summary Parameter: 1.1645

Power-Hrate response for Rides/workouts10.csv



Power-Hrate distr. with regression (r^2 : 0.713)





Overview of fitness parameters

Parameter 1: 1.0589

Parameter 2: 1.0223

Parameter 3: 1.1295

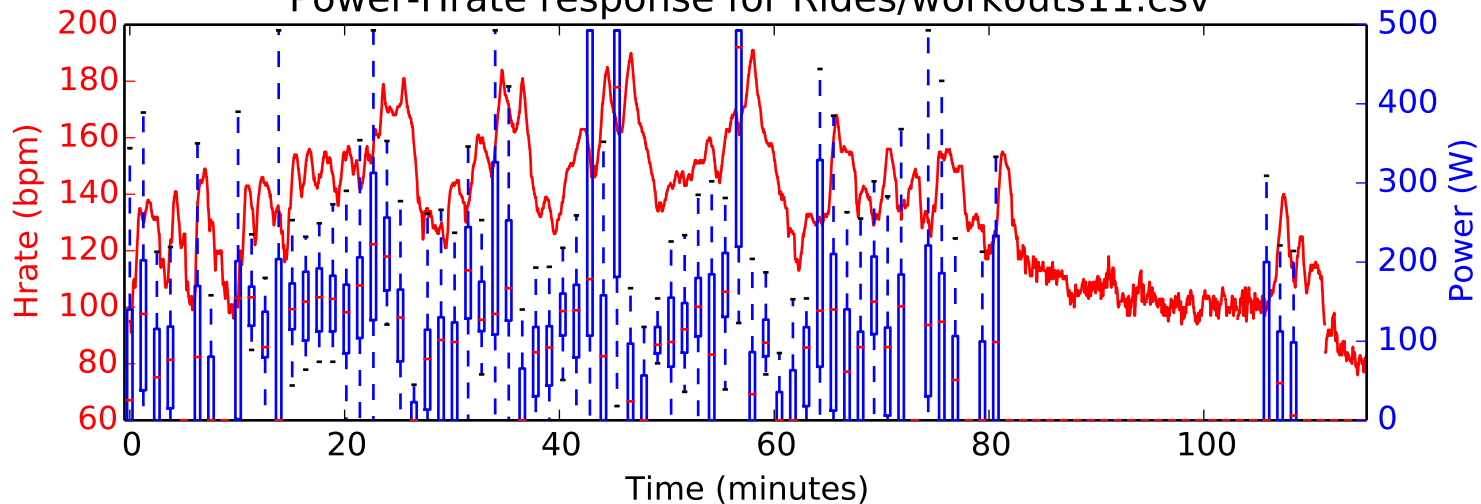
Parameter 4: 0.8359

MLE error sum: 306.86

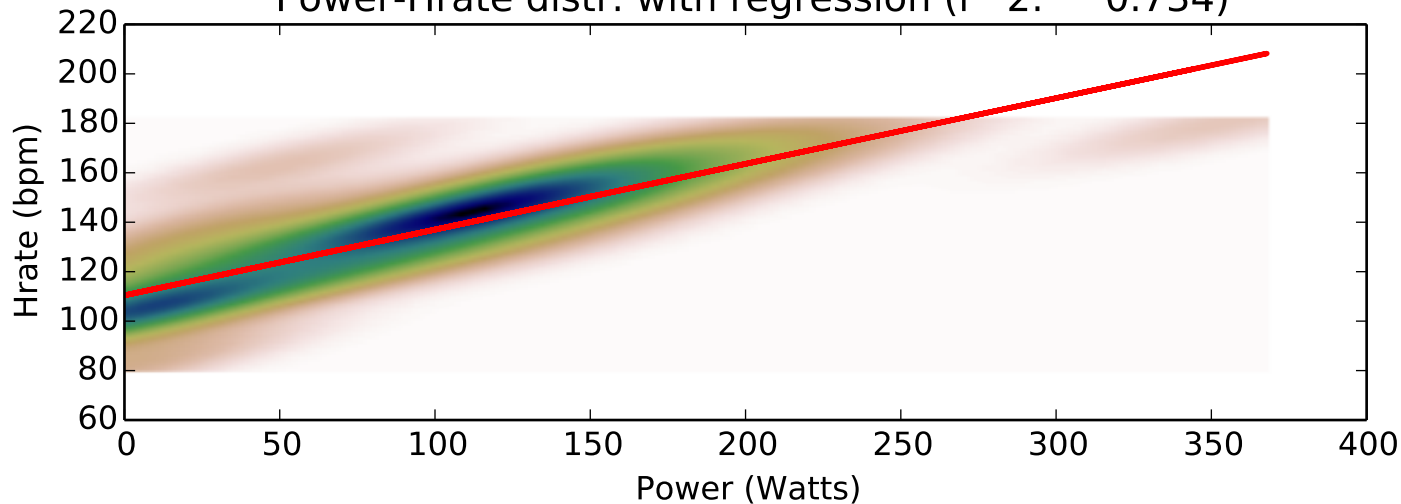
MLE error density: 4.5801

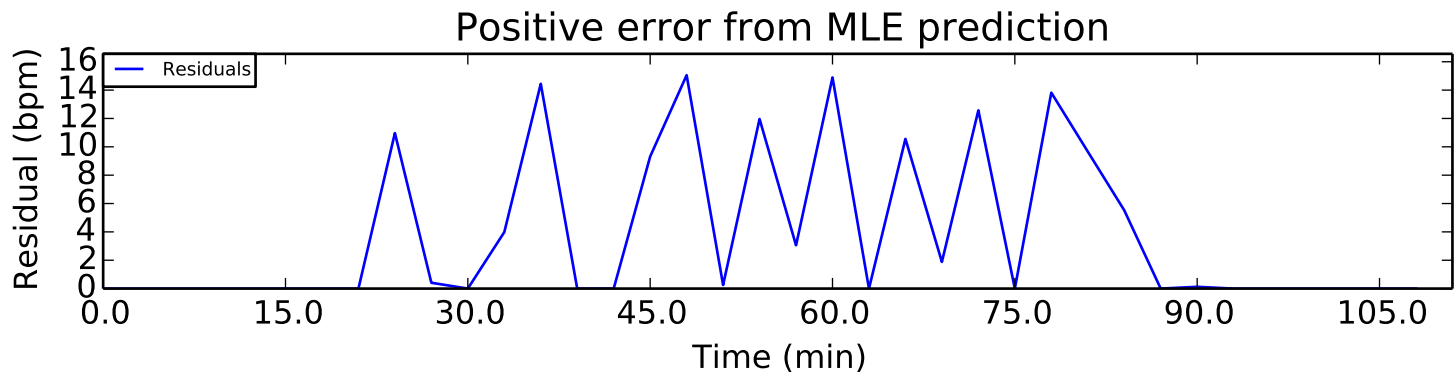
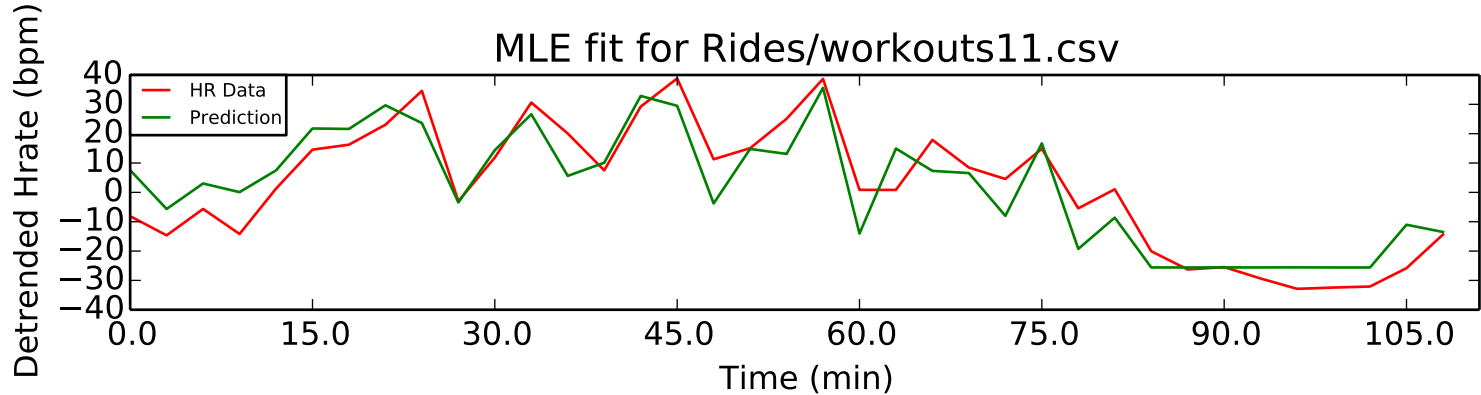
Summary Parameter: 1.0117

Power-Hrate response for Rides/workouts11.csv



Power-Hrate distr. with regression (r^2 : 0.734)





Overview of fitness parameters

Parameter 1: 1.0736

Parameter 2: 1.0841

Parameter 3: 0.8826

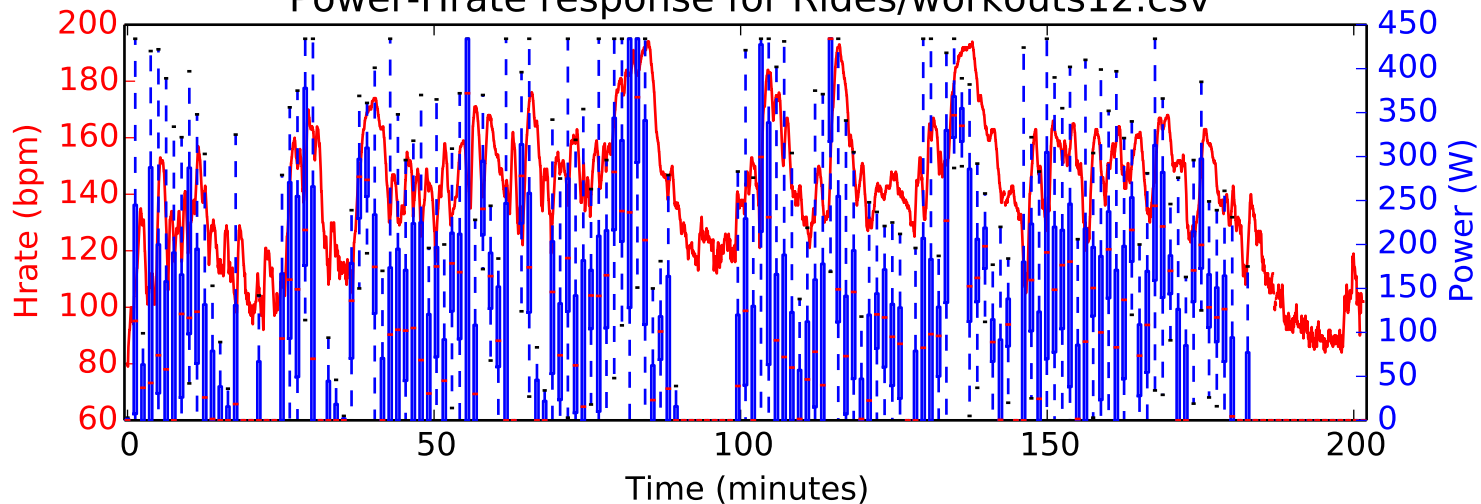
Parameter 4: 0.9356

MLE error sum: 138.49

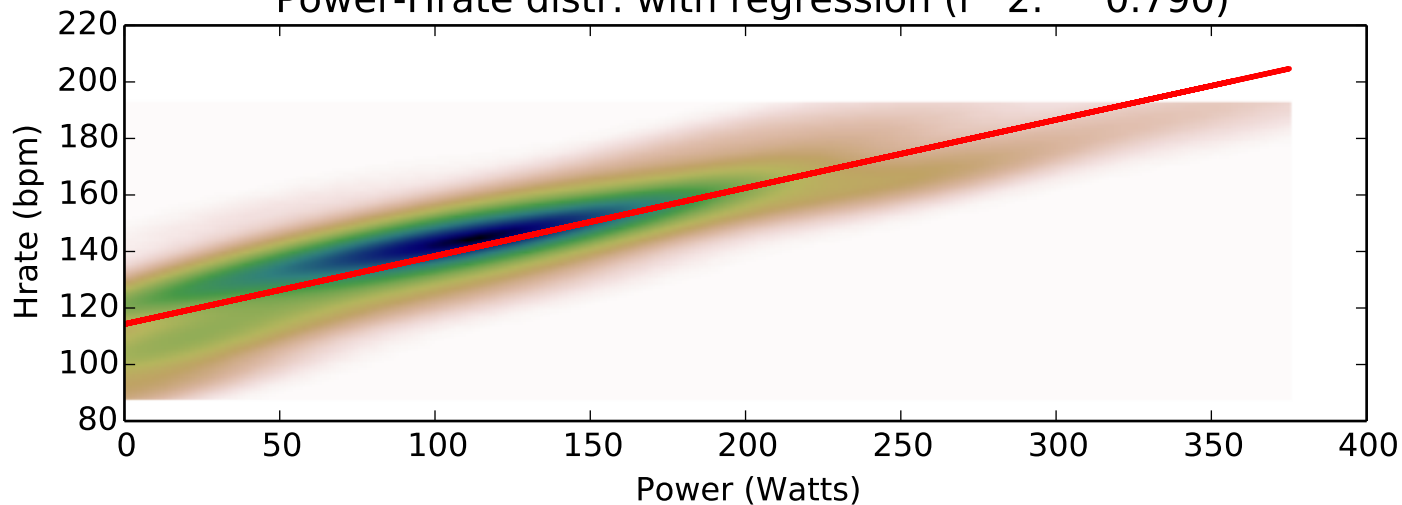
MLE error density: 3.7430

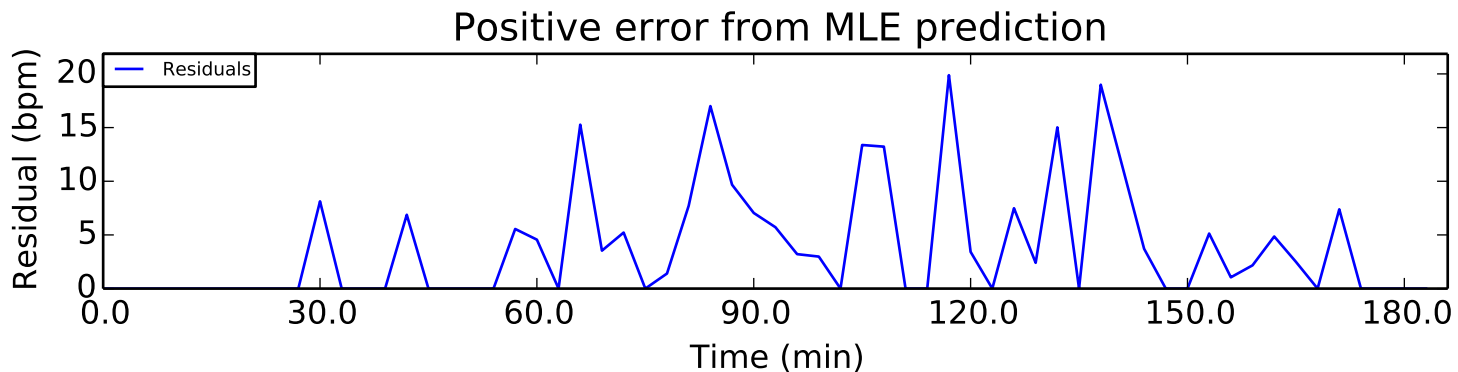
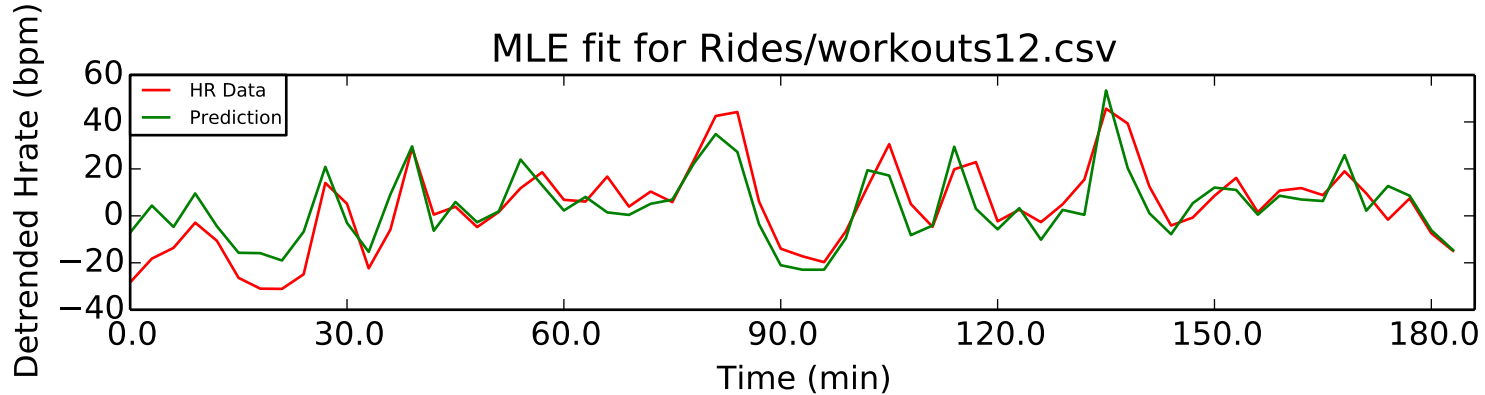
Summary Parameter: 0.9940

Power-Hrate response for Rides/workouts12.csv



Power-Hrate distr. with regression (r^2 : 0.790)





Overview of fitness parameters

Parameter 1: 1.1490

Parameter 2: 1.0933

Parameter 3: 1.1987

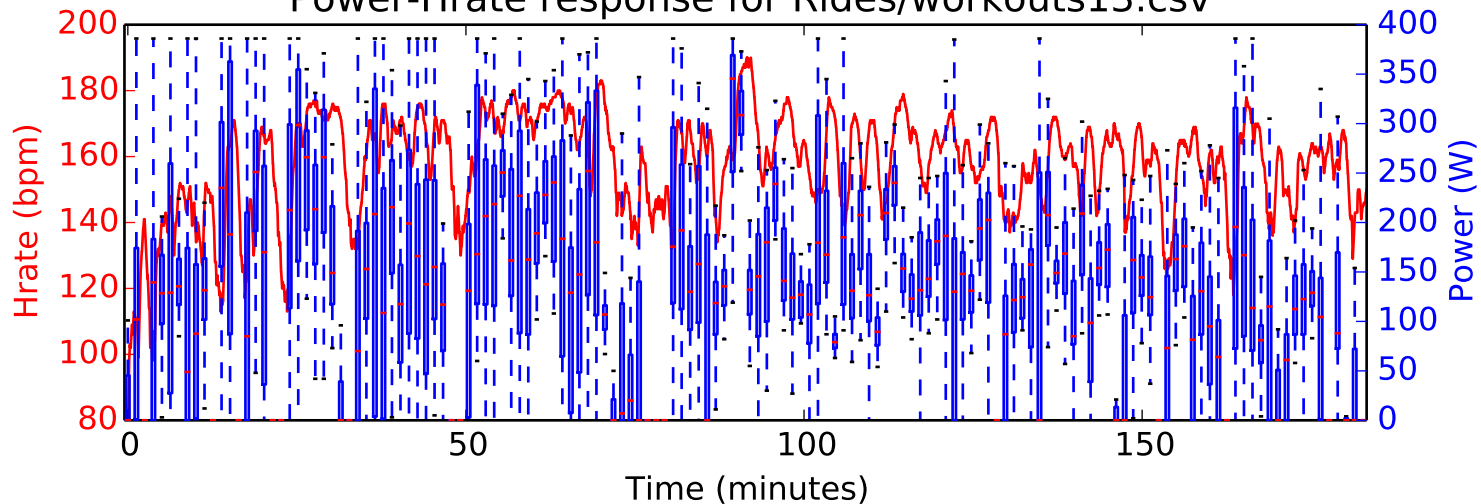
Parameter 4: 1.0141

MLE error sum: 235.86

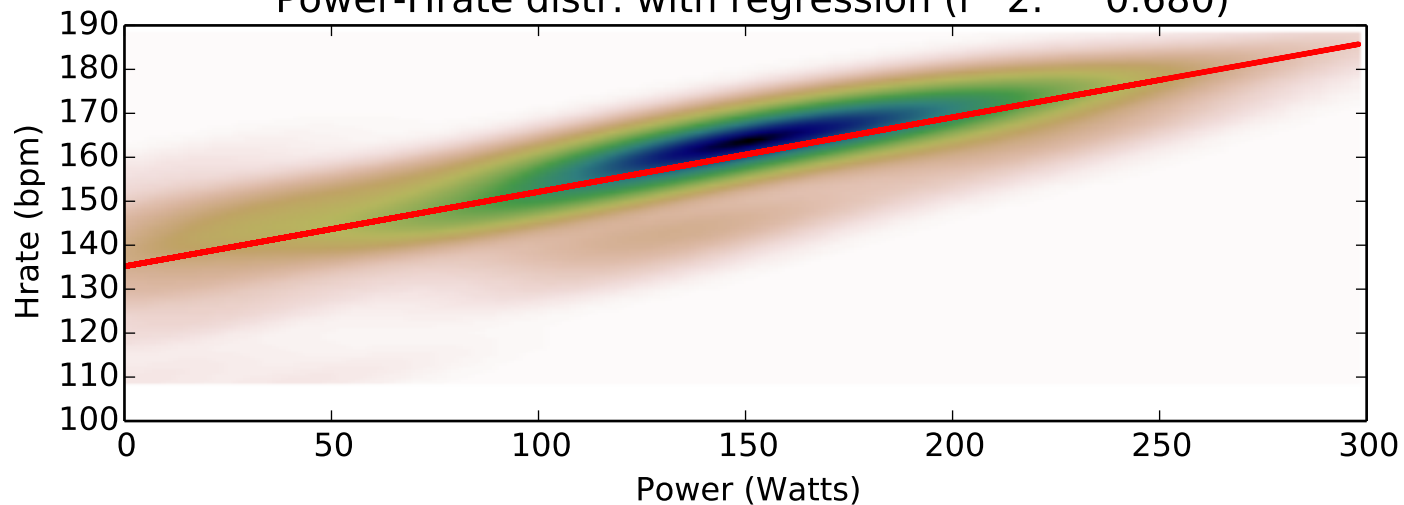
MLE error density: 3.8042

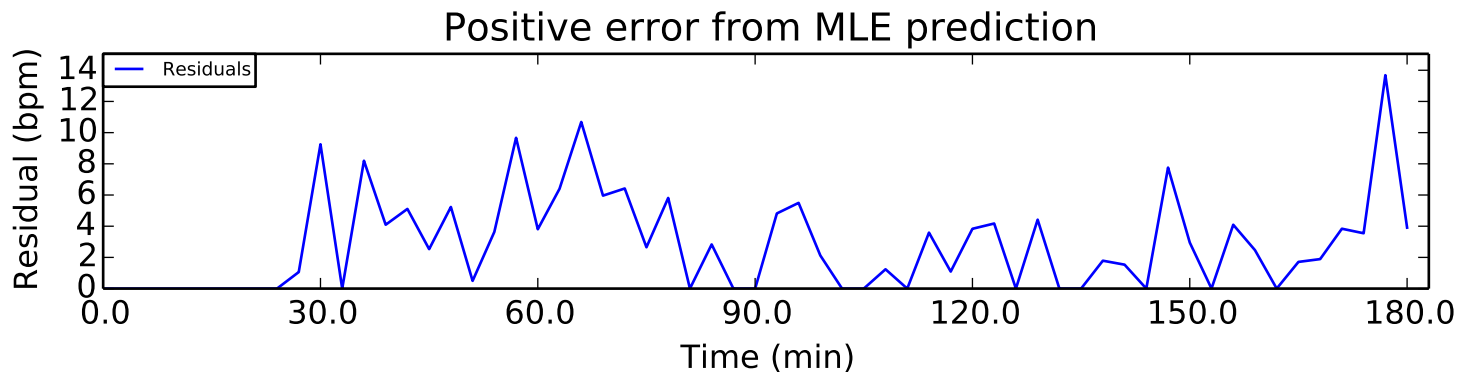
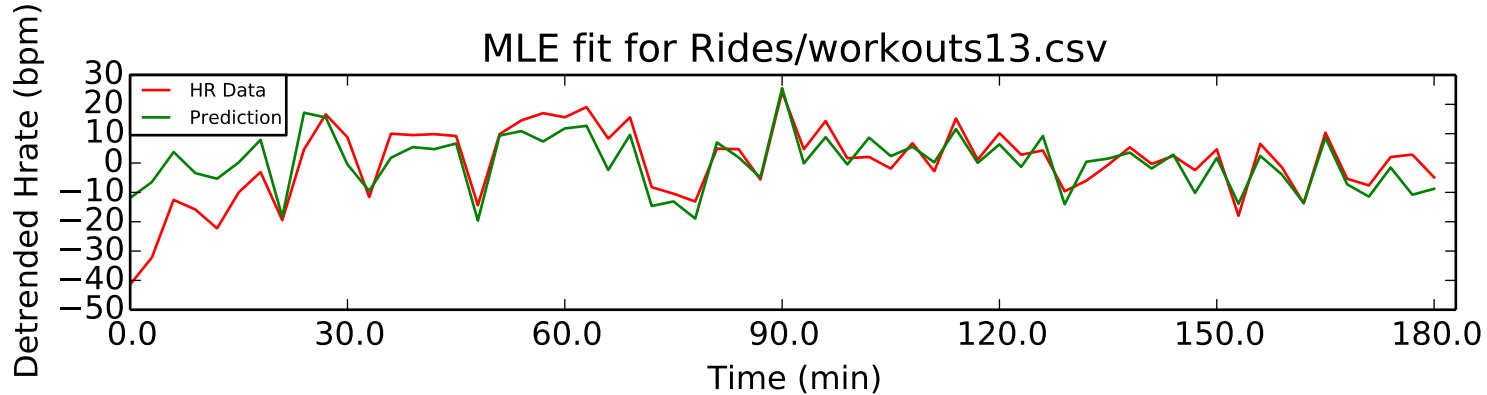
Summary Parameter: 1.1138

Power-Hrate response for Rides/workouts13.csv



Power-Hrate distr. with regression (r^2 : 0.680)





Overview of fitness parameters

Parameter 1: 1.0677

Parameter 2: 1.0299

Parameter 3: 1.5804

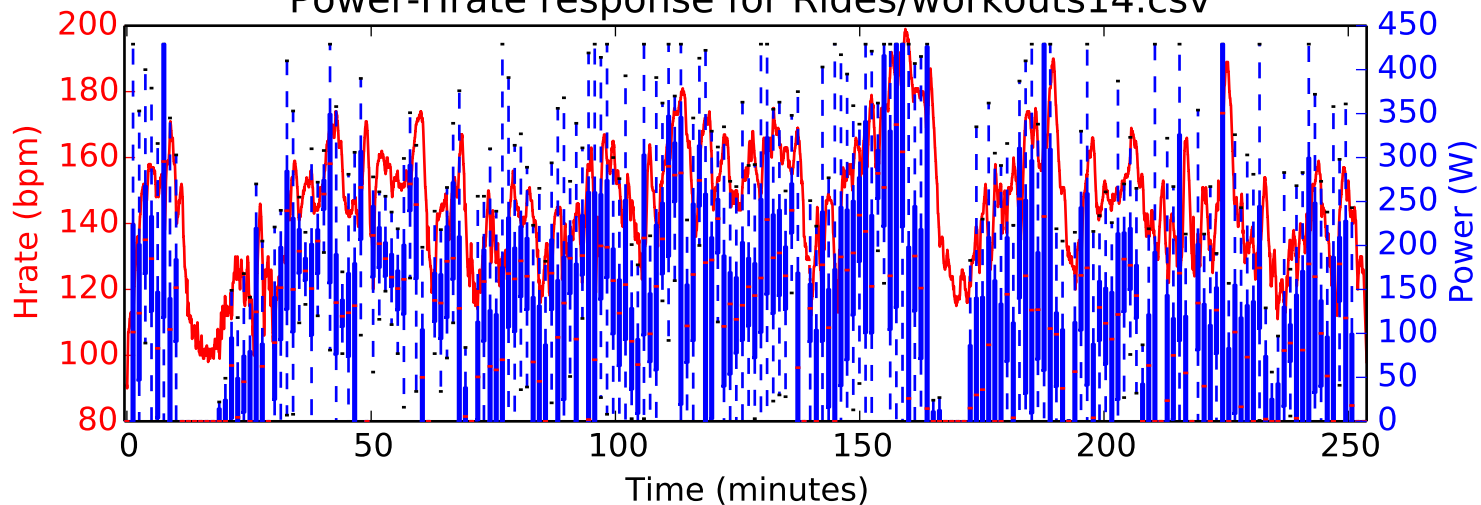
Parameter 4: 1.3435

MLE error sum: 173.79

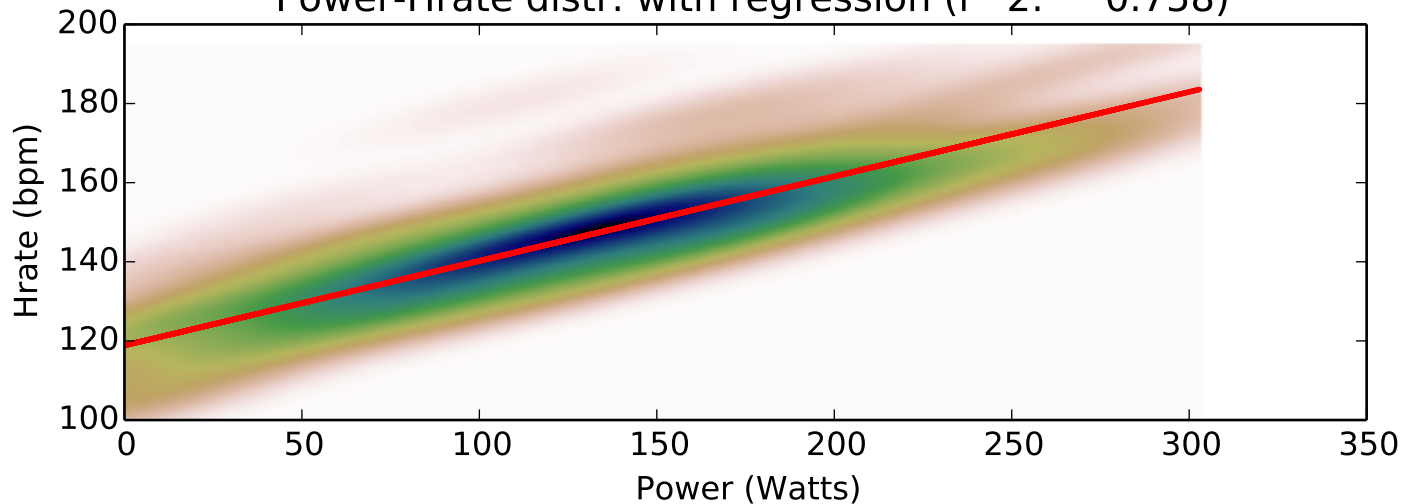
MLE error density: 2.8491

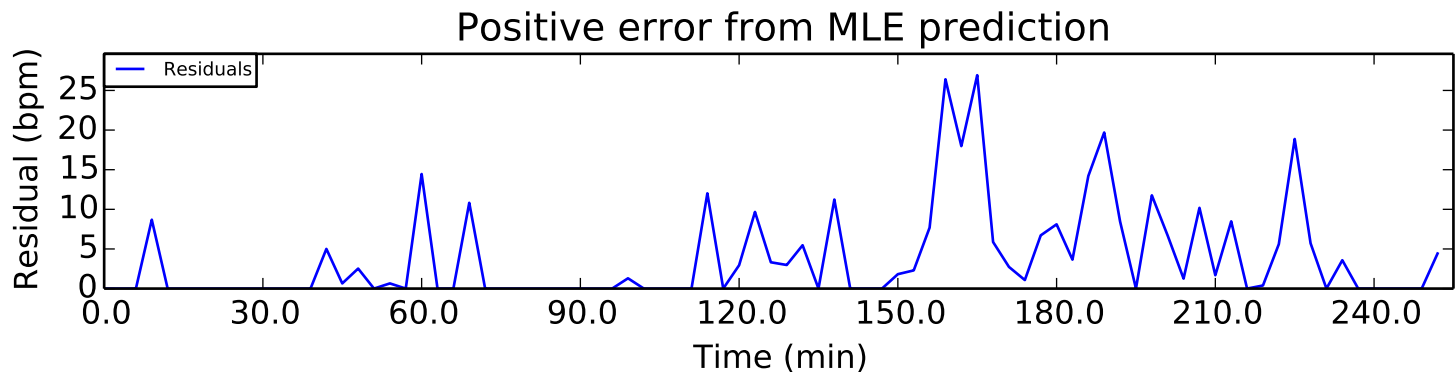
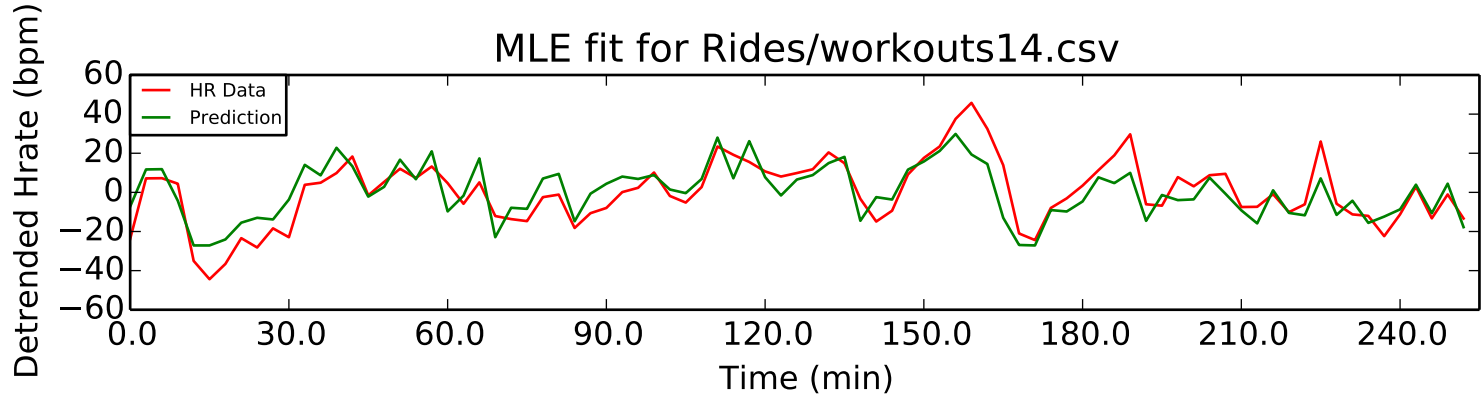
Summary Parameter: 1.2554

Power-Hrate response for Rides/workouts14.csv



Power-Hrate distr. with regression (r^2 : 0.758)





Overview of fitness parameters

Parameter 1: 1.1369

Parameter 2: 1.0962

Parameter 3: 1.2559

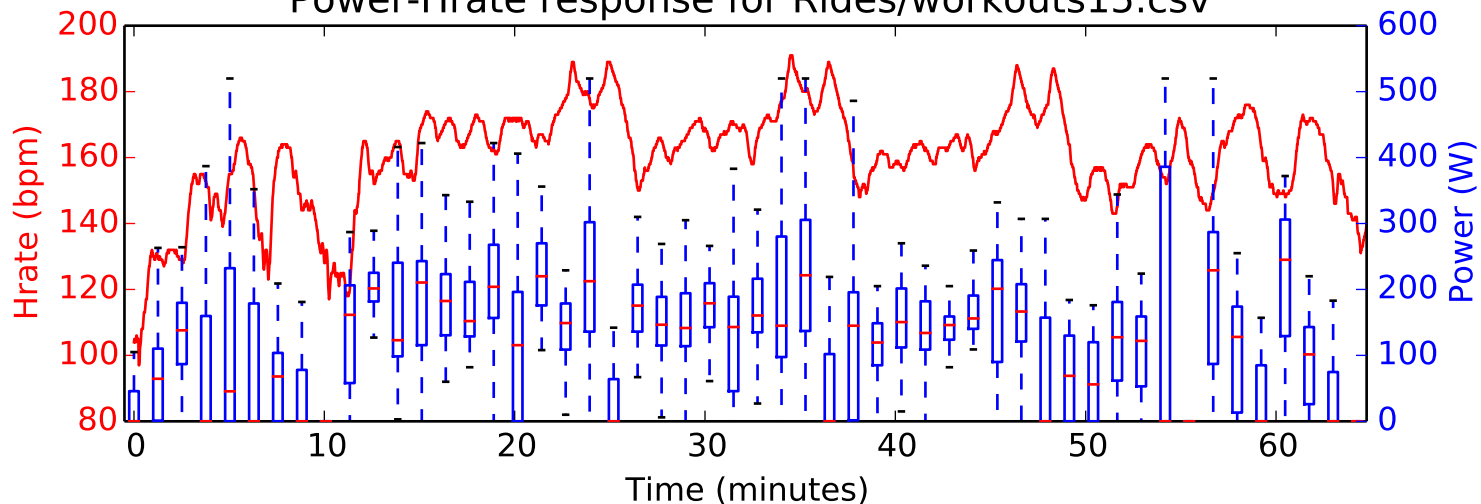
Parameter 4: 0.9976

MLE error sum: 324.05

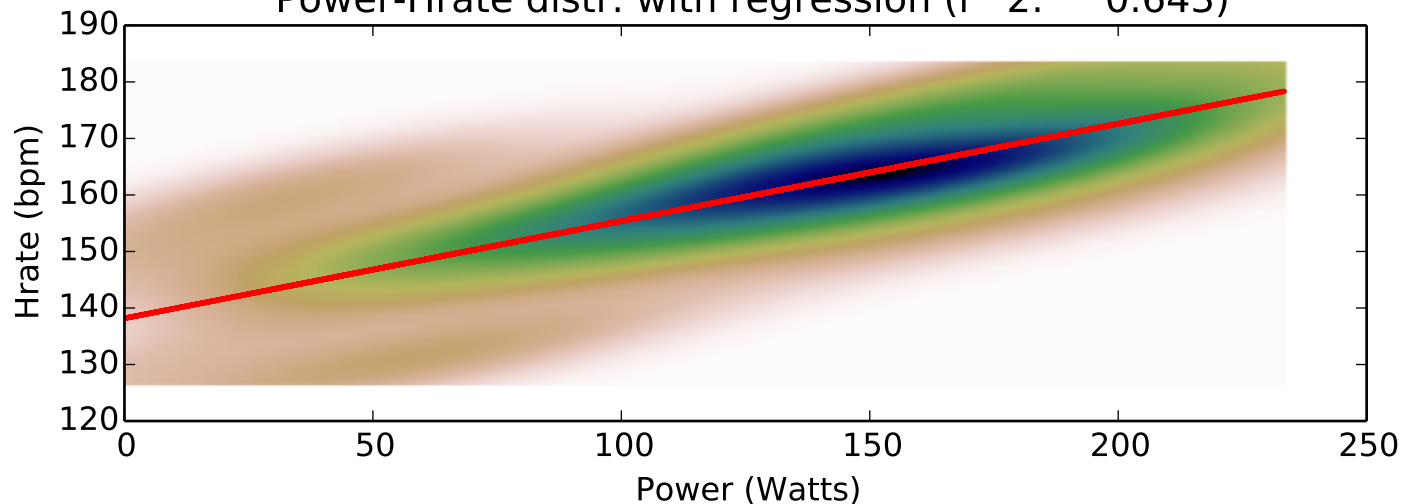
MLE error density: 3.8124

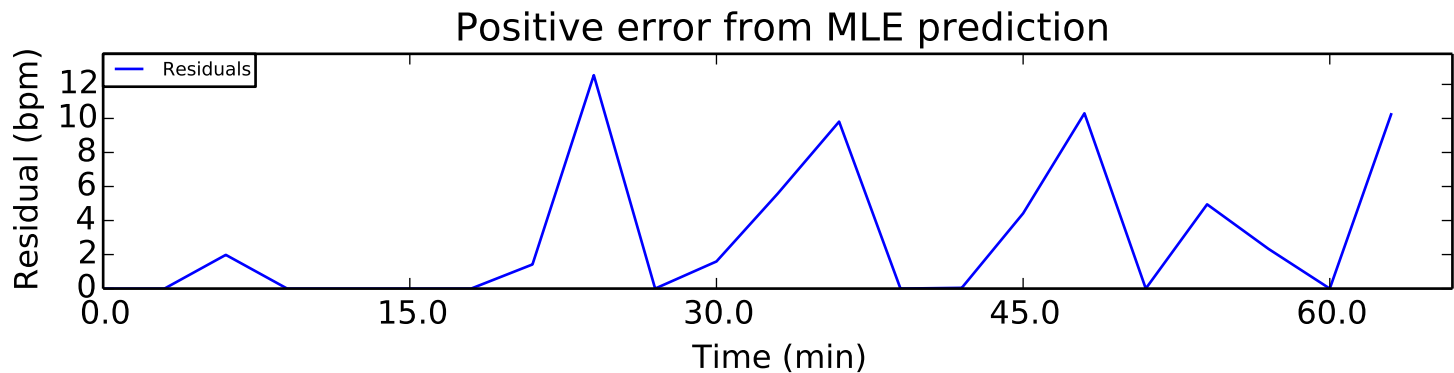
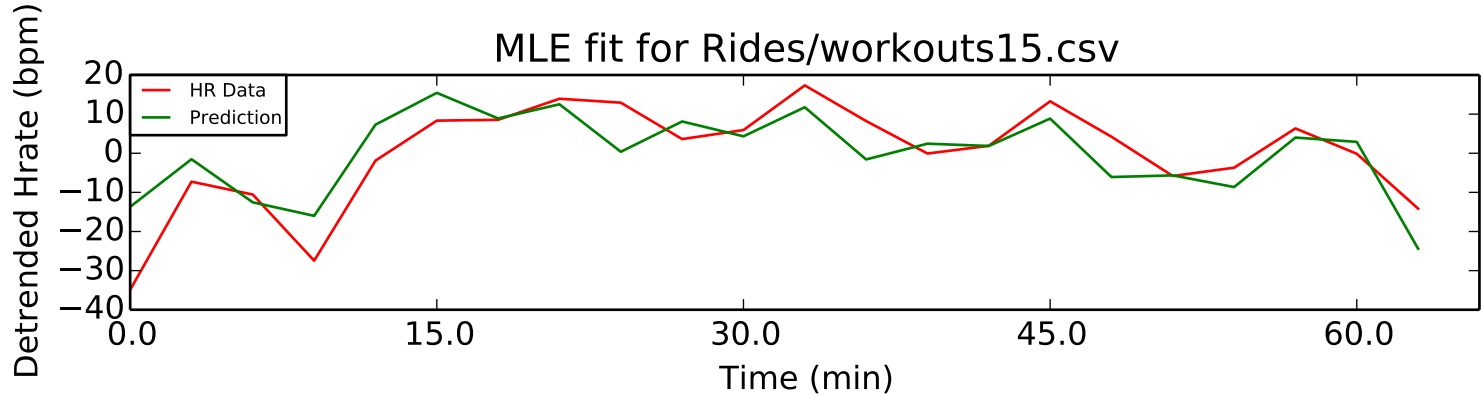
Summary Parameter: 1.1217

Power-Hrate response for Rides/workouts15.csv



Power-Hrate distr. with regression (r^2 : 0.643)





Overview of fitness parameters

Parameter 1: 1.0847

Parameter 2: 1.0093

Parameter 3: 1.1518

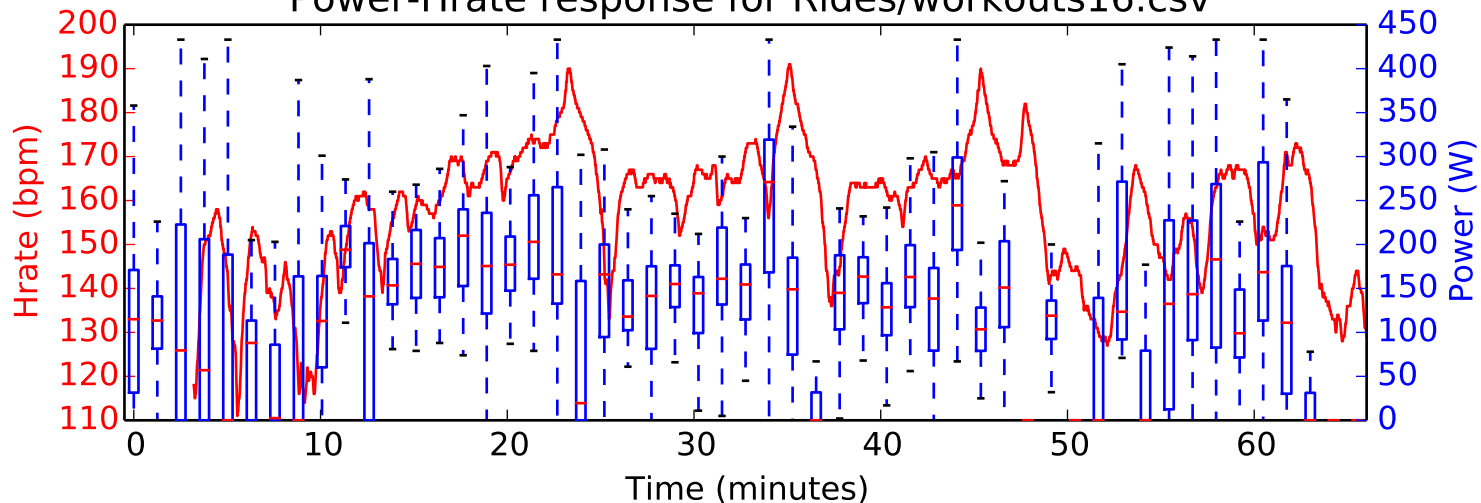
Parameter 4: 1.3307

MLE error sum: 65.233

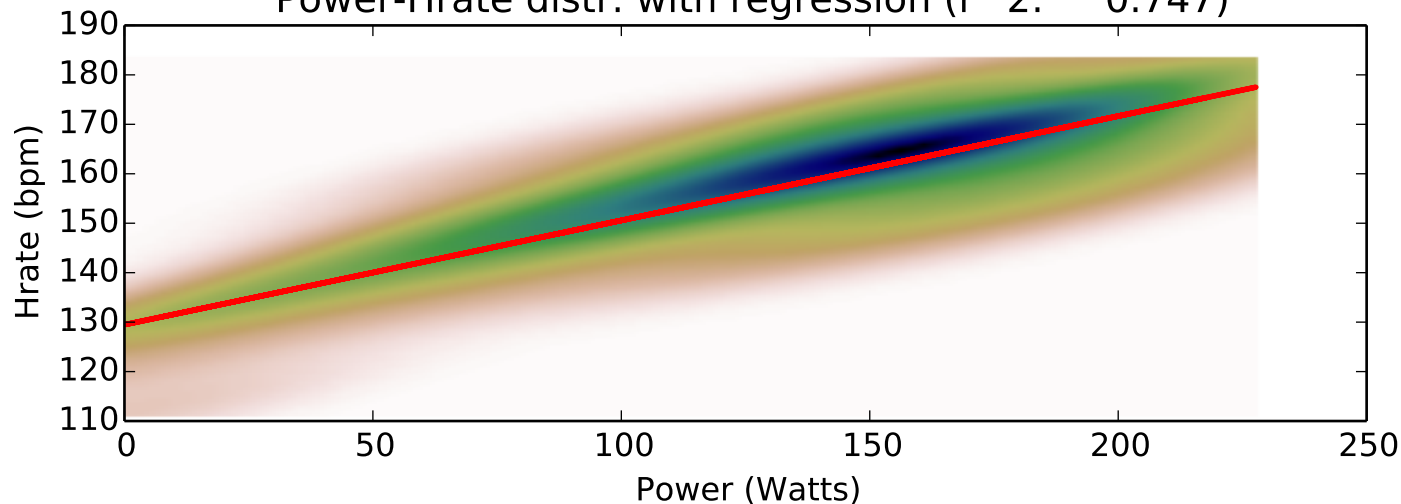
MLE error density: 2.9651

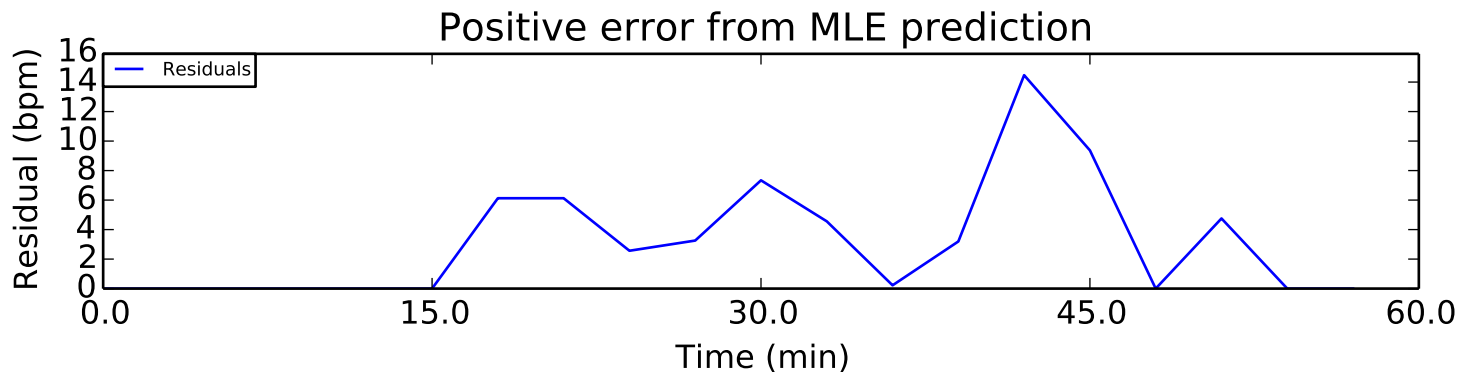
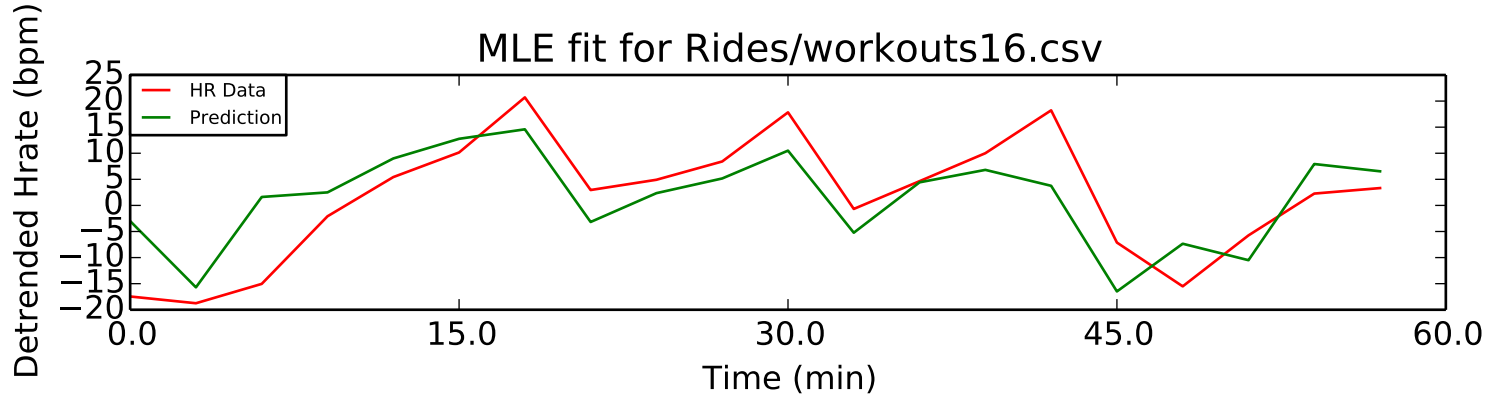
Summary Parameter: 1.1441

Power-Hrate response for Rides/workouts16.csv



Power-Hrate distr. with regression (r^2 : 0.747)





Overview of fitness parameters

Parameter 1: 1.0708

Parameter 2: 1.0233

Parameter 3: 1.2214

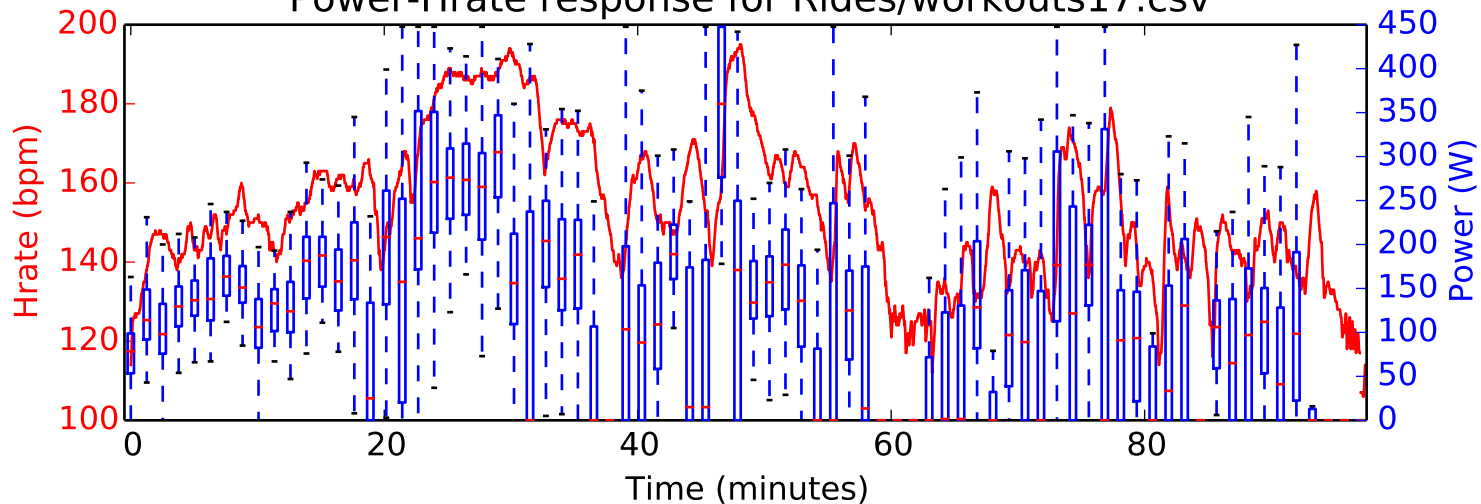
Parameter 4: 1.2378

MLE error sum: 61.980

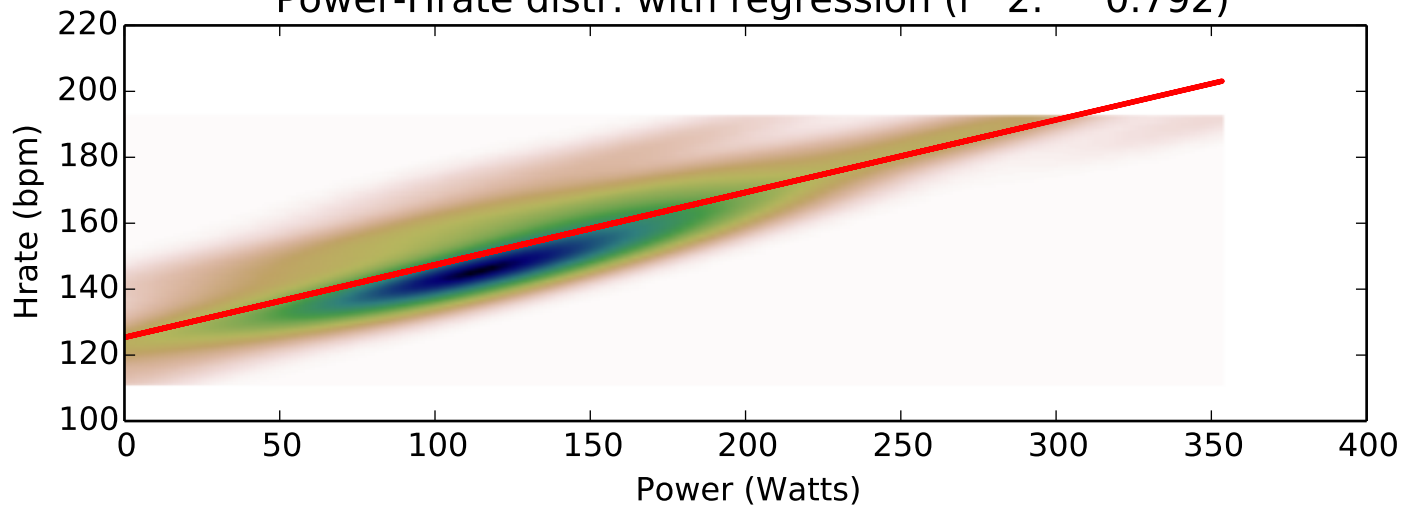
MLE error density: 3.0990

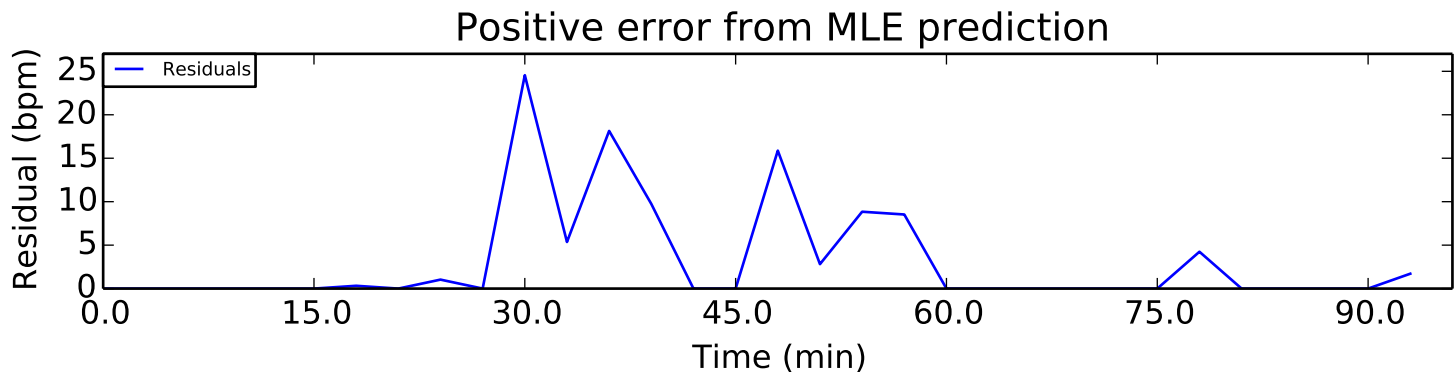
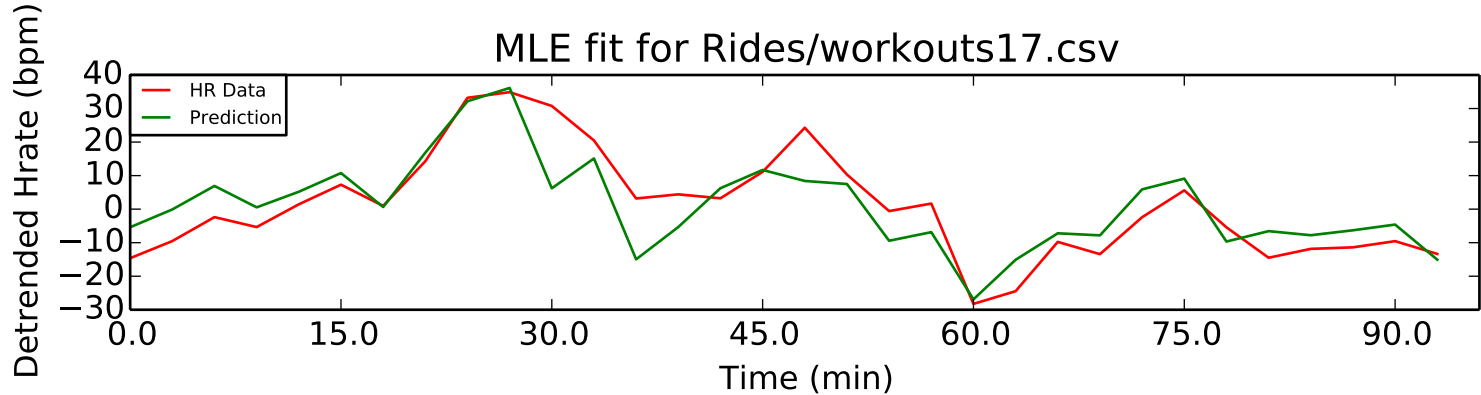
Summary Parameter: 1.1383

Power-Hrate response for Rides/workouts17.csv



Power-Hrate distr. with regression (r^2 : 0.792)





Overview of fitness parameters

Parameter 1: 1.0963

Parameter 2: 1.0402

Parameter 3: 1.2423

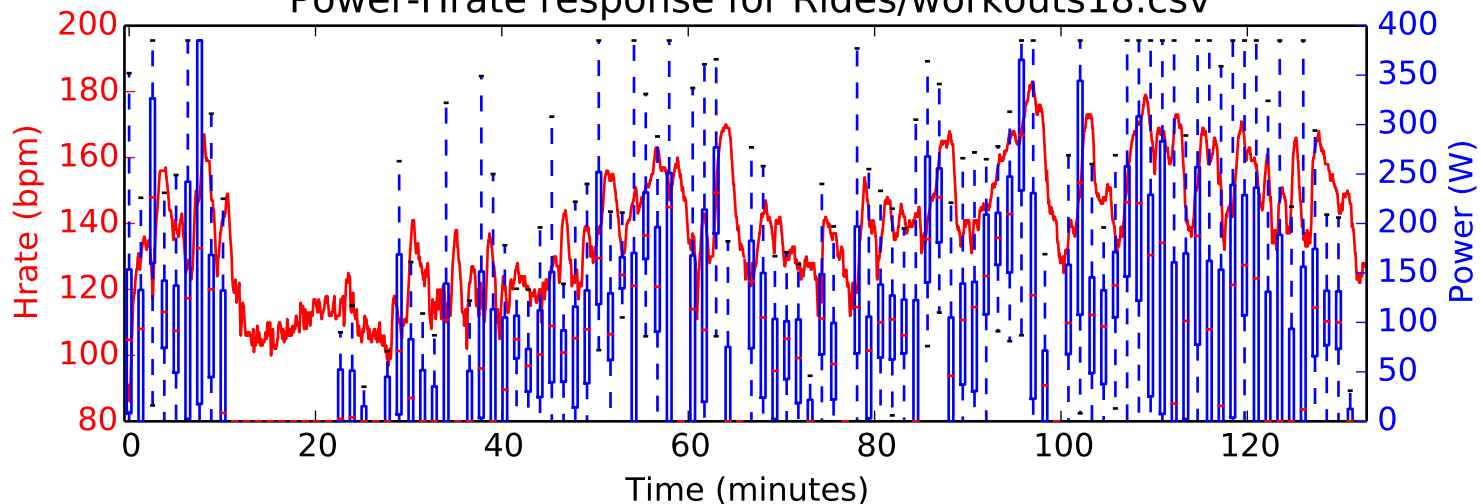
Parameter 4: 1.2153

MLE error sum: 101.16

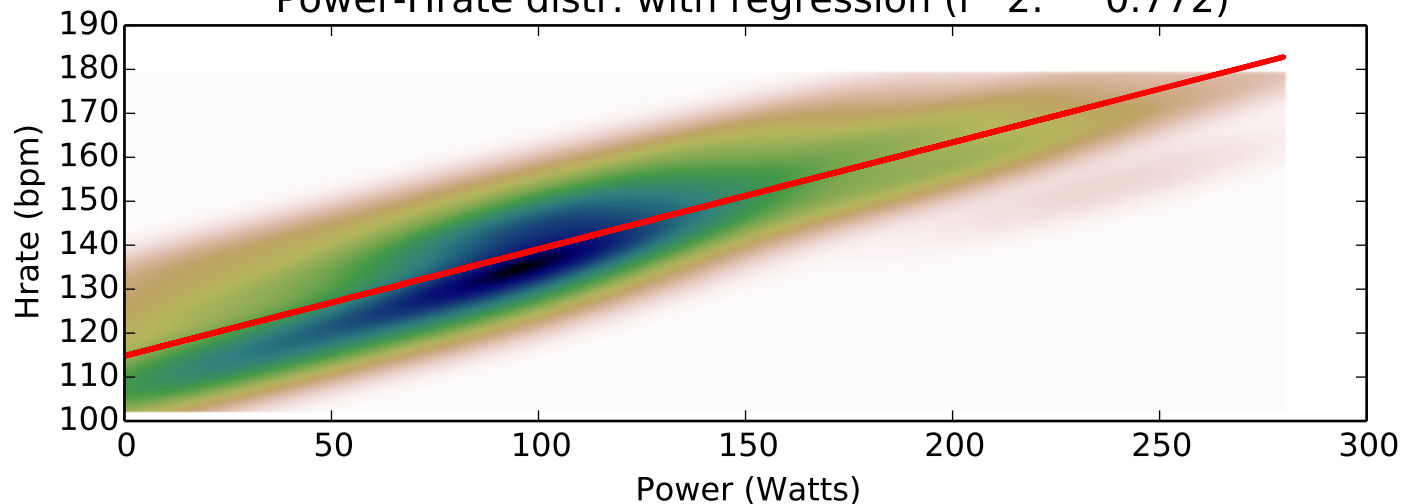
MLE error density: 3.1614

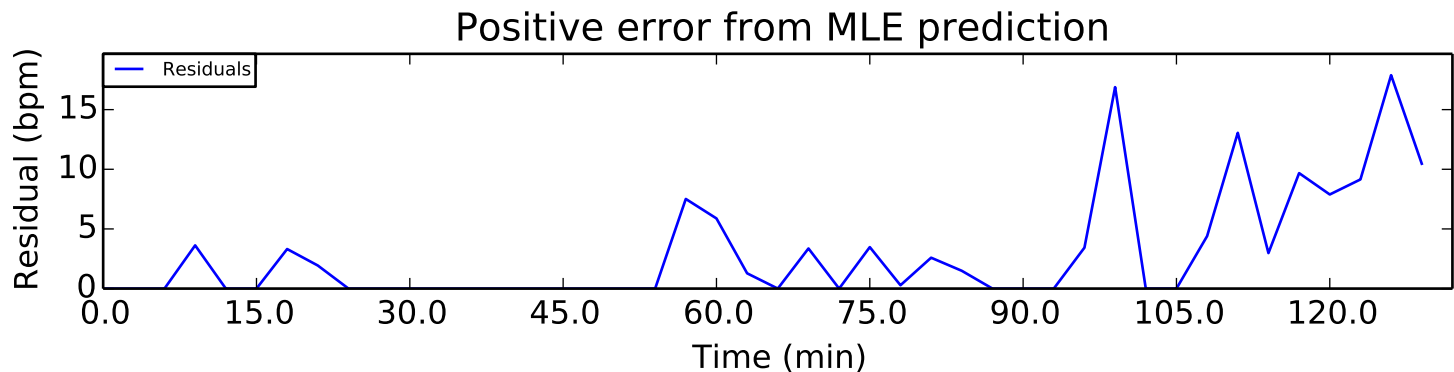
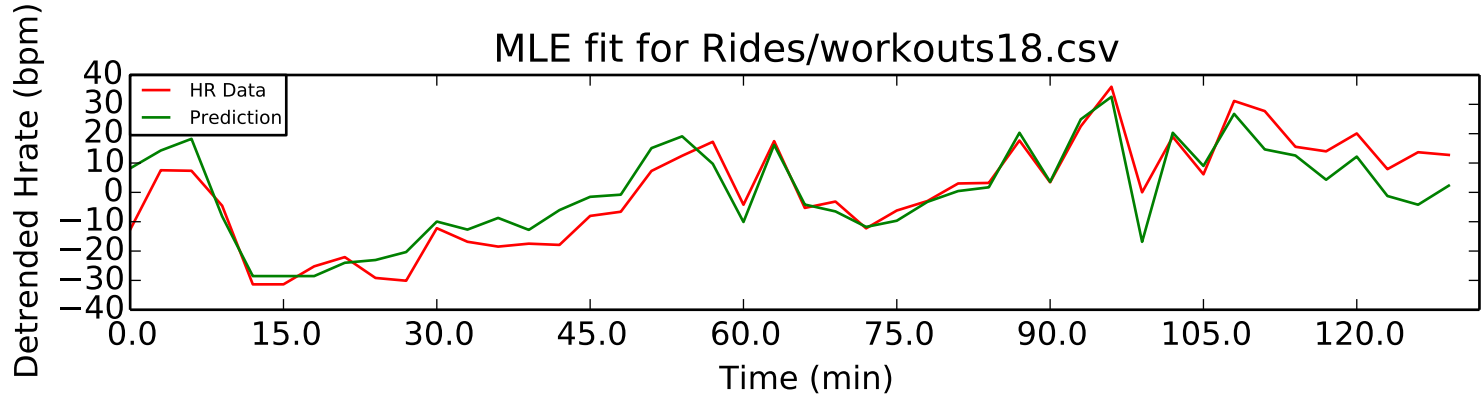
Summary Parameter: 1.1485

Power-Hrate response for Rides/workouts18.csv



Power-Hrate distr. with regression (r^2 : 0.772)





Overview of fitness parameters

Parameter 1: 0.9907

Parameter 2: 1.0892

Parameter 3: 0.9242

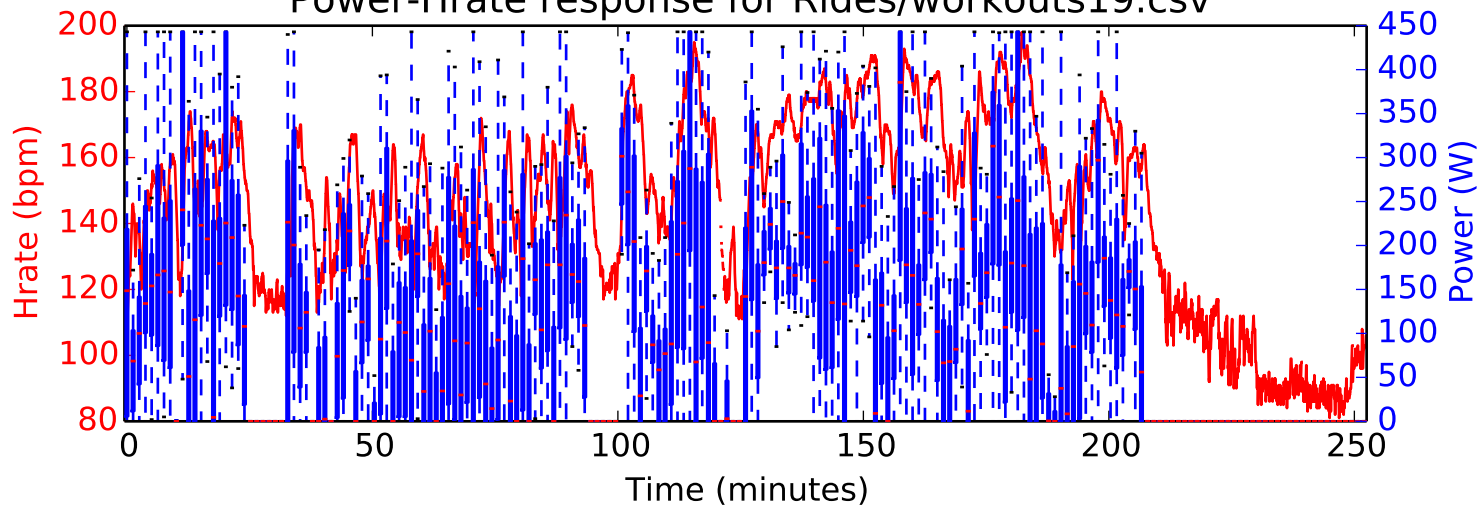
Parameter 4: 1.0689

MLE error sum: 130.55

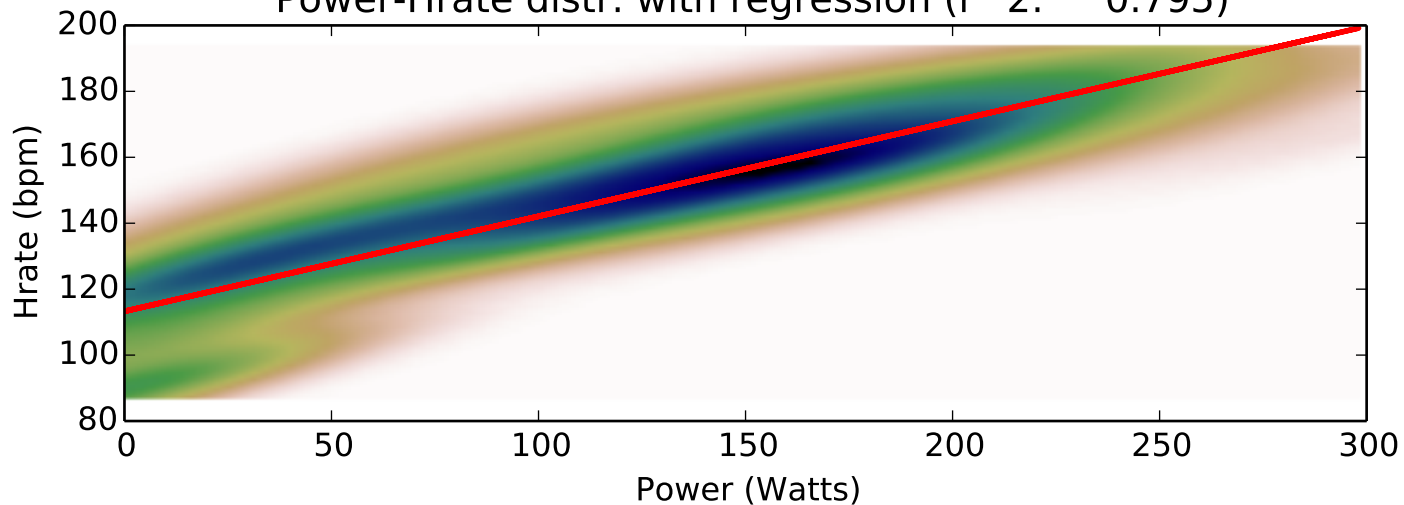
MLE error density: 2.9671

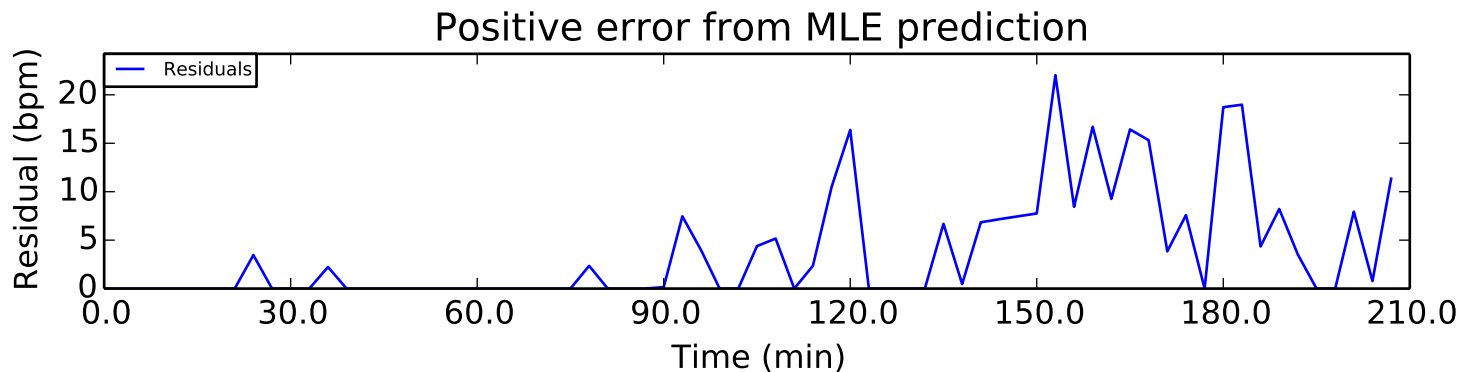
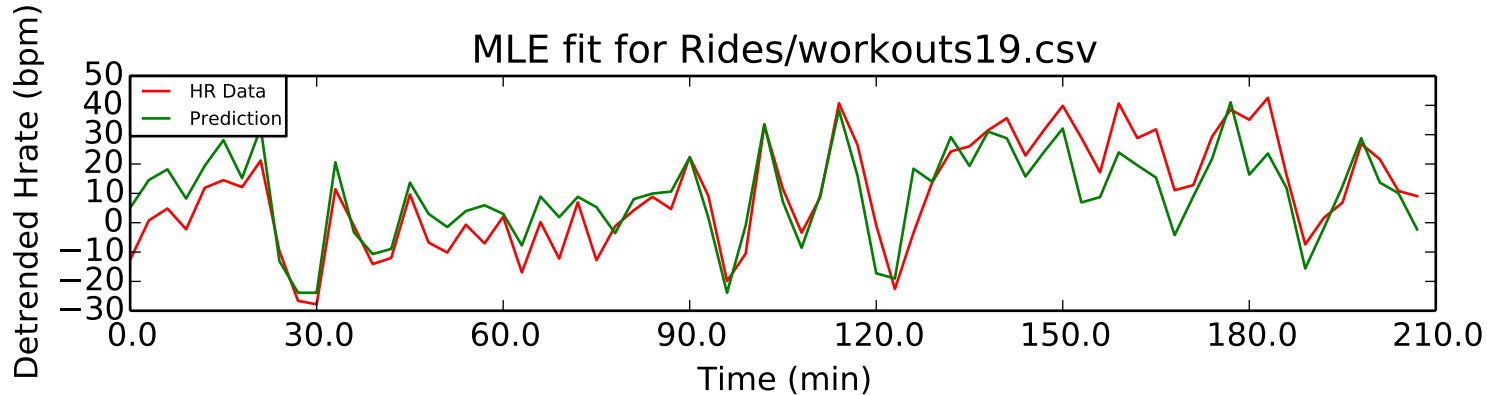
Summary Parameter: 1.0183

Power-Hrate response for Rides/workouts19.csv



Power-Hrate distr. with regression (r^2 : 0.795)





Overview of fitness parameters

Parameter 1: 1.1576

Parameter 2: 1.0427

Parameter 3: 1.1025

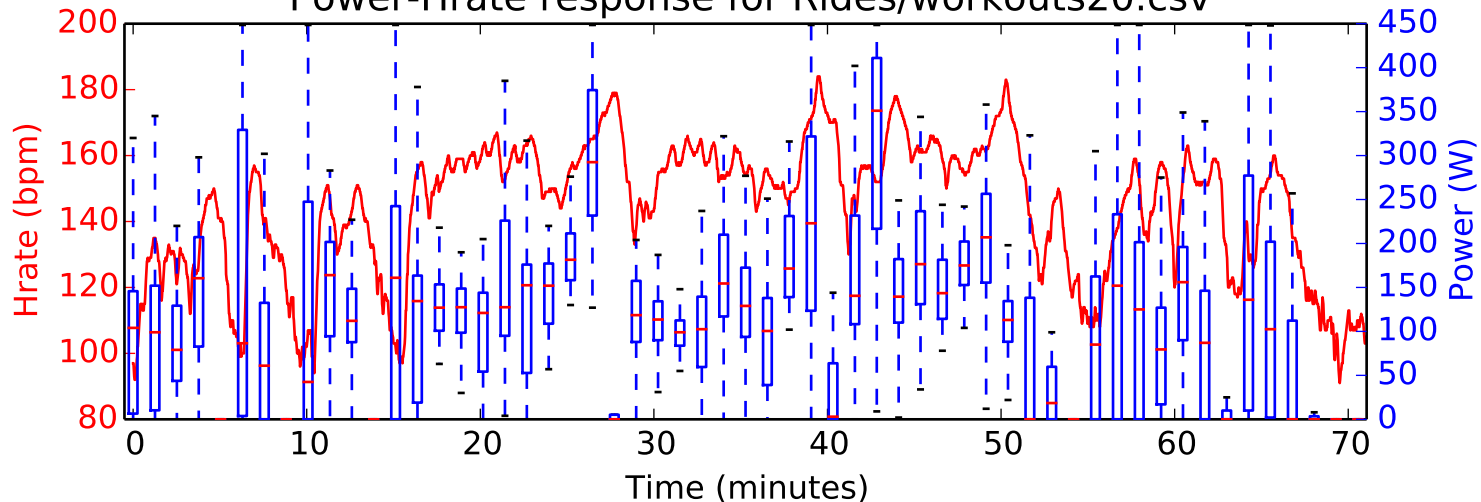
Parameter 4: 1.0757

MLE error sum: 268.17

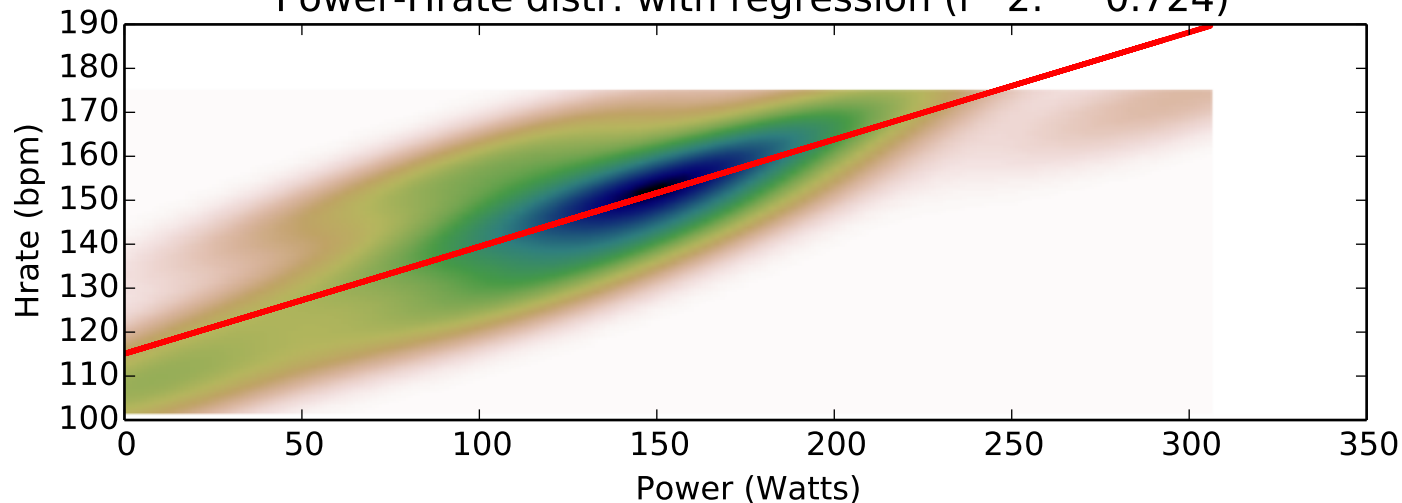
MLE error density: 3.8310

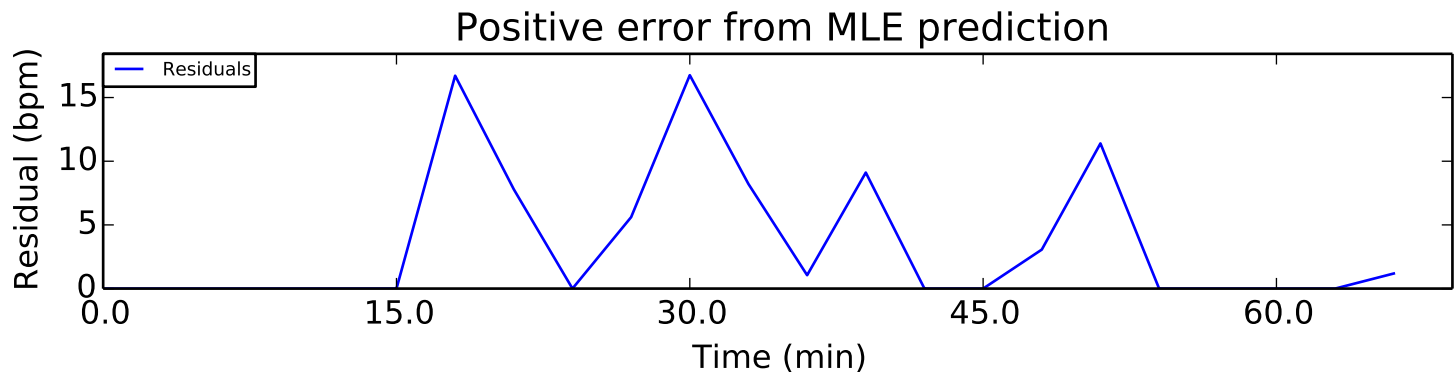
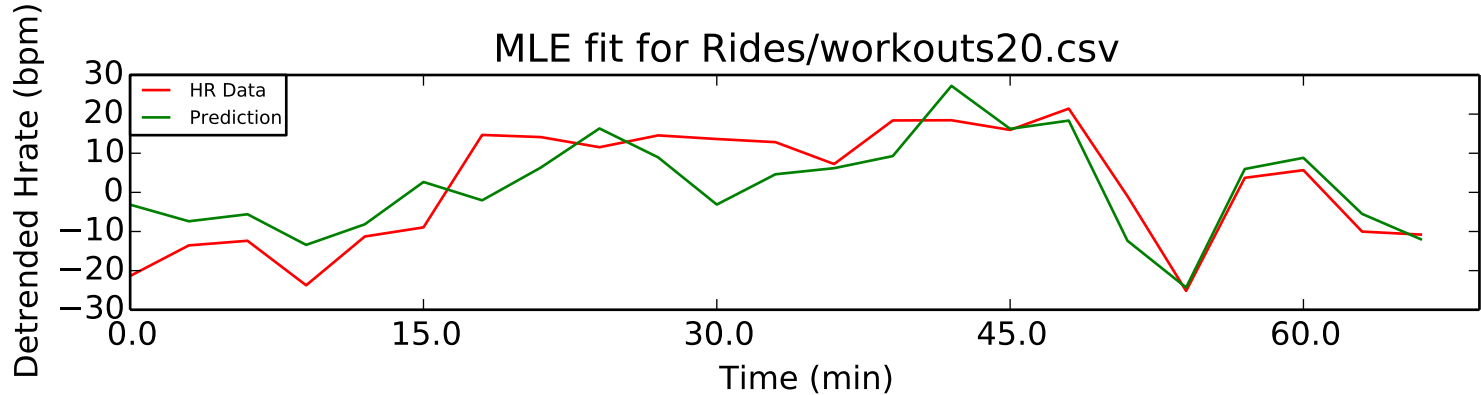
Summary Parameter: 1.0946

Power-Hrate response for Rides/workouts20.csv



Power-Hrate distr. with regression (r^2 : 0.724)





Overview of fitness parameters

Parameter 1: 1.0967

Parameter 2: 1.0863

Parameter 3: 0.9249

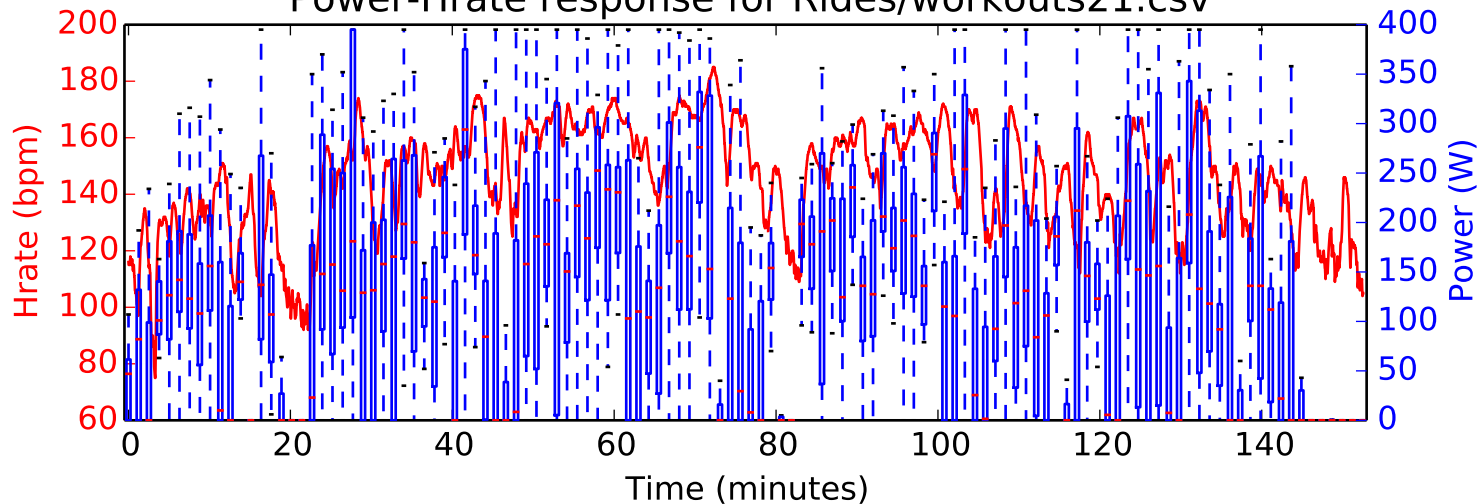
Parameter 4: 1.0473

MLE error sum: 80.887

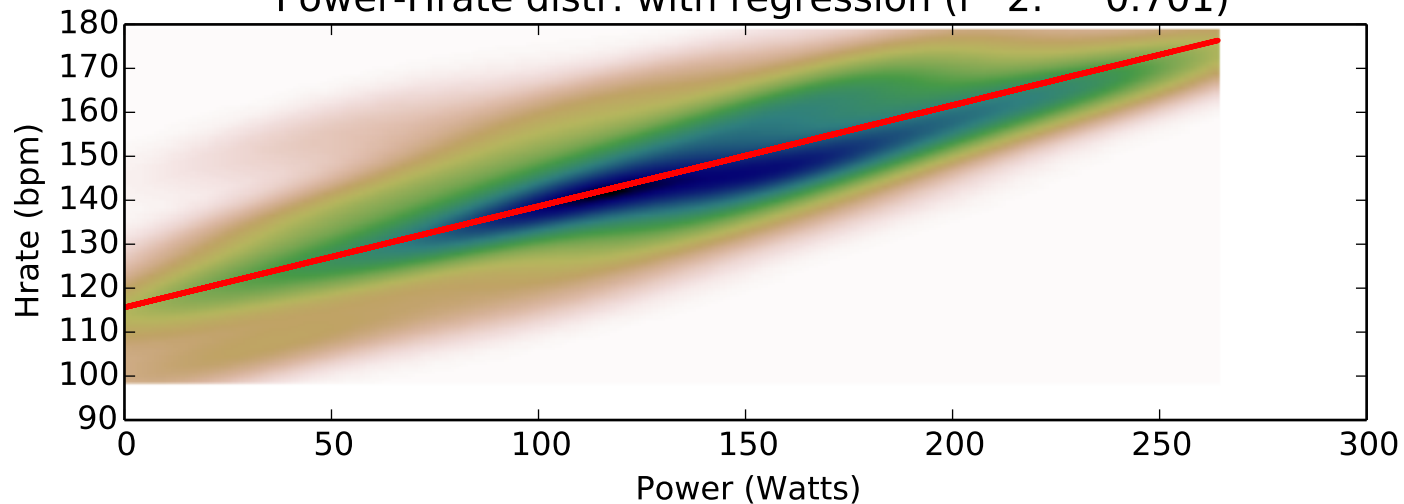
MLE error density: 3.5168

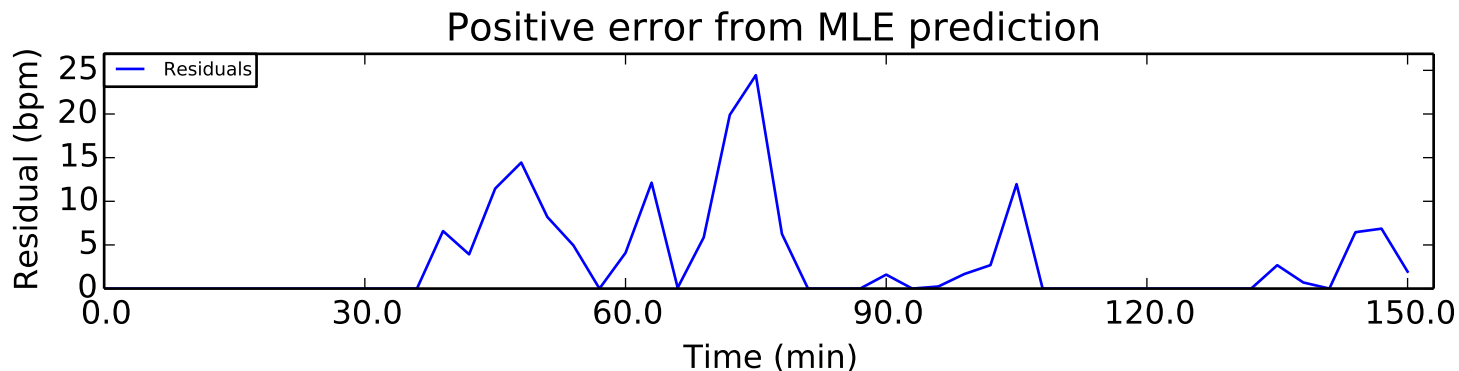
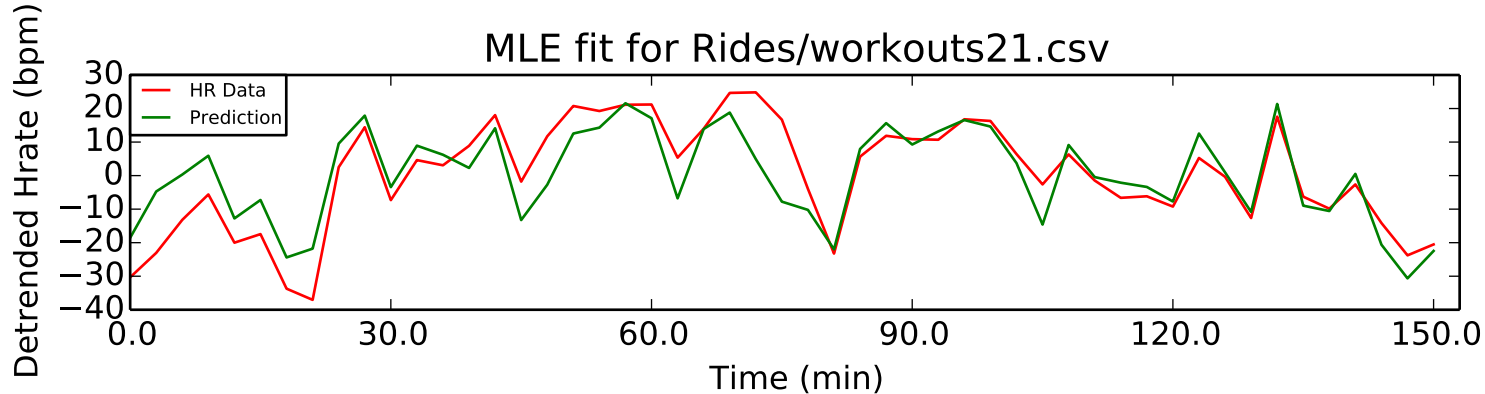
Summary Parameter: 1.0388

Power-Hrate response for Rides/workouts21.csv



Power-Hrate distr. with regression (r^2 : 0.701)





Overview of fitness parameters

Parameter 1: 1.2063

Parameter 2: 1.1006

Parameter 3: 1.0187

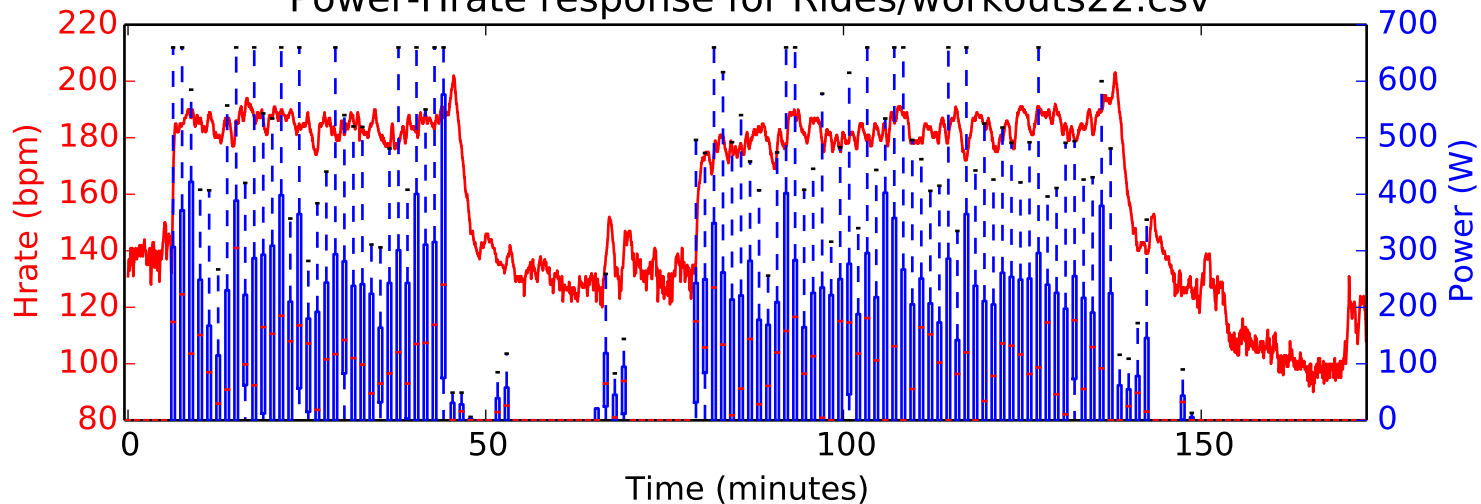
Parameter 4: 1.2910

MLE error sum: 159.18

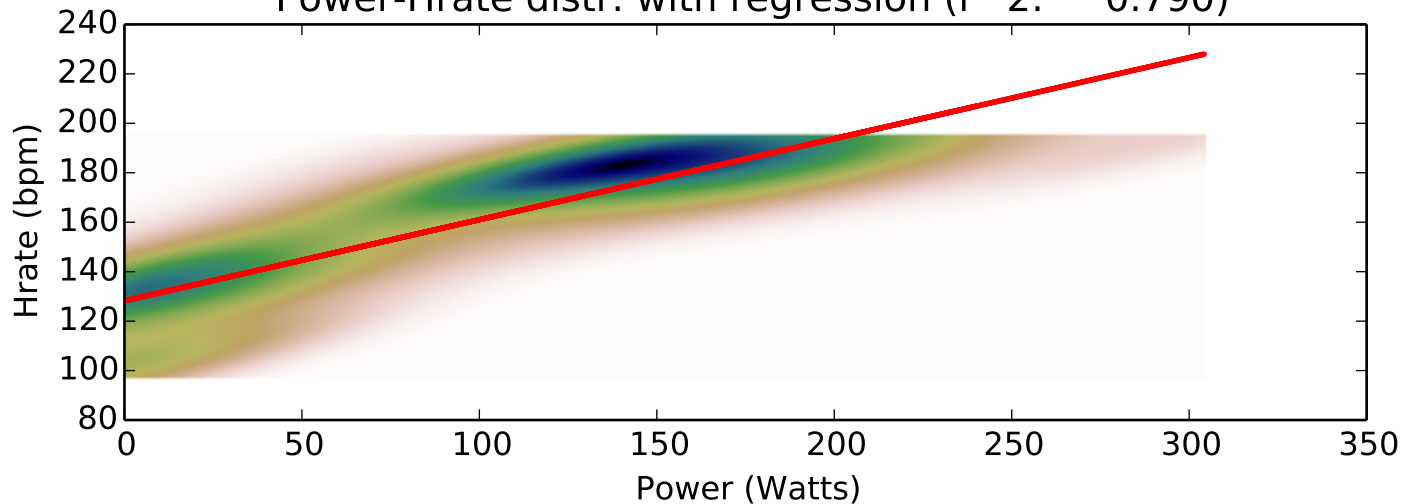
MLE error density: 3.1213

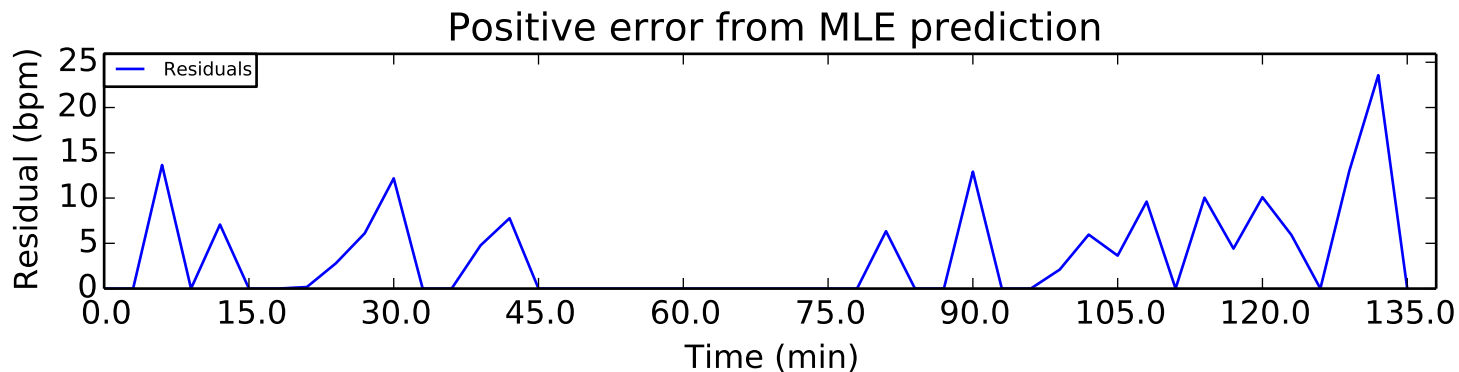
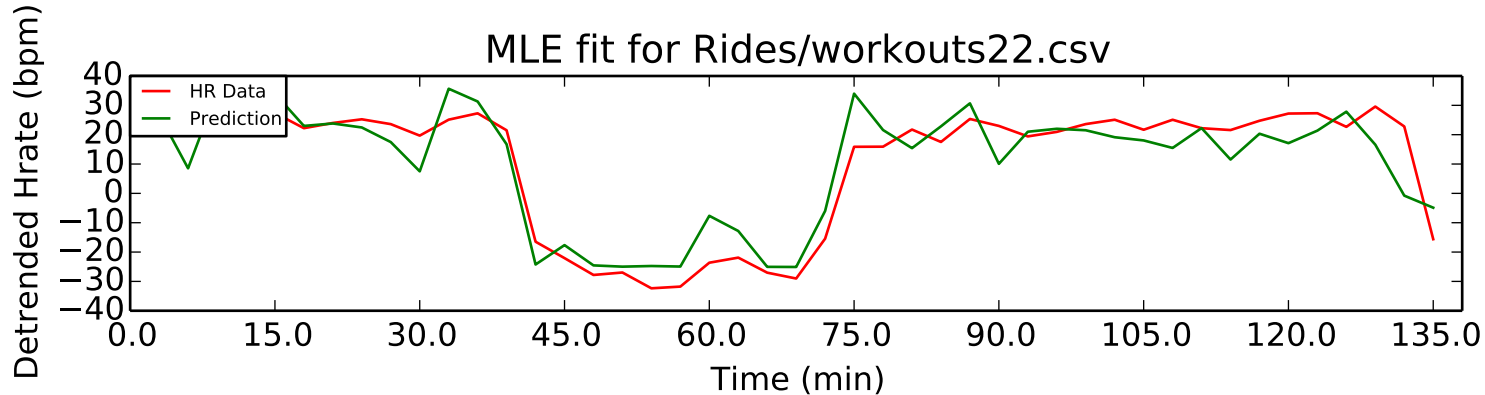
Summary Parameter: 1.1542

Power-Hrate response for Rides/workouts22.csv



Power-Hrate distr. with regression (r^2 : 0.790)





Overview of fitness parameters

Parameter 1: 1.2220

Parameter 2: 0.9262

Parameter 3: 0.9172

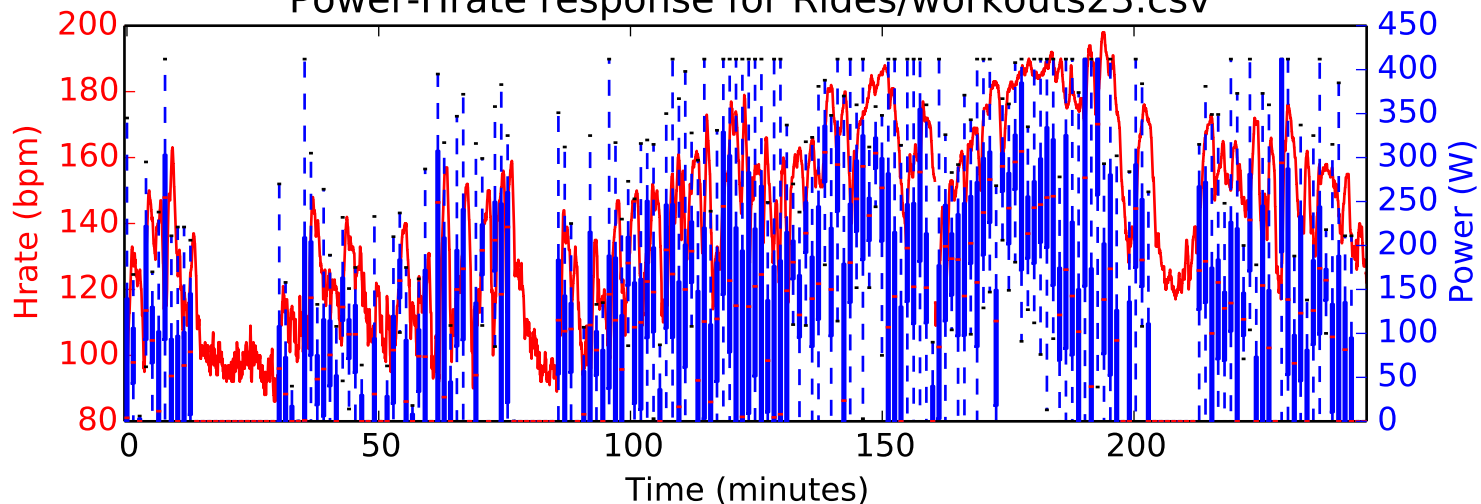
Parameter 4: 1.3679

MLE error sum: 162.13

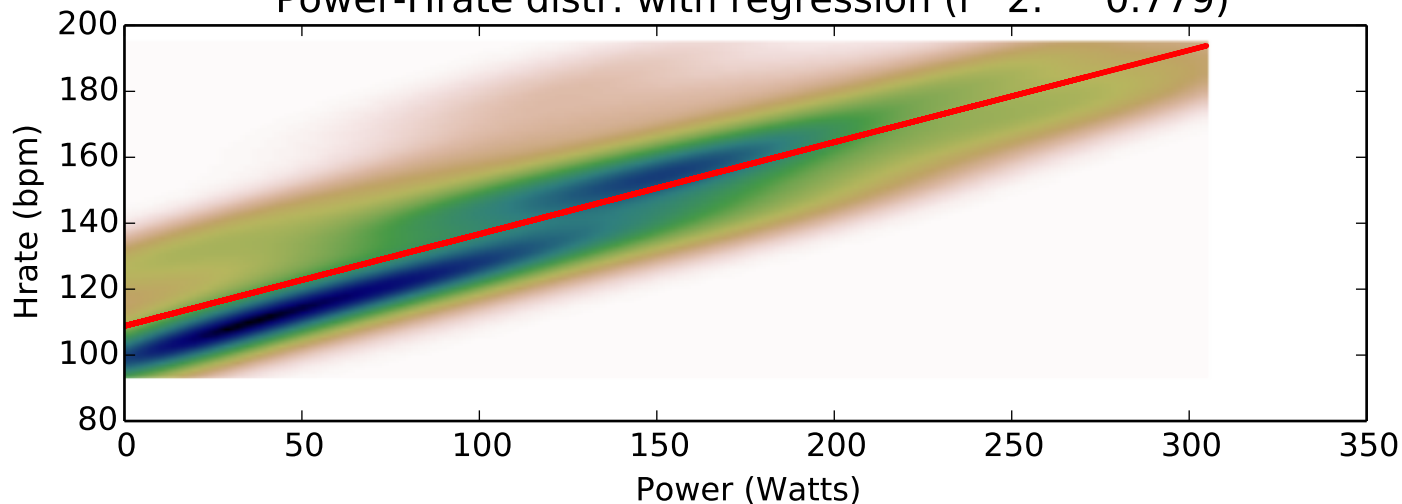
MLE error density: 3.5247

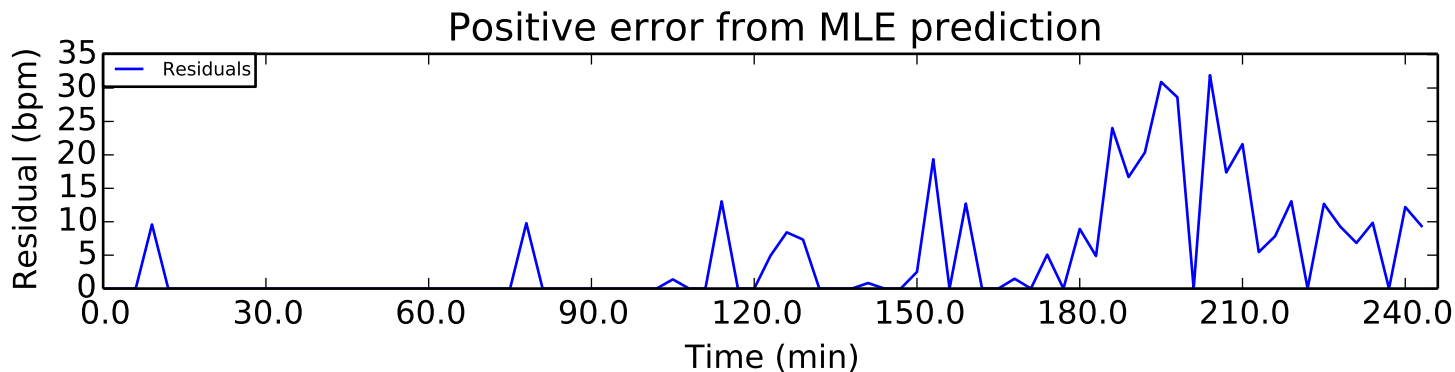
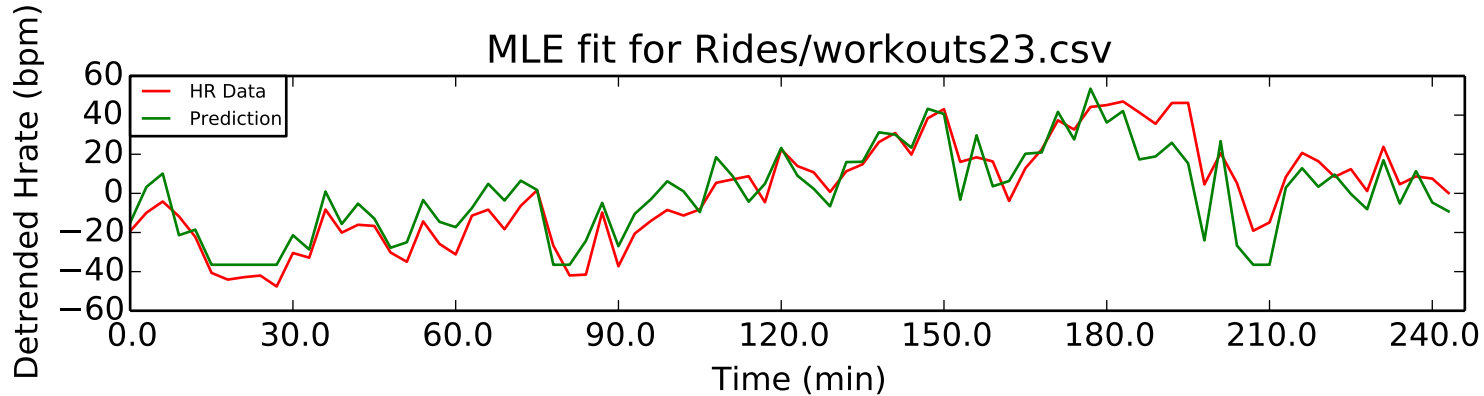
Summary Parameter: 1.1083

Power-Hrate response for Rides/workouts23.csv



Power-Hrate distr. with regression (r^2 : 0.779)





Overview of fitness parameters

Parameter 1: 1.1833

Parameter 2: 1.0930

Parameter 3: 0.8709

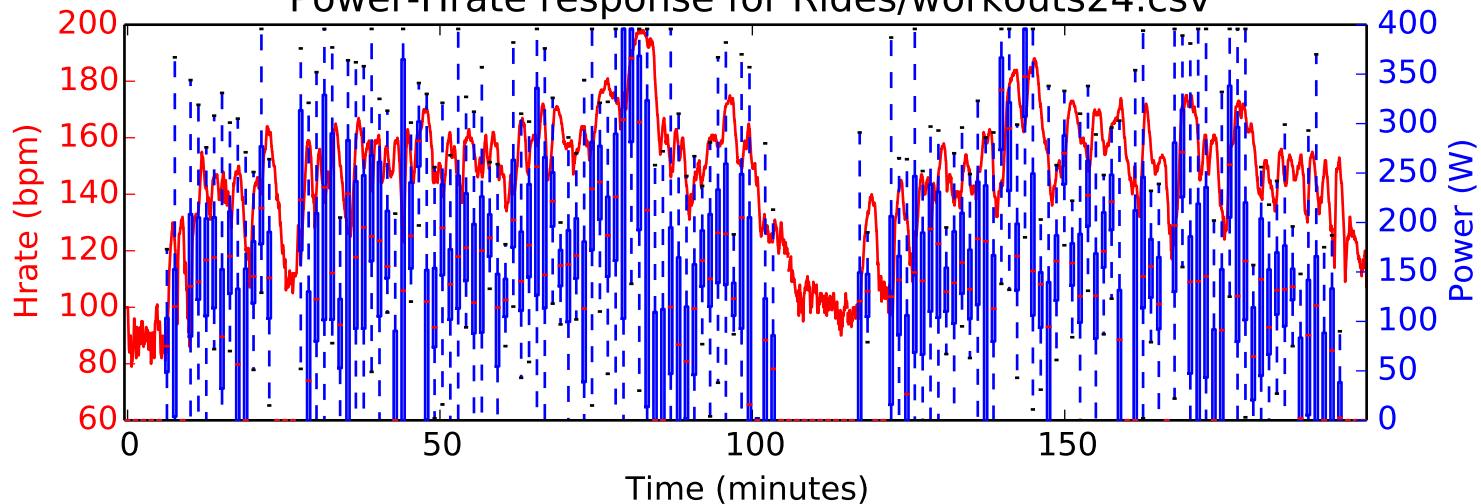
Parameter 4: 0.8434

MLE error sum: 388.27

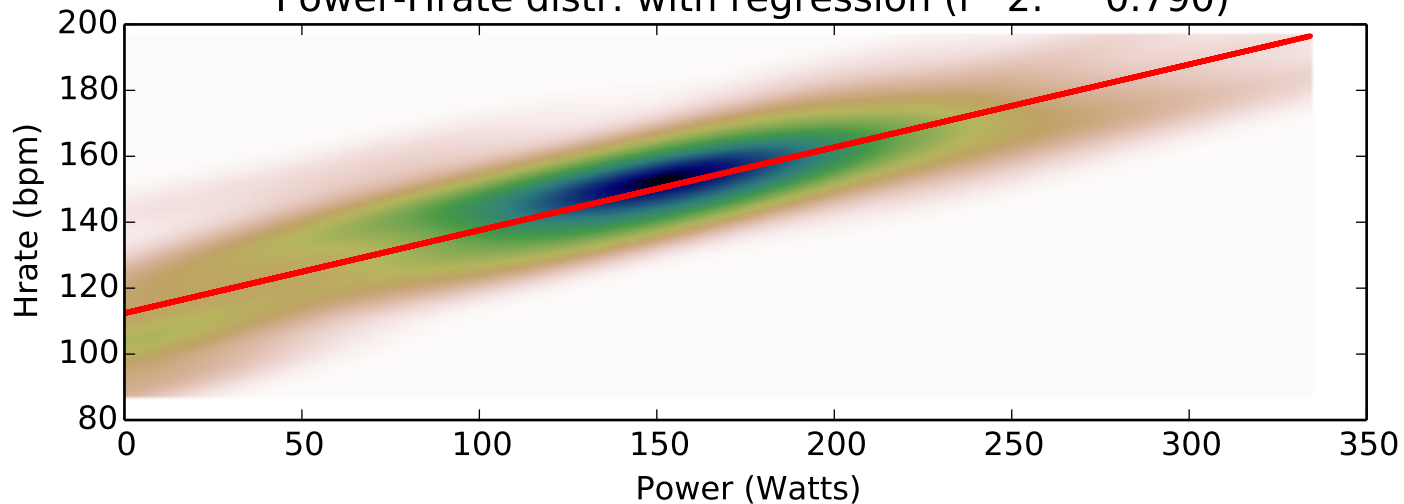
MLE error density: 4.7350

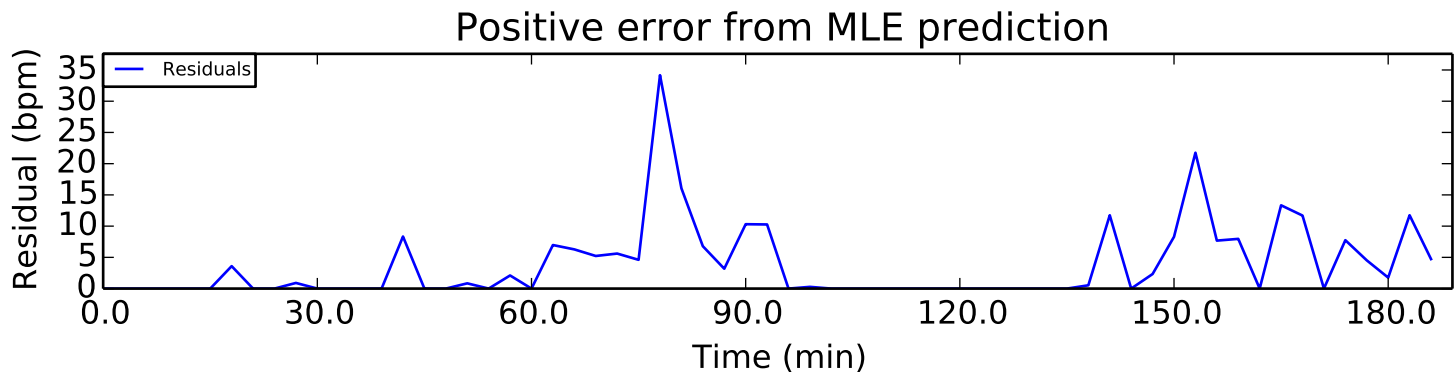
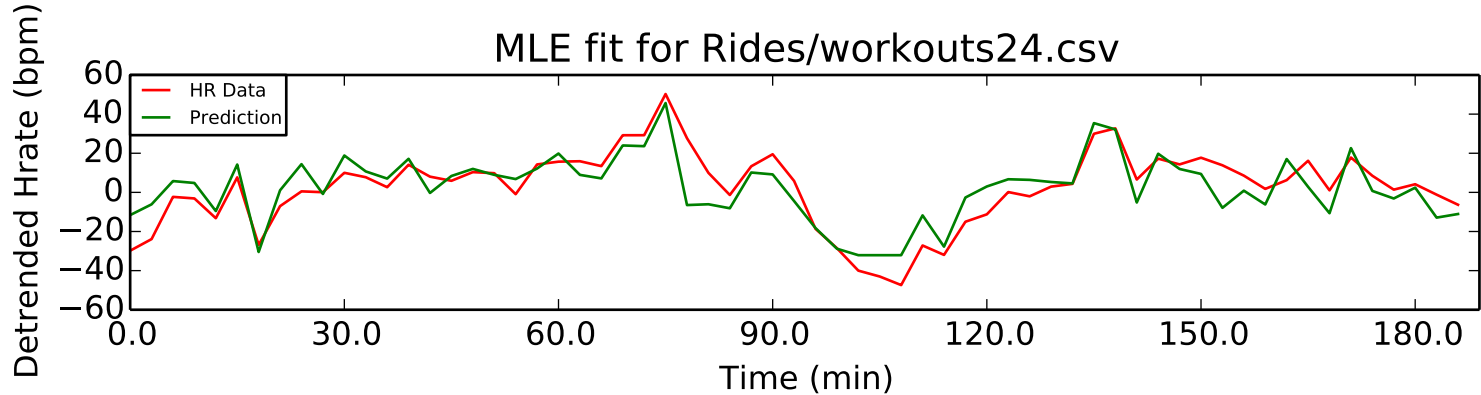
Summary Parameter: 0.9977

Power-Hrate response for Rides/workouts24.csv



Power-Hrate distr. with regression (r^2 : 0.790)





Overview of fitness parameters

Parameter 1: 1.1642

Parameter 2: 1.1004

Parameter 3: 1.0853

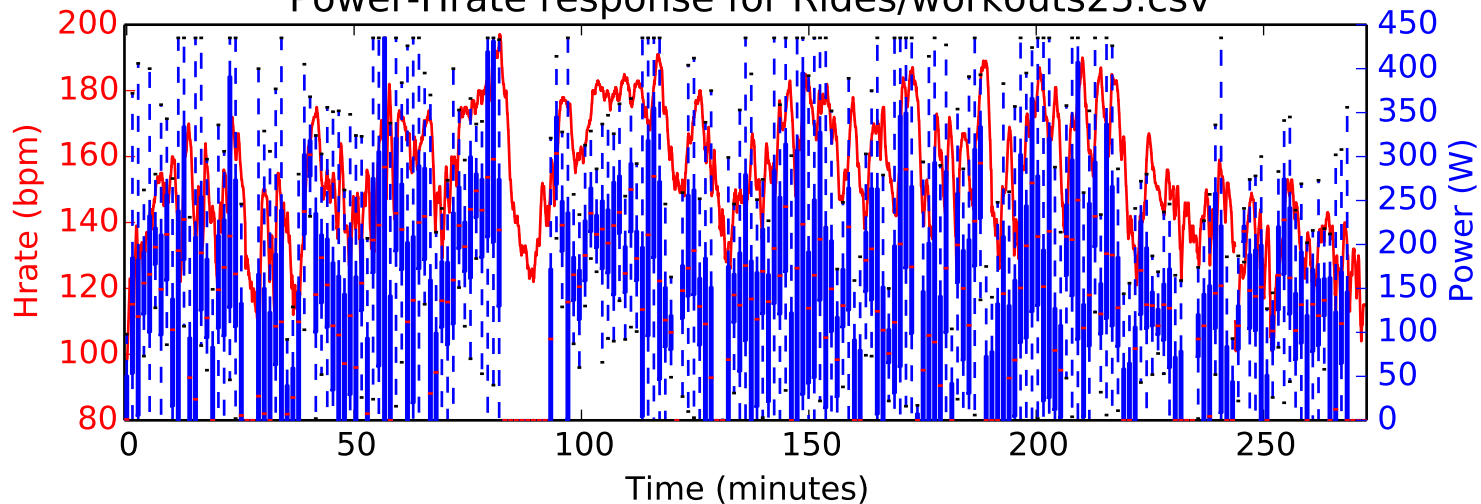
Parameter 4: 1.0393

MLE error sum: 241.32

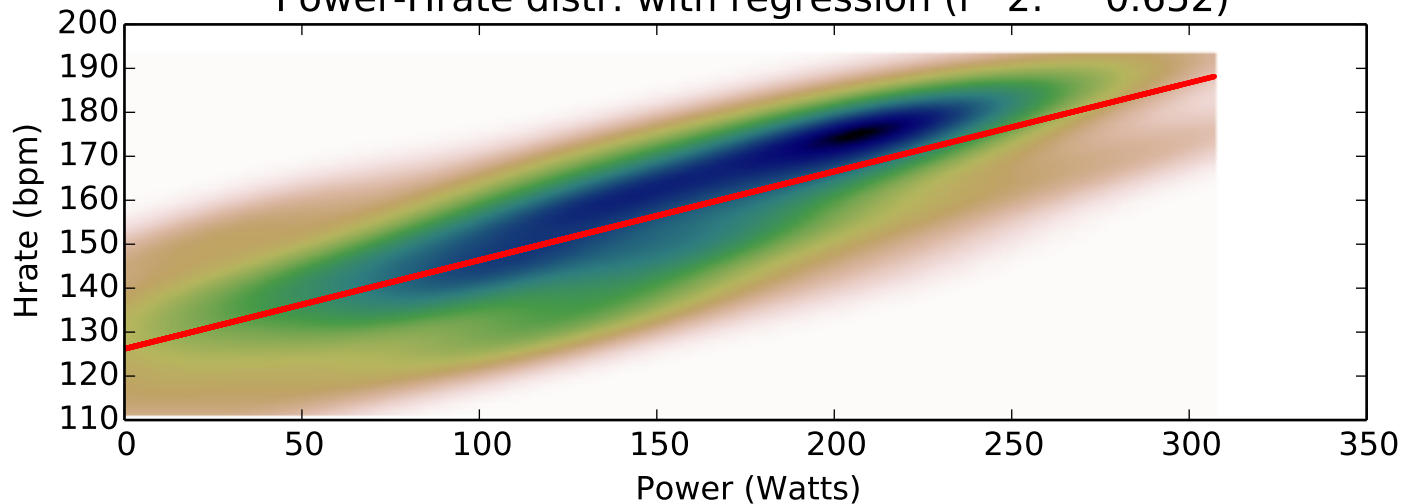
MLE error density: 3.8304

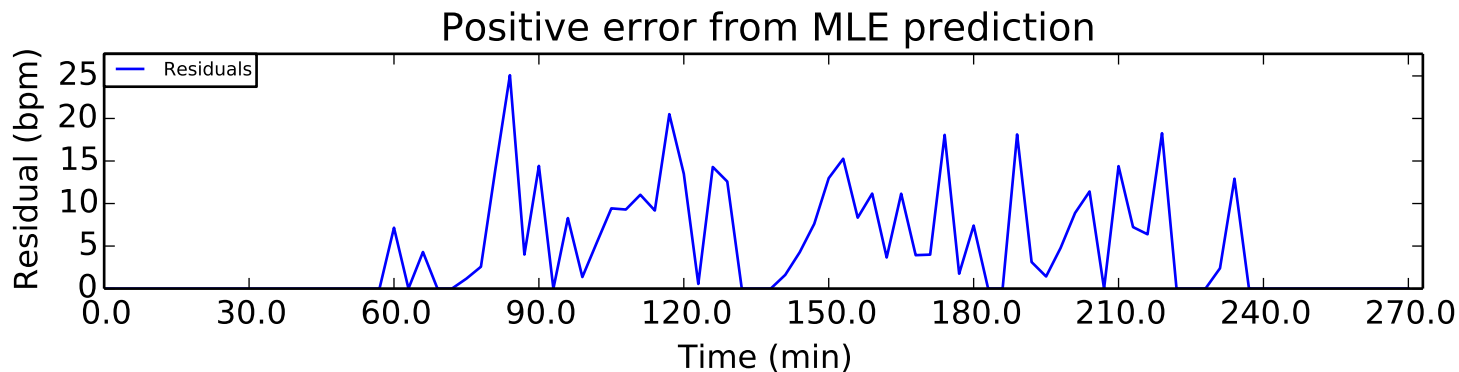
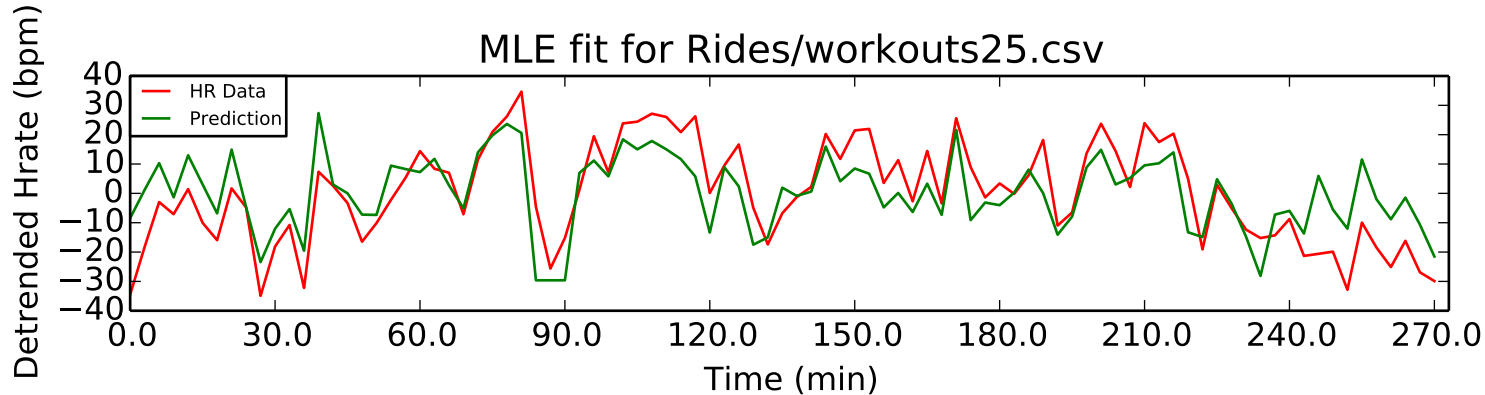
Summary Parameter: 1.0973

Power-Hrate response for Rides/workouts25.csv



Power-Hrate distr. with regression (r^2 : 0.652)





Overview of fitness parameters

Parameter 1: 1.1424

Parameter 2: 1.0553

Parameter 3: 1.2734

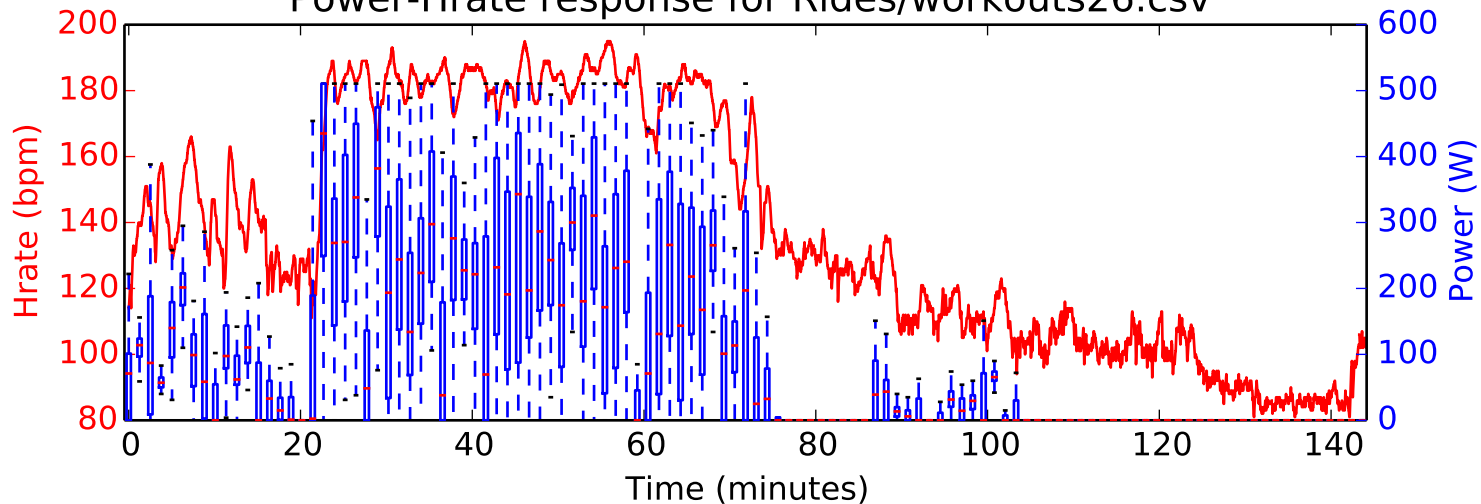
Parameter 4: 0.8926

MLE error sum: 408.77

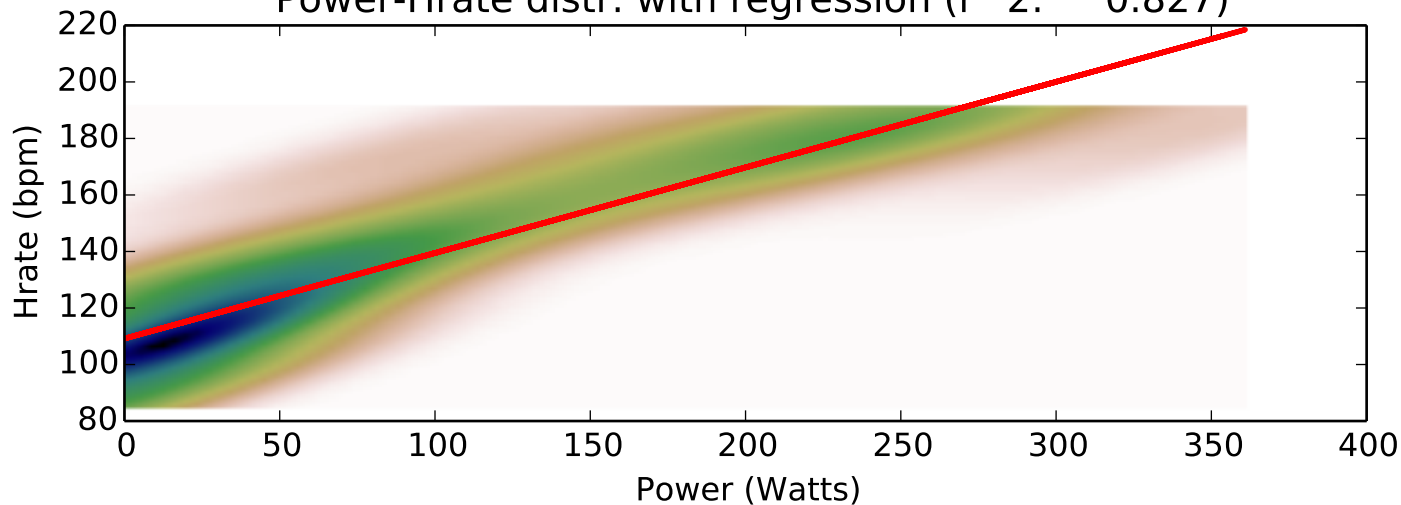
MLE error density: 4.4919

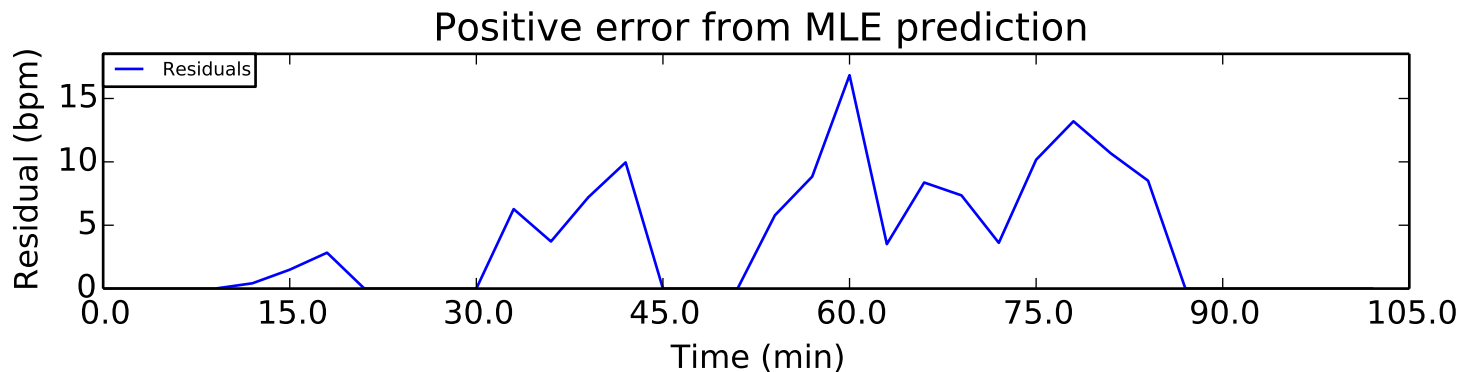
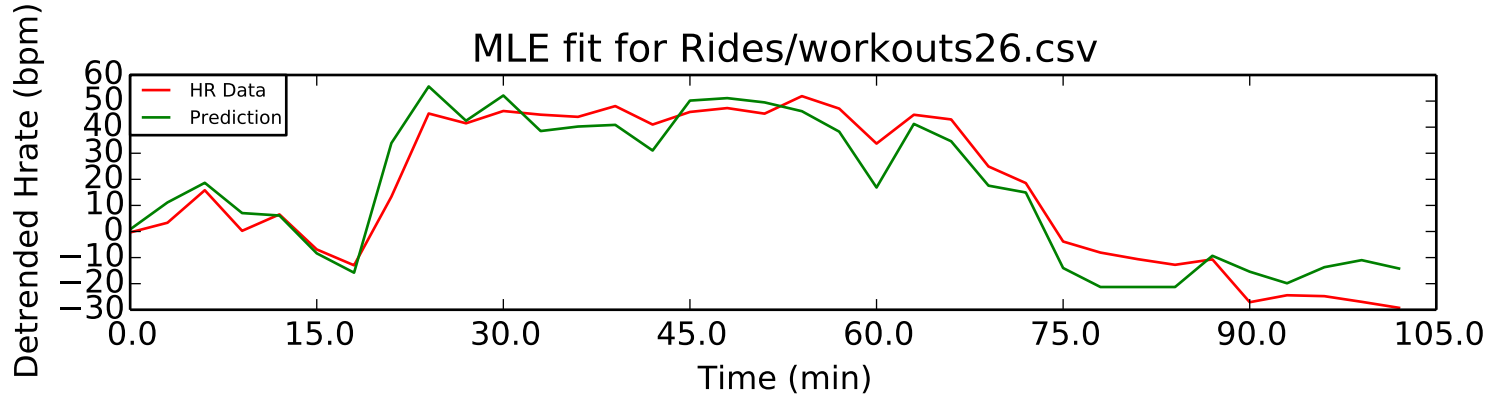
Summary Parameter: 1.0909

Power-Hrate response for Rides/workouts26.csv



Power-Hrate distr. with regression (r^2 : 0.827)





Overview of fitness parameters

Parameter 1: 1.1504

Parameter 2: 1.0382

Parameter 3: 0.9655

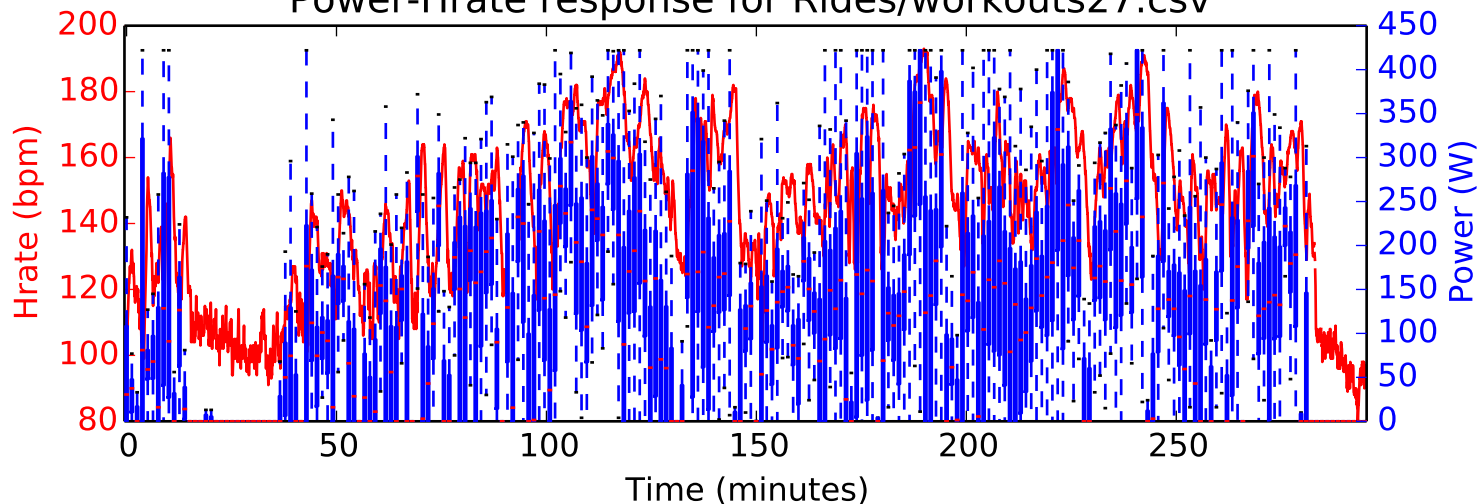
Parameter 4: 1.1273

MLE error sum: 128.75

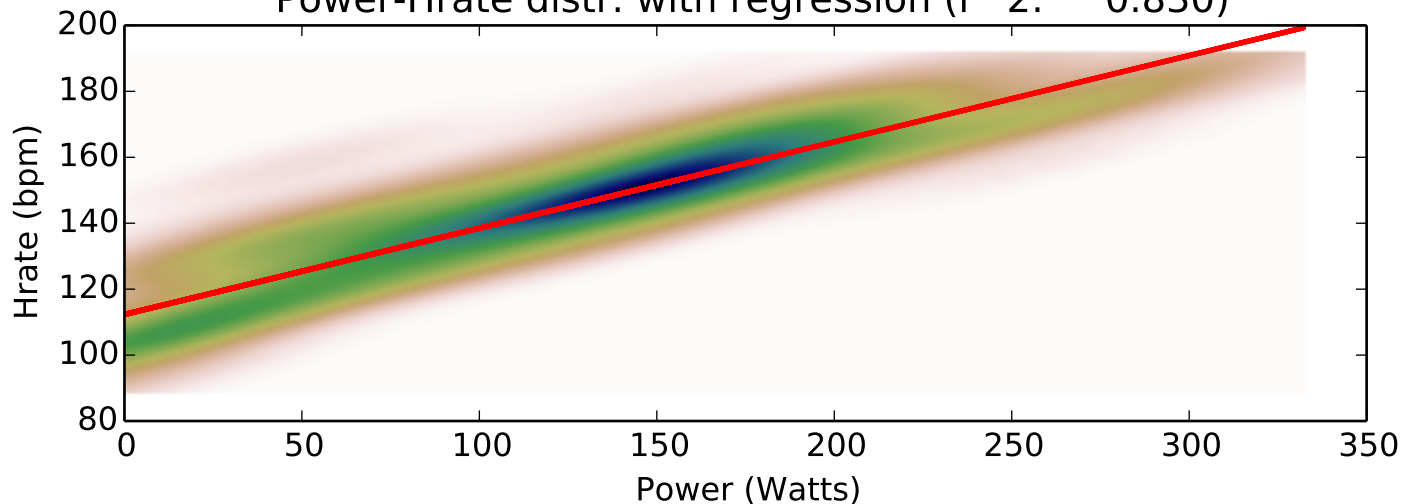
MLE error density: 3.6786

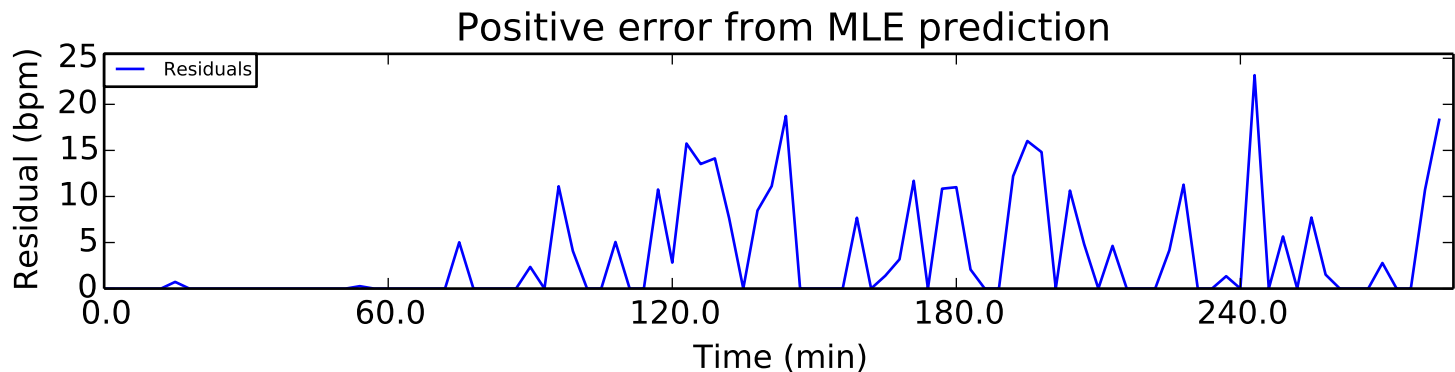
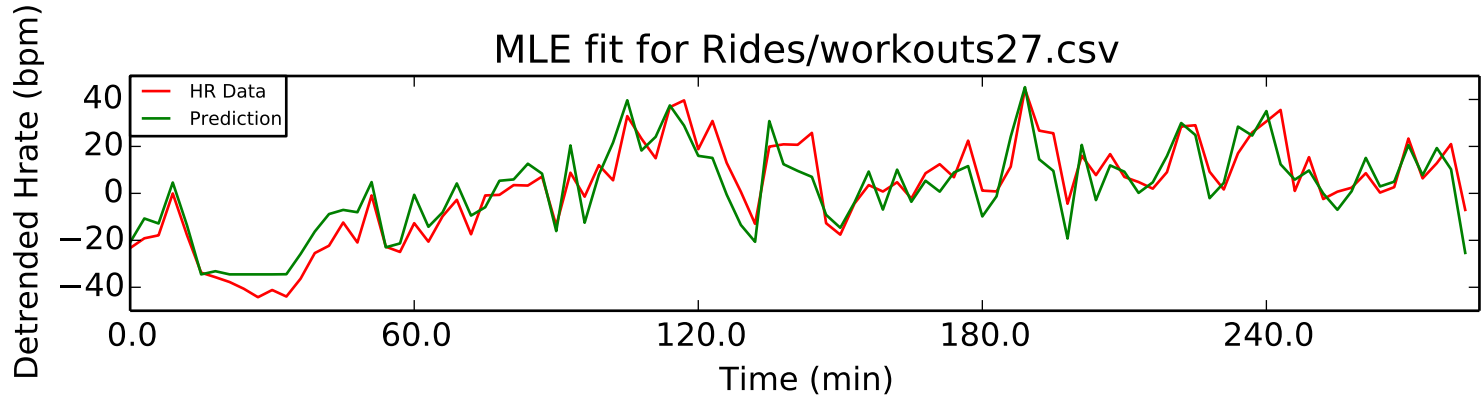
Summary Parameter: 1.0703

Power-Hrate response for Rides/workouts27.csv



Power-Hrate distr. with regression (r^2 : 0.830)





Overview of fitness parameters

Parameter 1: 1.1384

Parameter 2: 1.0852

Parameter 3: 0.9514

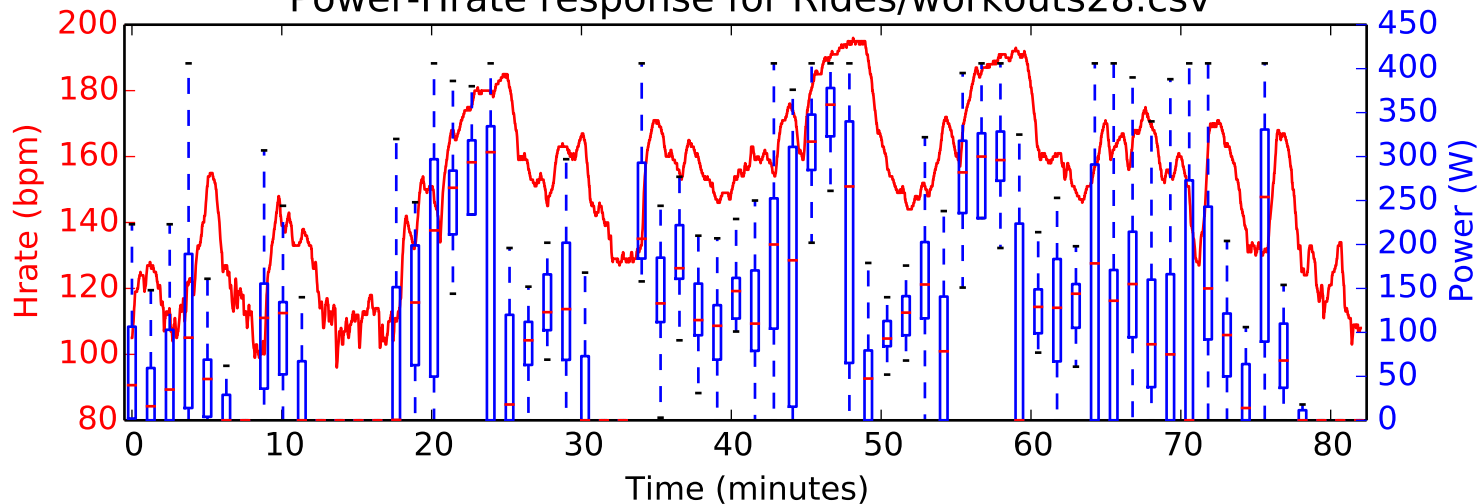
Parameter 4: 1.1176

MLE error sum: 329.30

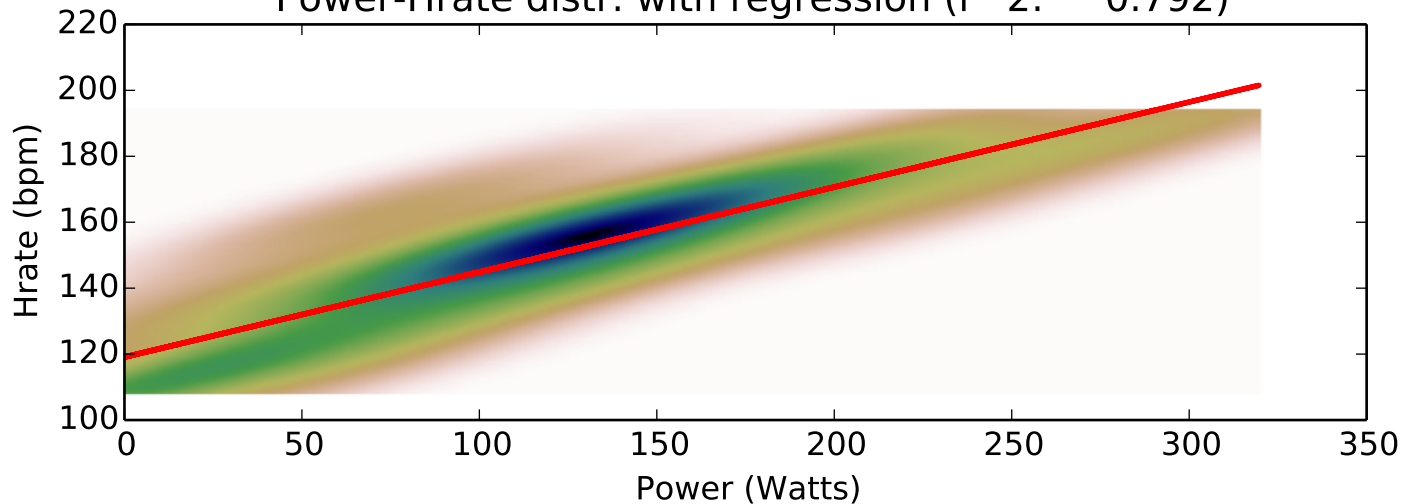
MLE error density: 3.4663

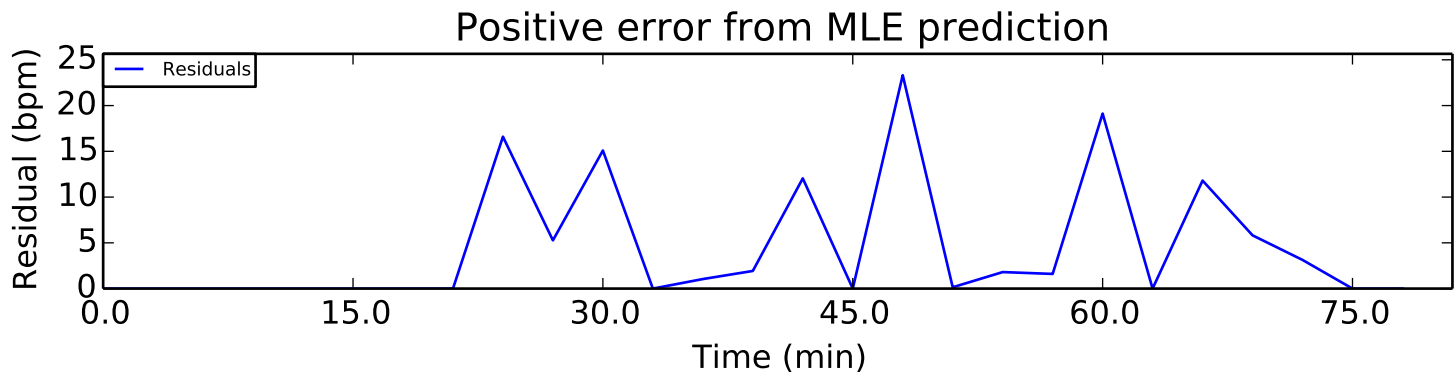
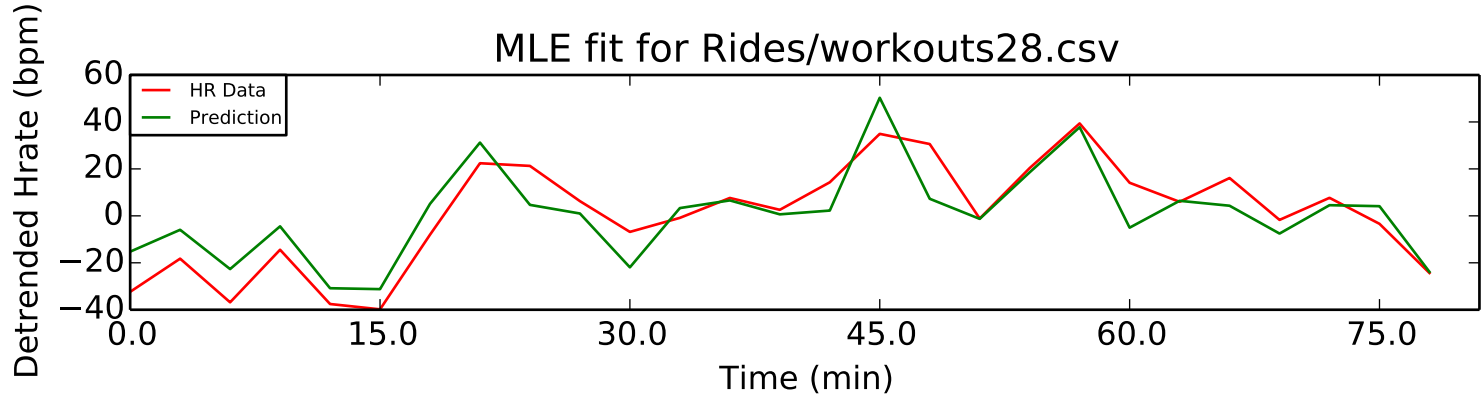
Summary Parameter: 1.0732

Power-Hr rate response for Rides/workouts28.csv



Power-Hr rate distr. with regression (r^2 : 0.792)





Overview of fitness parameters

Parameter 1: 1.1256

Parameter 2: 1.0435

Parameter 3: 1.0310

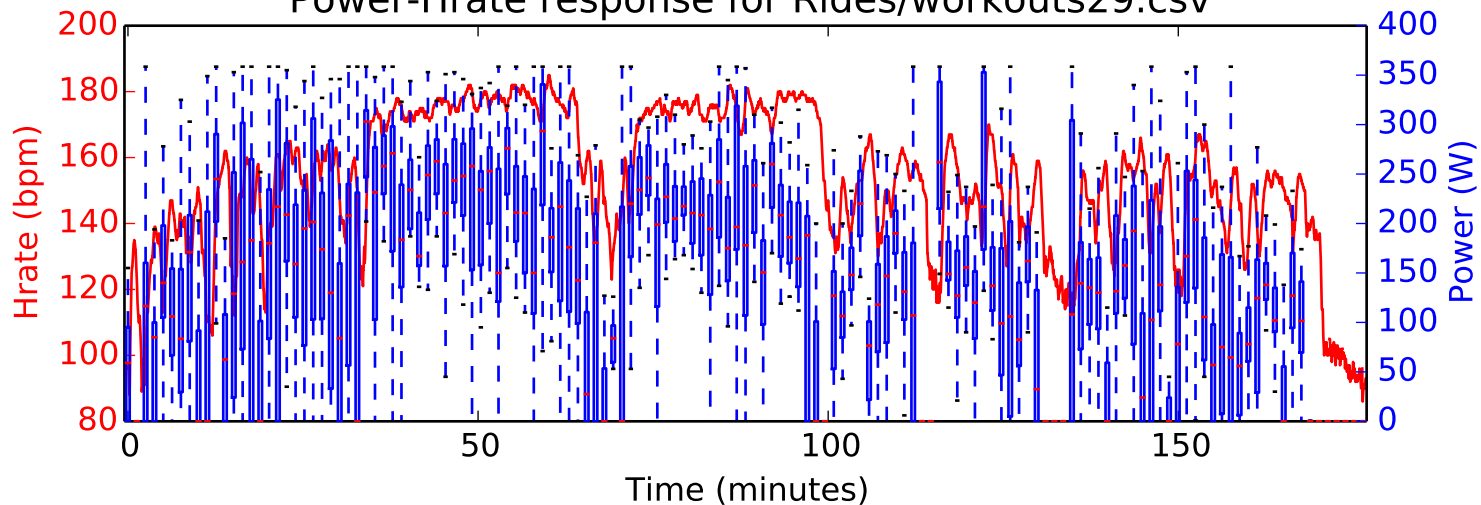
Parameter 4: 0.8968

MLE error sum: 118.73

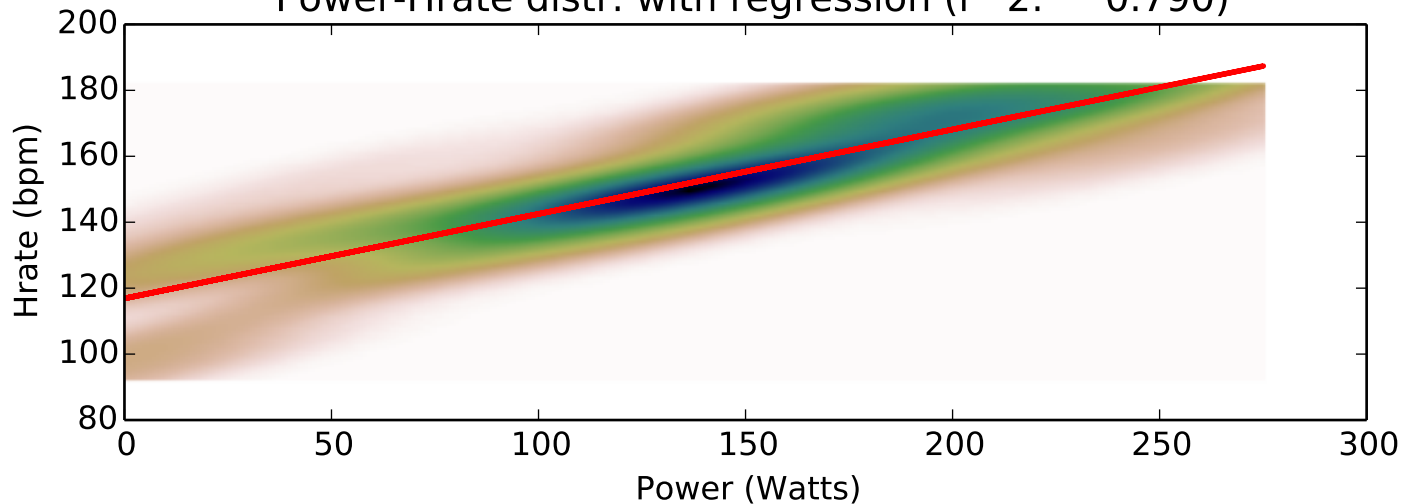
MLE error density: 4.3975

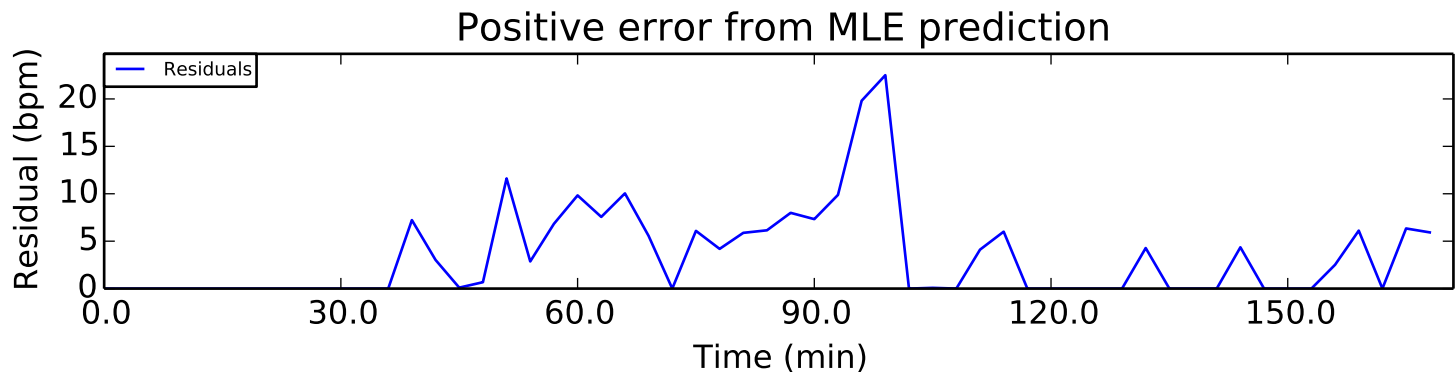
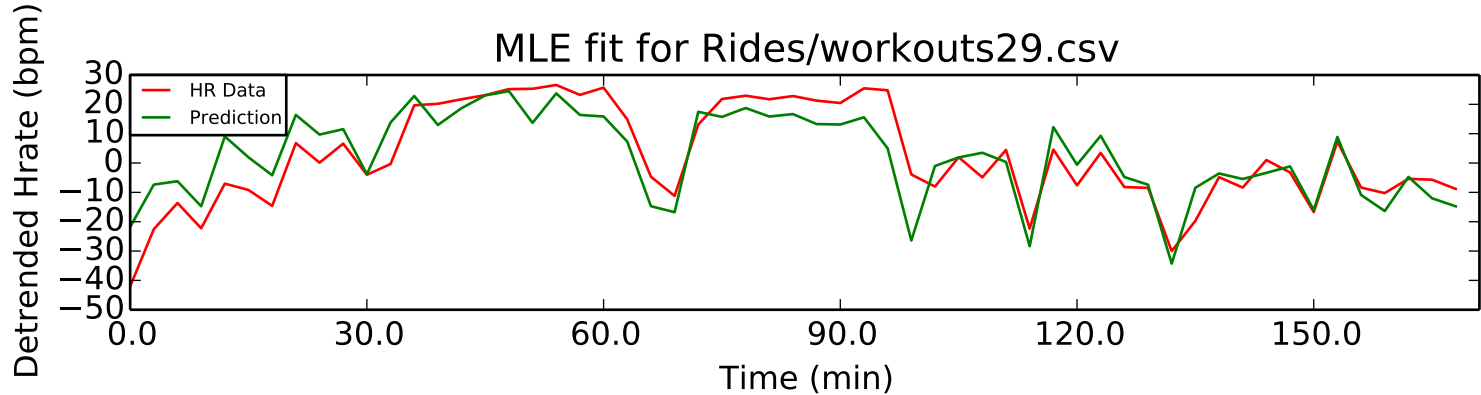
Summary Parameter: 1.0242

Power-Hrate response for Rides/workouts29.csv



Power-Hrate distr. with regression (r^2 : 0.790)





Overview of fitness parameters

Parameter 1: 1.1578

Parameter 2: 1.0575

Parameter 3: 1.1008

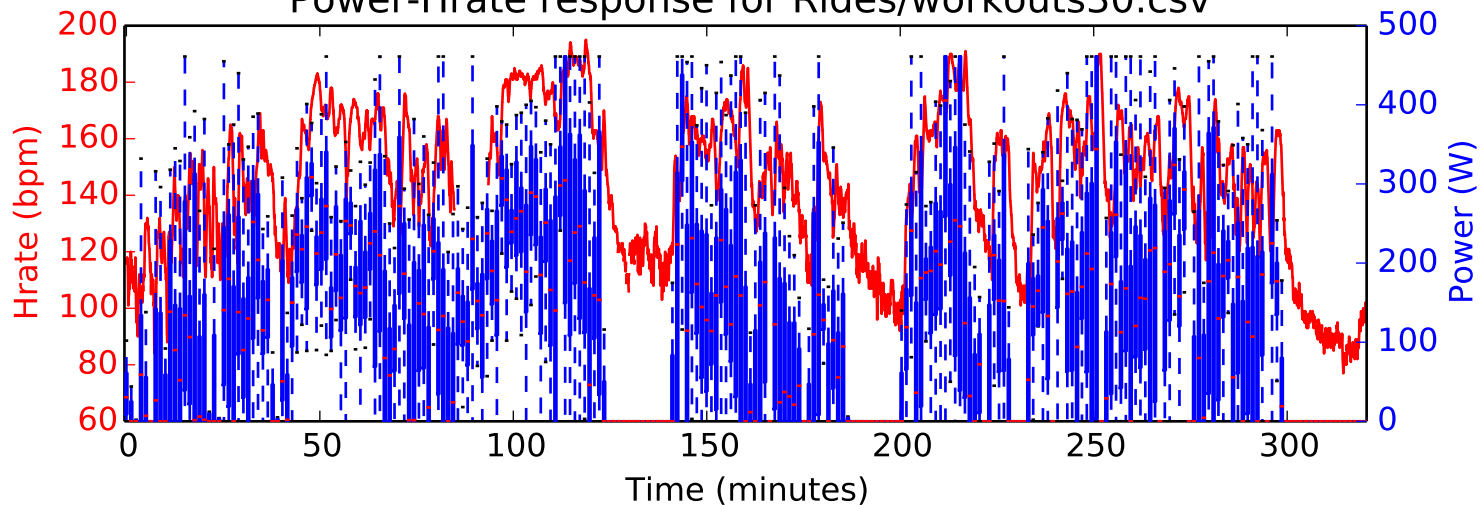
Parameter 4: 1.1981

MLE error sum: 194.83

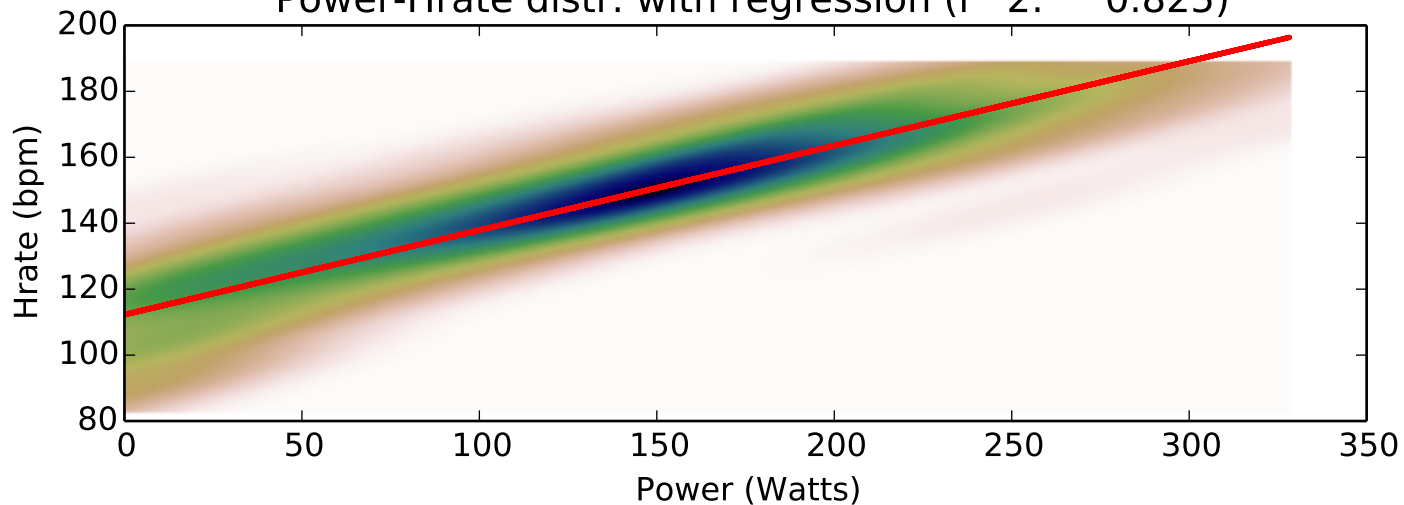
MLE error density: 3.4182

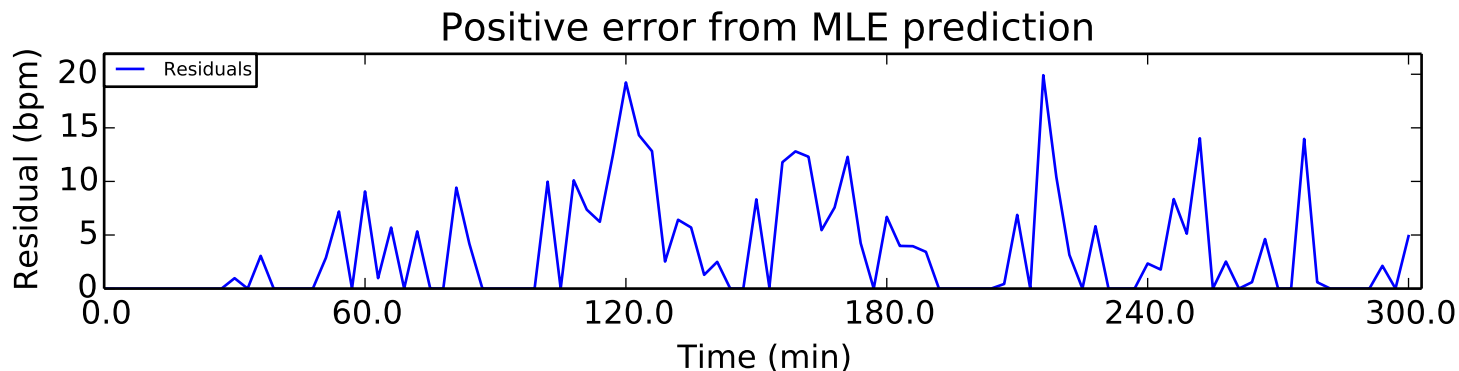
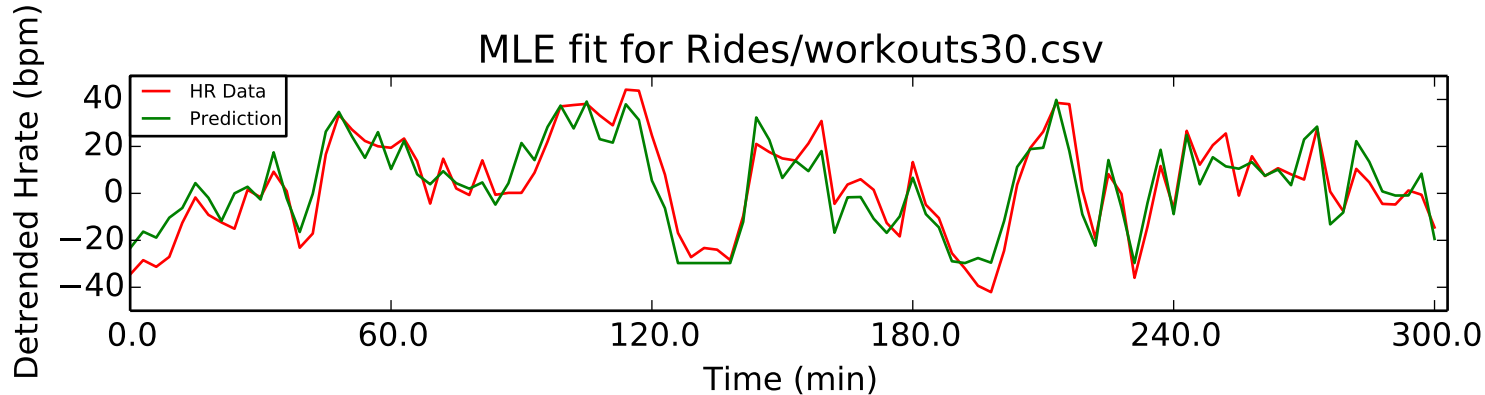
Summary Parameter: 1.1285

Power-Hrate response for Rides/workouts30.csv



Power-Hrate distr. with regression (r^2 : 0.825)





Overview of fitness parameters

Parameter 1: 1.2729

Parameter 2: 1.0895

Parameter 3: 1.0897

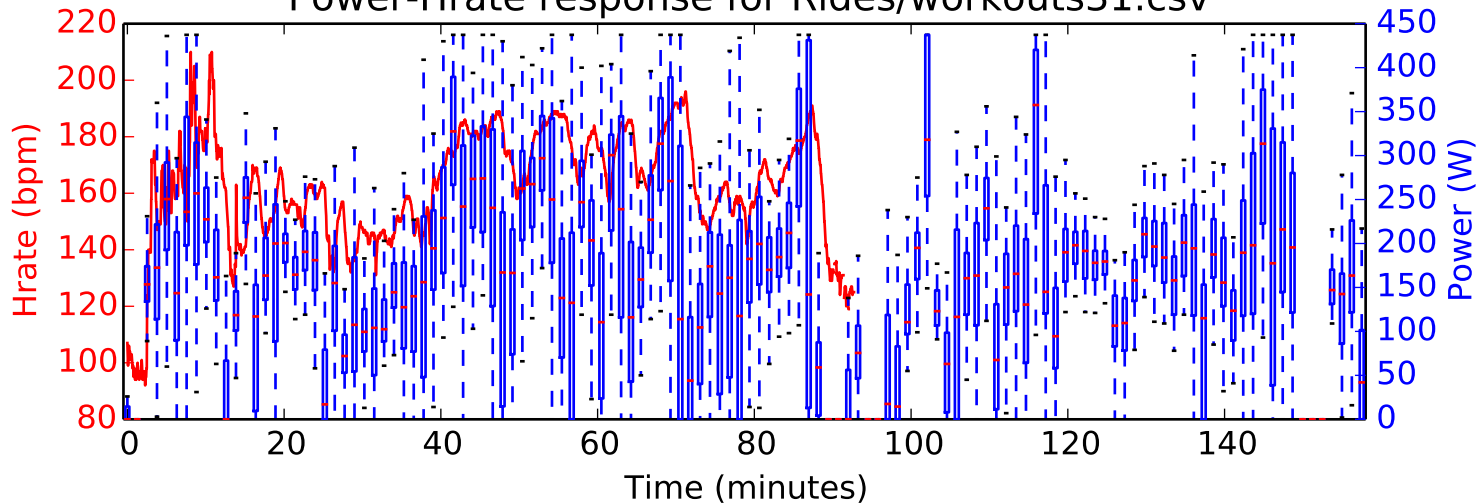
Parameter 4: 1.2361

MLE error sum: 360.18

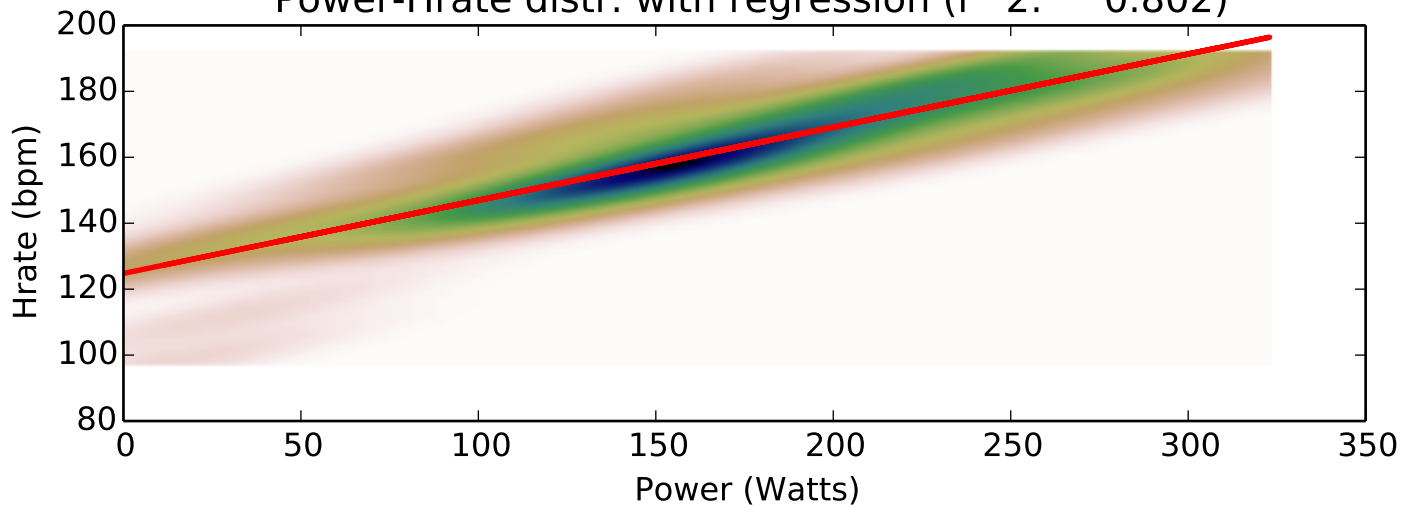
MLE error density: 3.5661

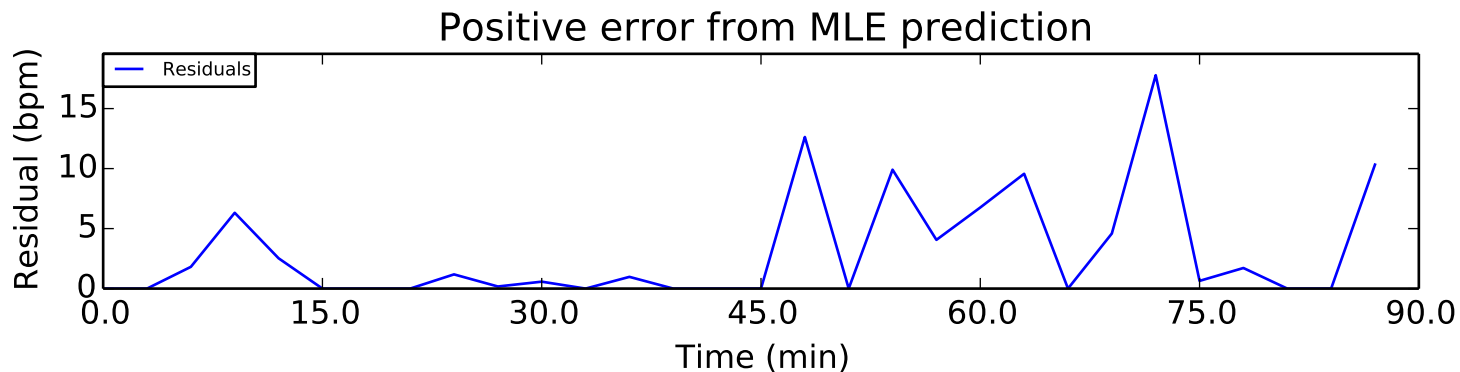
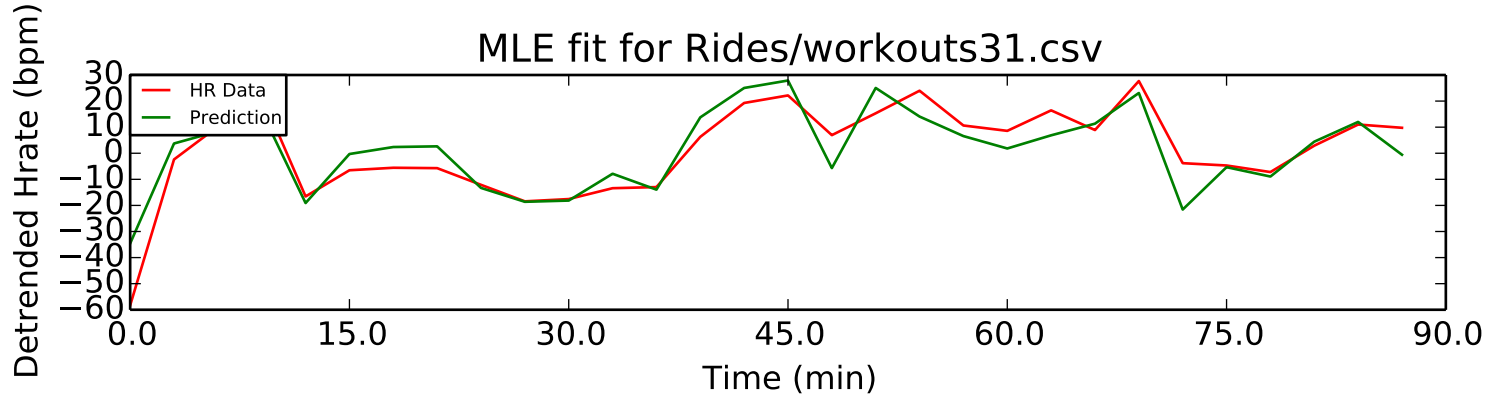
Summary Parameter: 1.1721

Power-Hrate response for Rides/workouts31.csv



Power-Hrate distr. with regression (r^2 : 0.802)





Overview of fitness parameters

Parameter 1: 1.1777

Parameter 2: 1.0447

Parameter 3: 1.0192

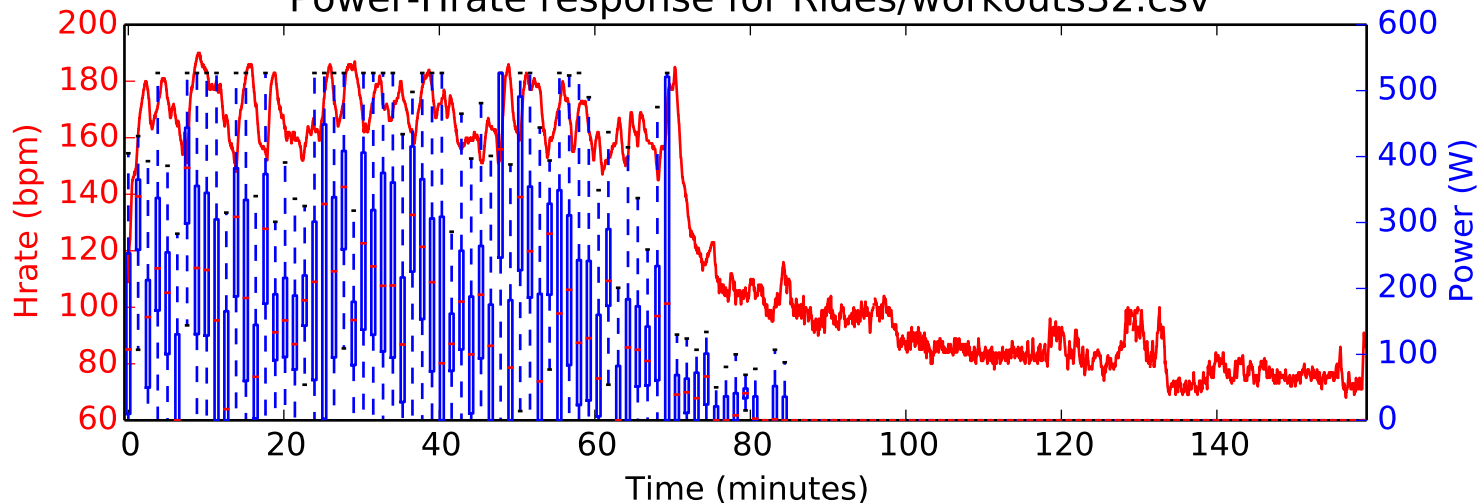
Parameter 4: 1.4189

MLE error sum: 91.555

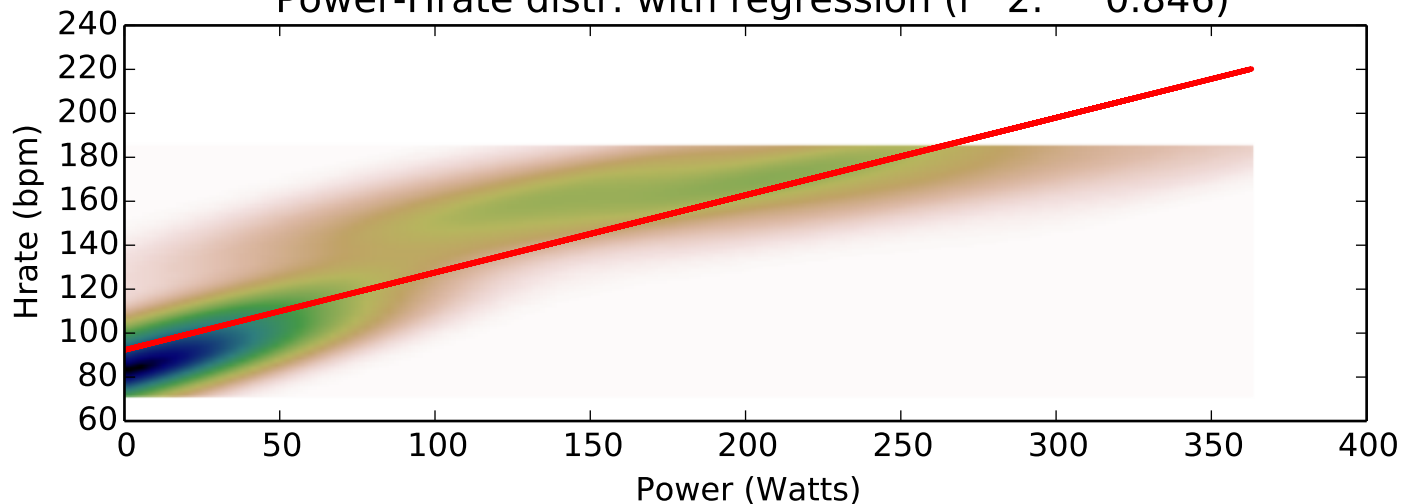
MLE error density: 3.0518

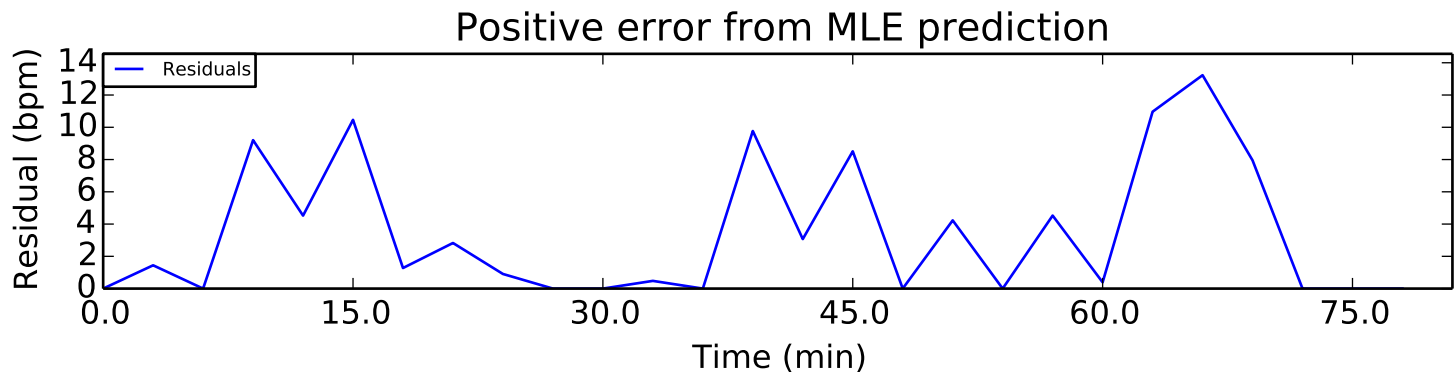
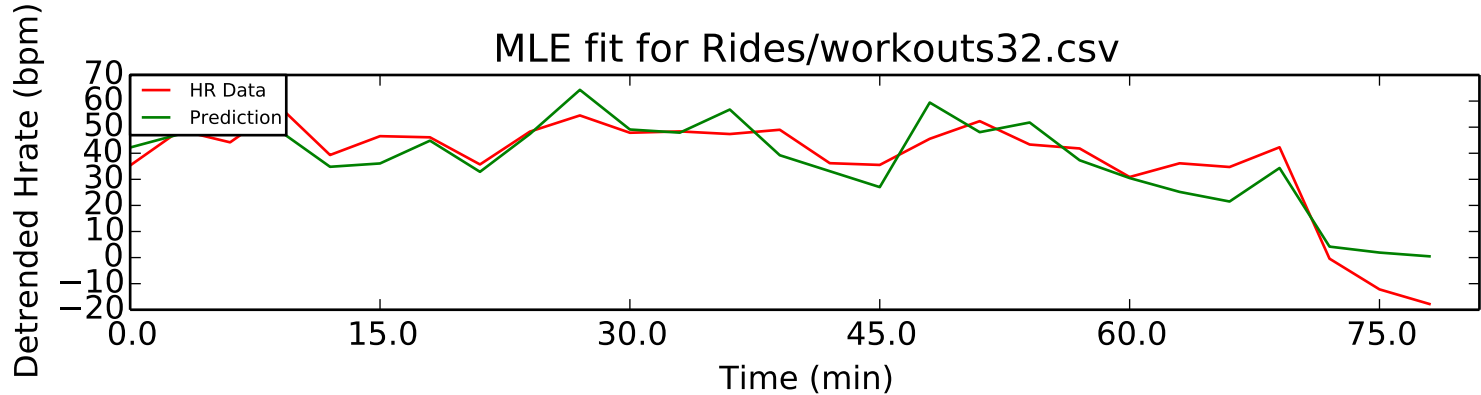
Summary Parameter: 1.1651

Power-Hrate response for Rides/workouts32.csv



Power-Hrate distr. with regression (r^2 : 0.846)





Overview of fitness parameters

Parameter 1: 1.2882

Parameter 2: 1.0841

Parameter 3: 1.0889

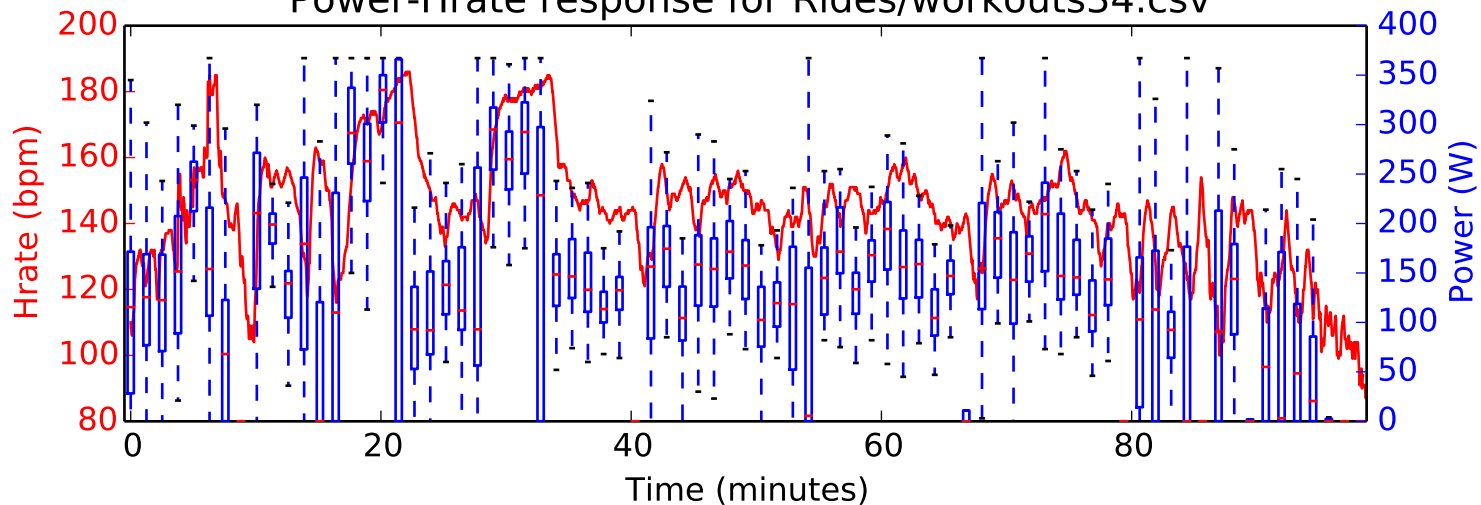
Parameter 4: 1.3341

MLE error sum: 93.760

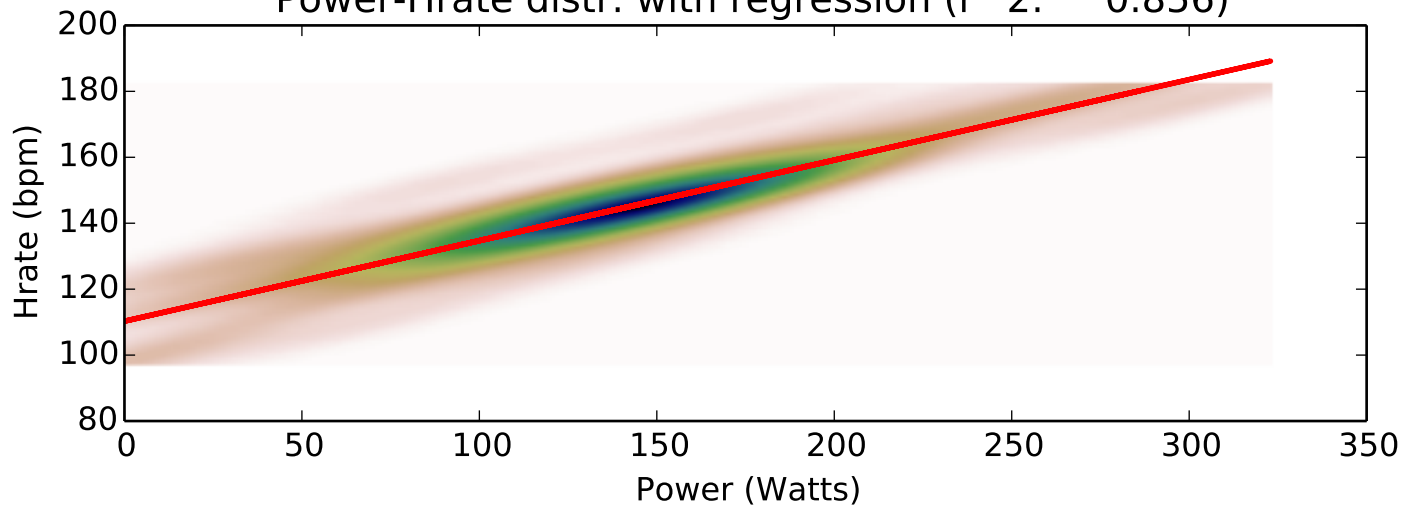
MLE error density: 3.4726

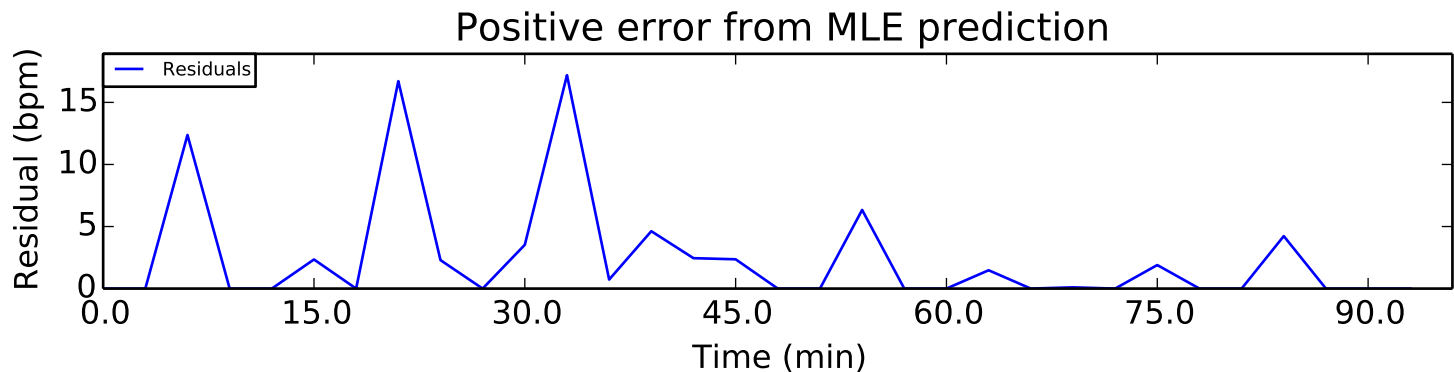
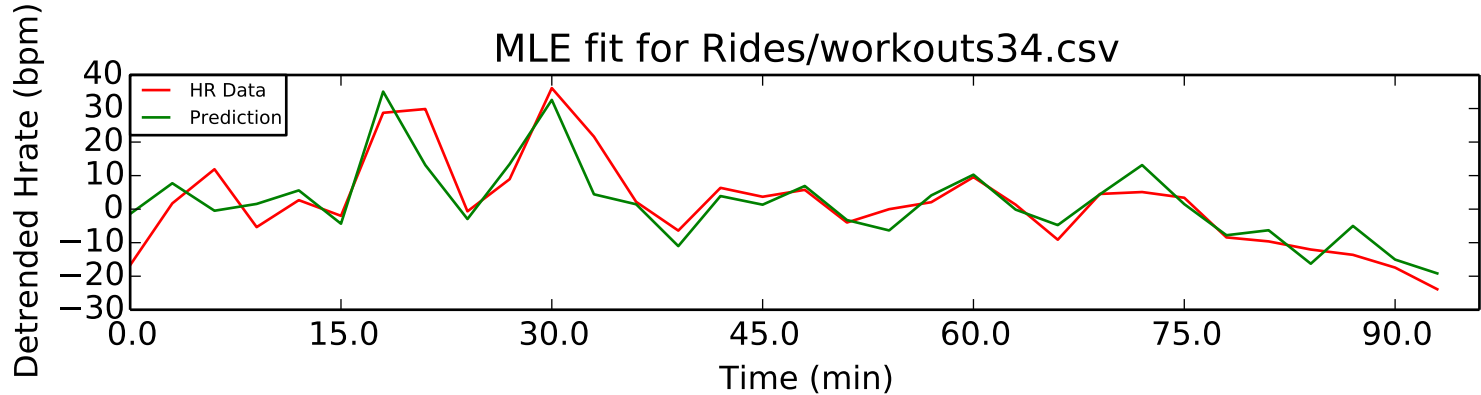
Summary Parameter: 1.1988

Power-HrRate response for Rides/workouts34.csv



Power-HrRate distr. with regression (r^2 : 0.856)





Overview of fitness parameters

Parameter 1: 1.1305

Parameter 2: 1.1230

Parameter 3: 1.1330

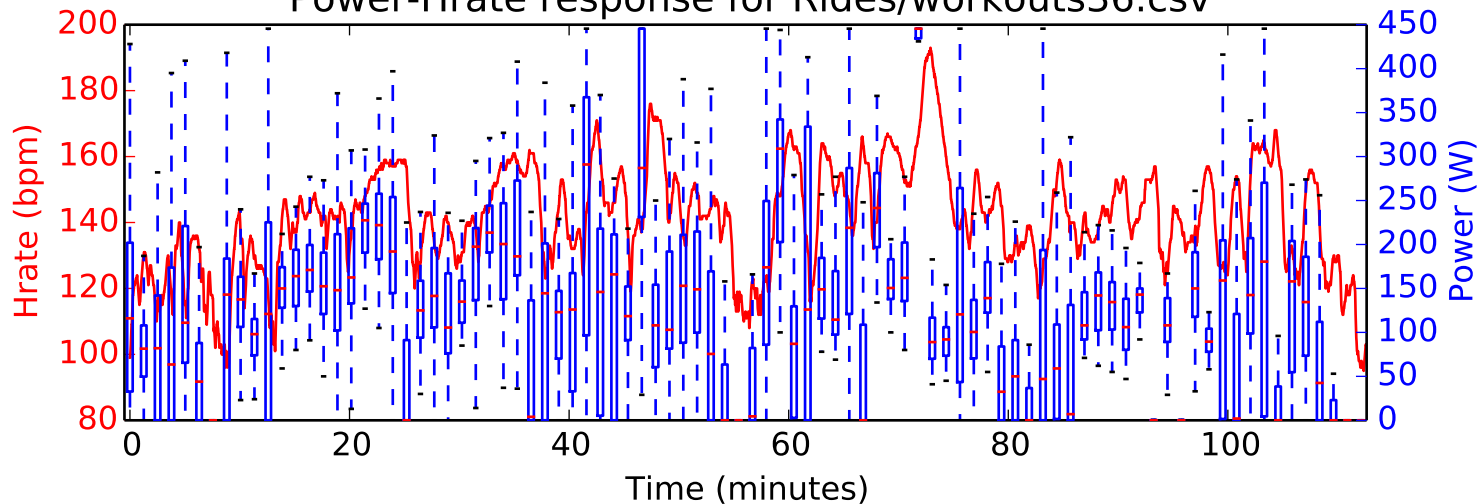
Parameter 4: 1.5097

MLE error sum: 78.655

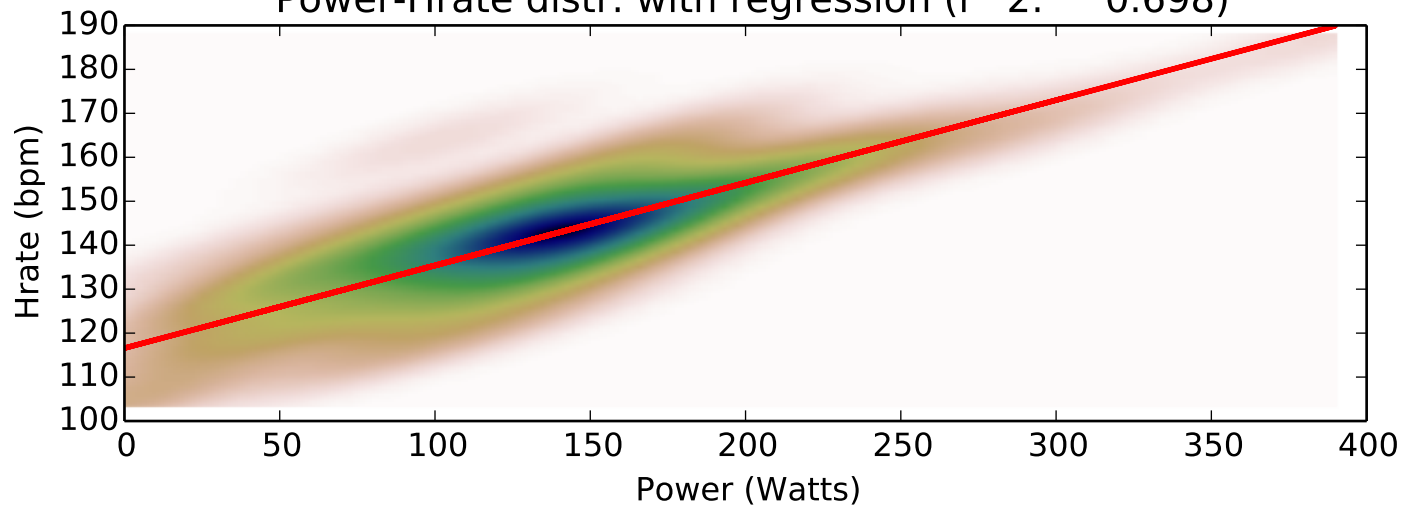
MLE error density: 2.4579

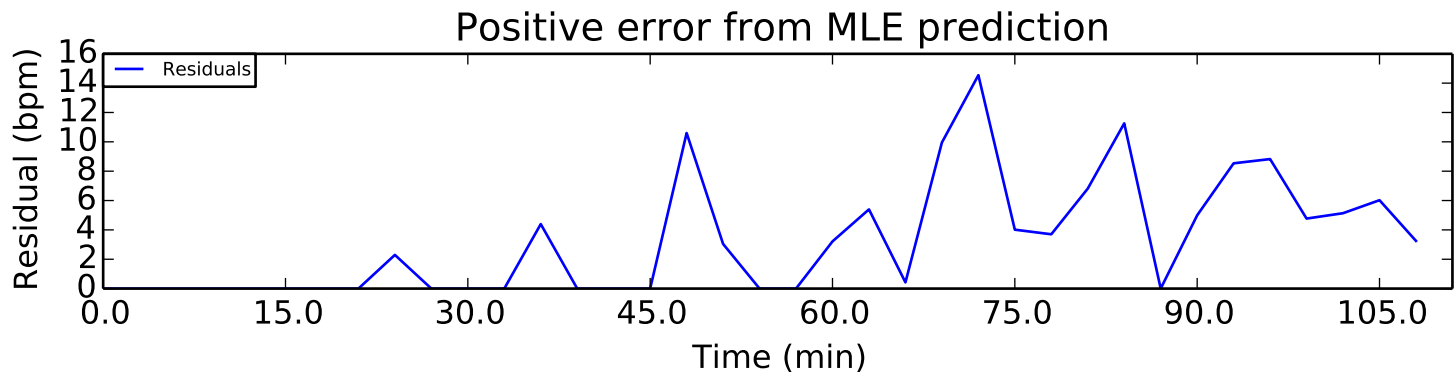
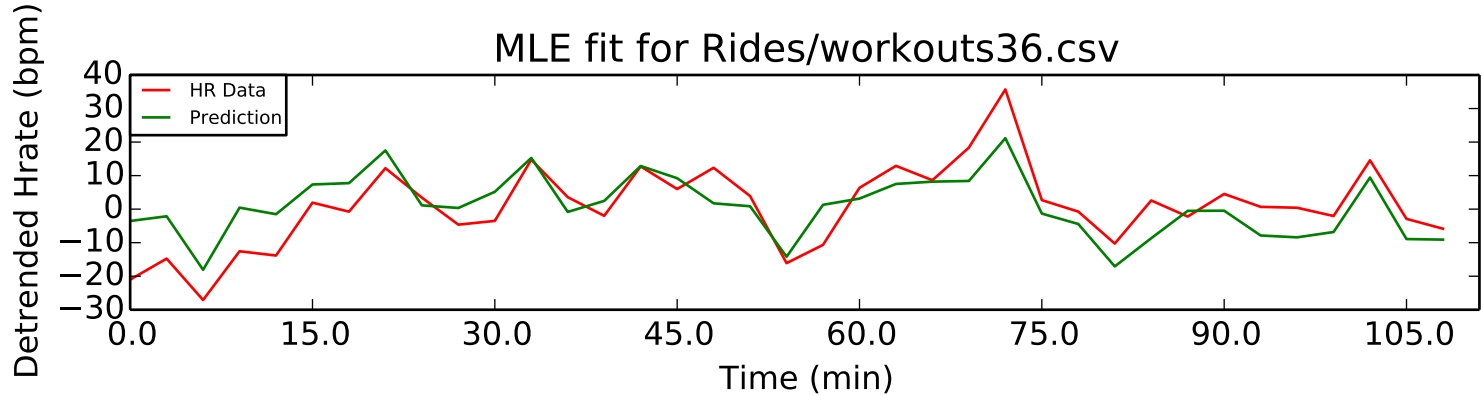
Summary Parameter: 1.2240

Power-Hrate response for Rides/workouts36.csv



Power-Hrate distr. with regression (r^2 : 0.698)





Overview of fitness parameters

Parameter 1: 1.1481

Parameter 2: 1.1397

Parameter 3: 1.3582

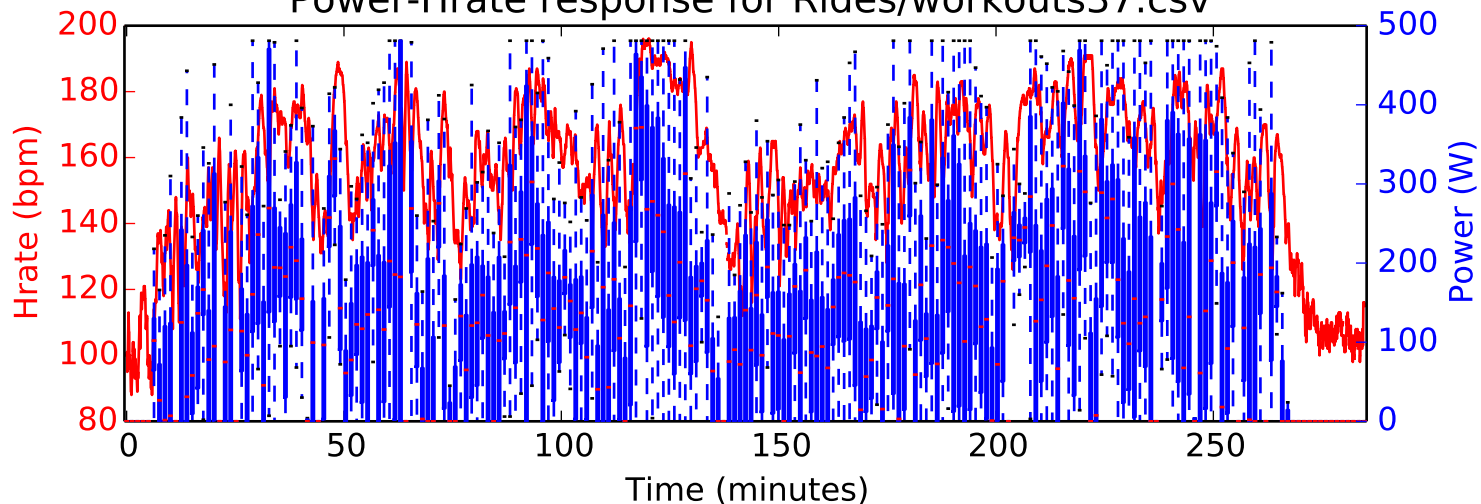
Parameter 4: 1.1268

MLE error sum: 121.18

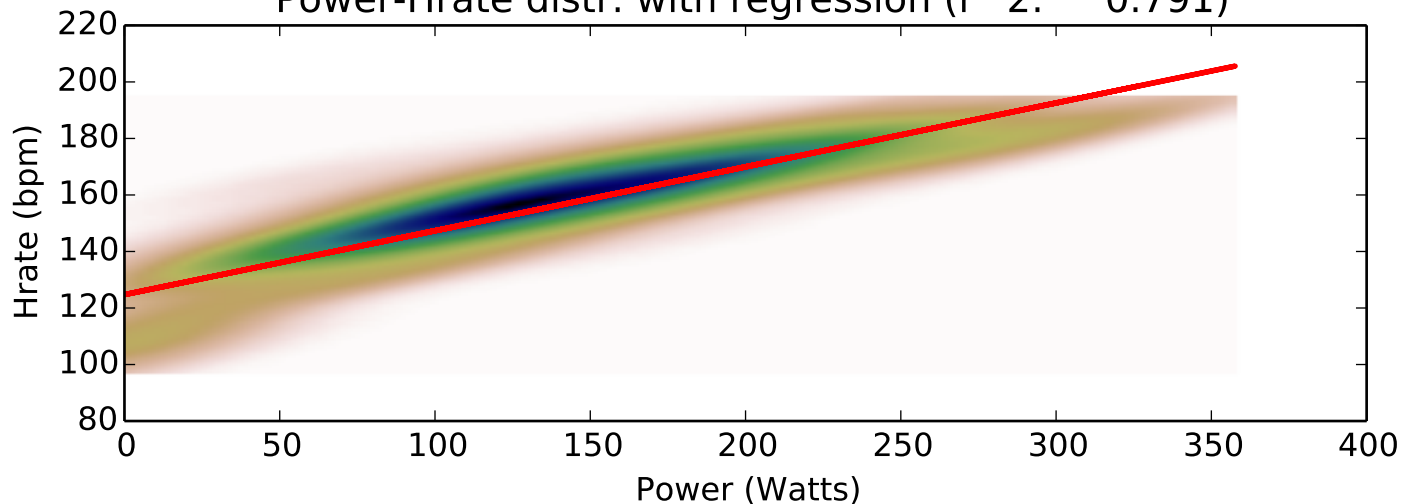
MLE error density: 3.2752

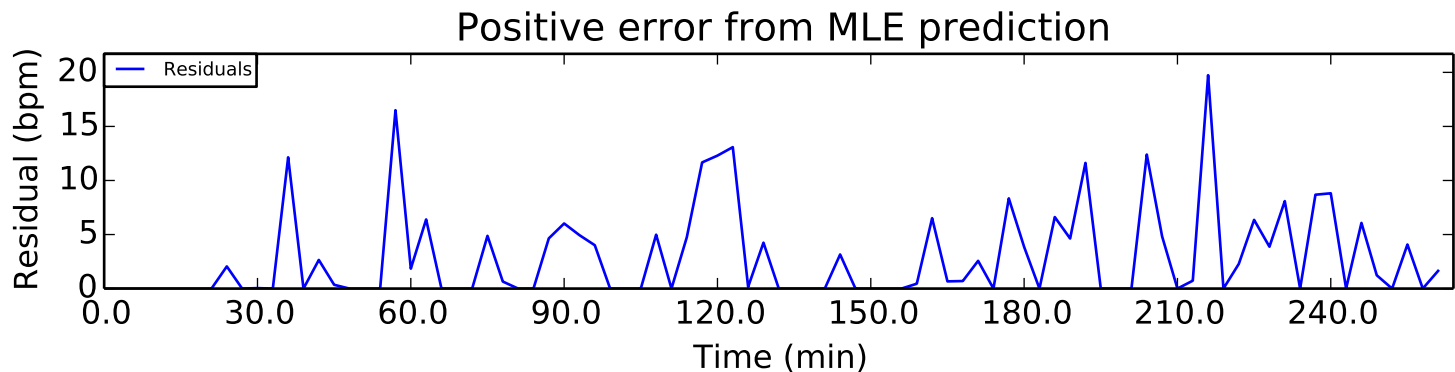
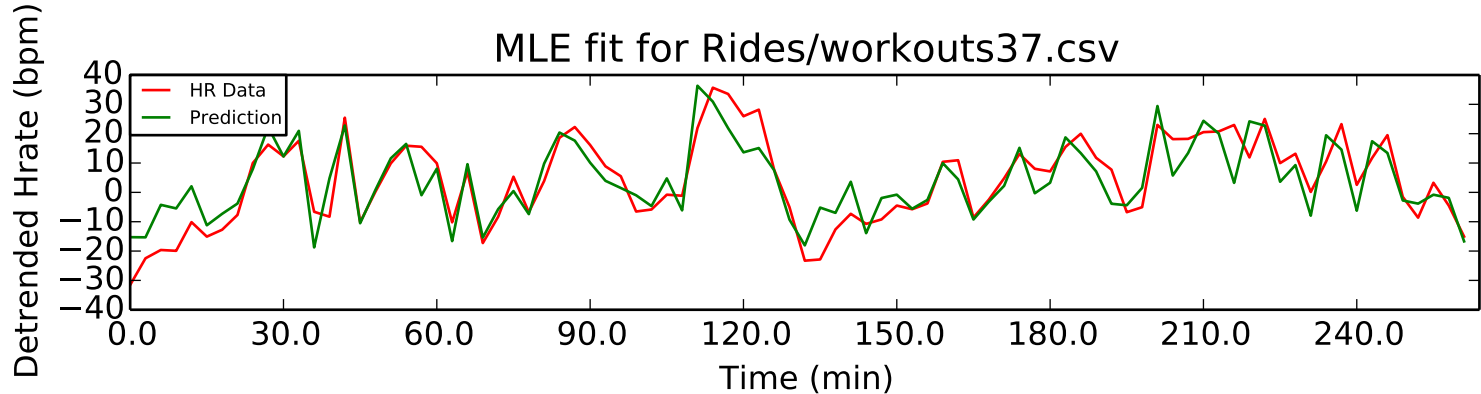
Summary Parameter: 1.1932

Power-Hrate response for Rides/workouts37.csv



Power-Hrate distr. with regression (r^2 : 0.791)





Overview of fitness parameters

Parameter 1: 1.1971

Parameter 2: 1.0349

Parameter 3: 1.2264

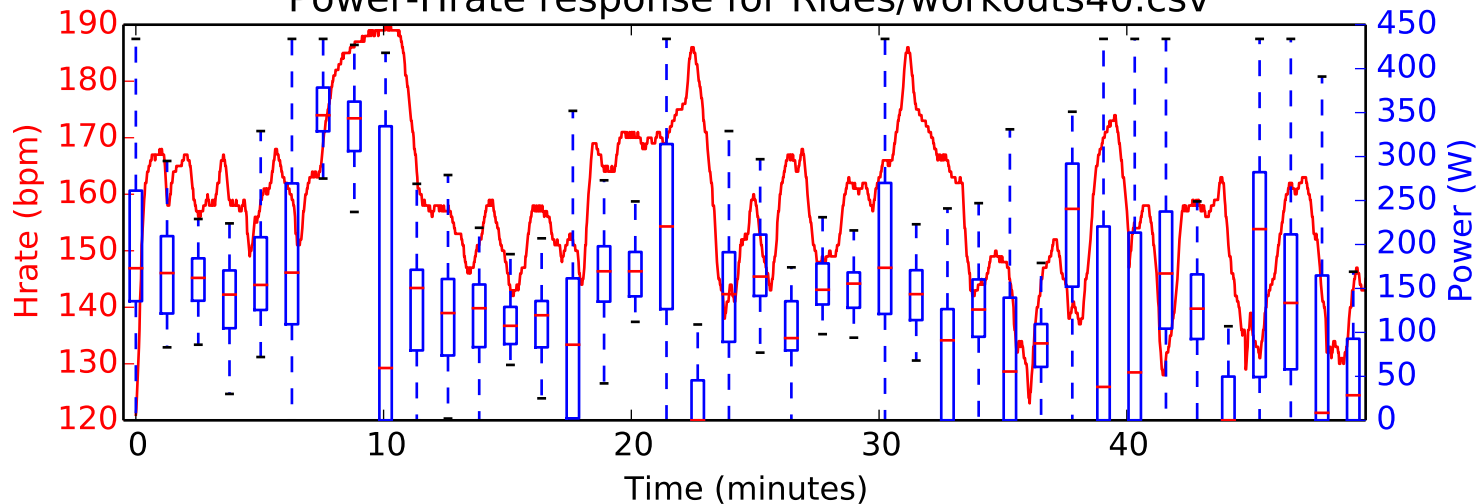
Parameter 4: 1.4868

MLE error sum: 256.29

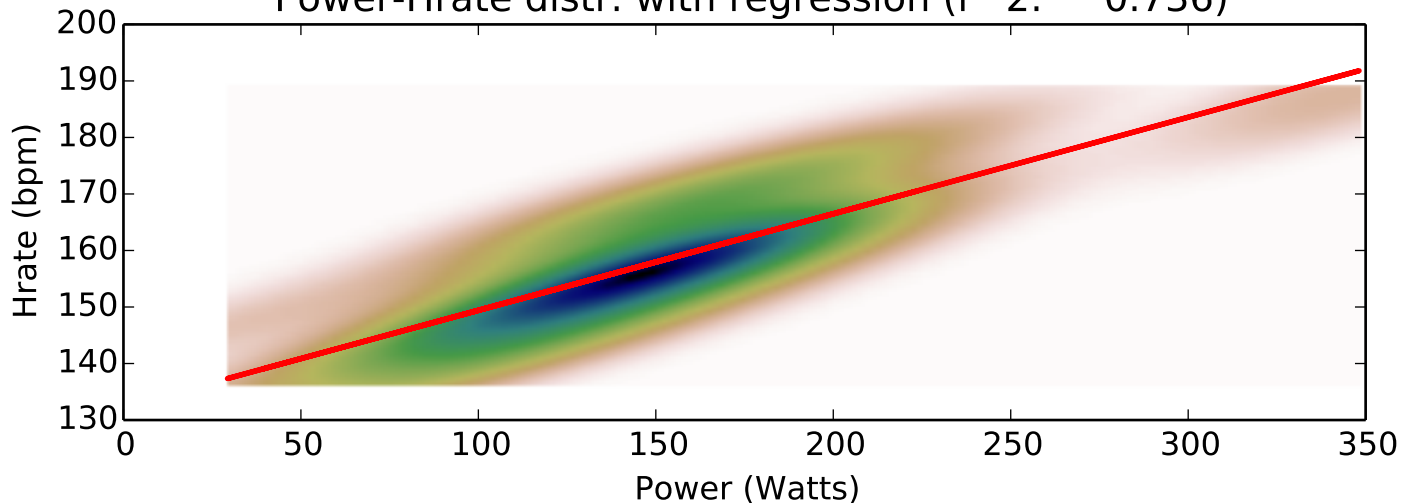
MLE error density: 2.9124

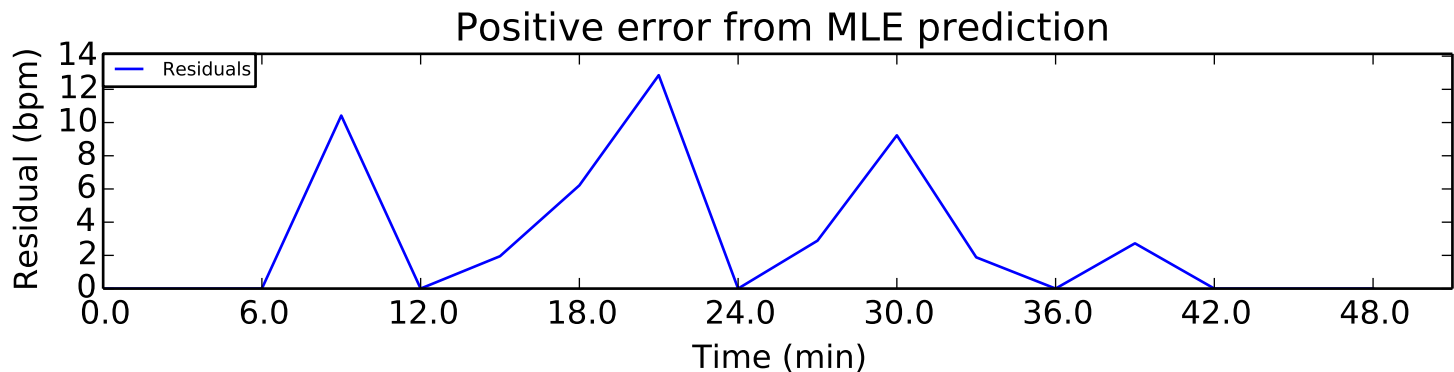
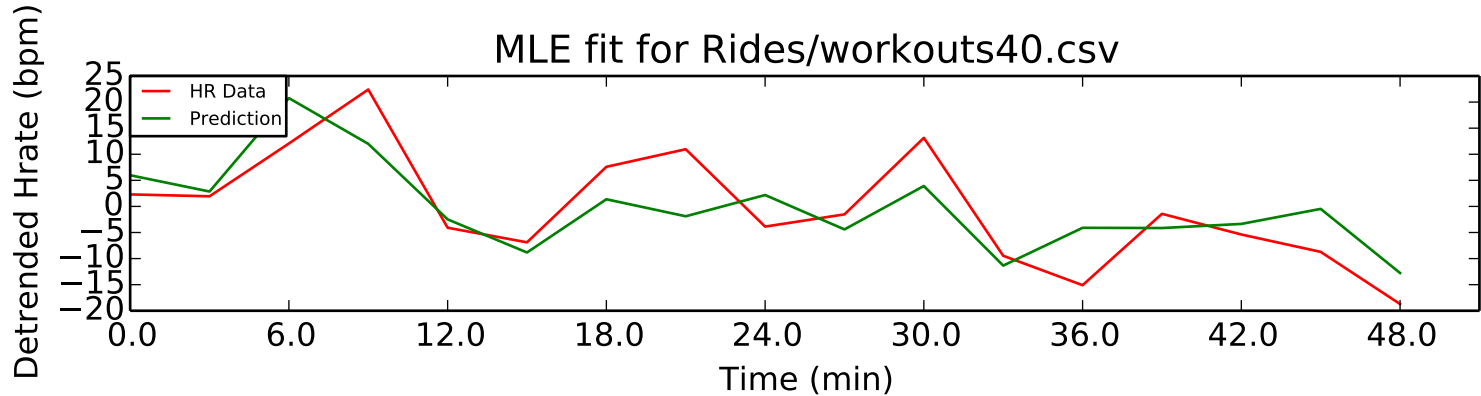
Summary Parameter: 1.2363

Power-Hrate response for Rides/workouts40.csv



Power-Hrate distr. with regression (r^2 : 0.736)





Overview of fitness parameters

Parameter 1: 1.1136

Parameter 2: 1.0448

Parameter 3: 1.4280

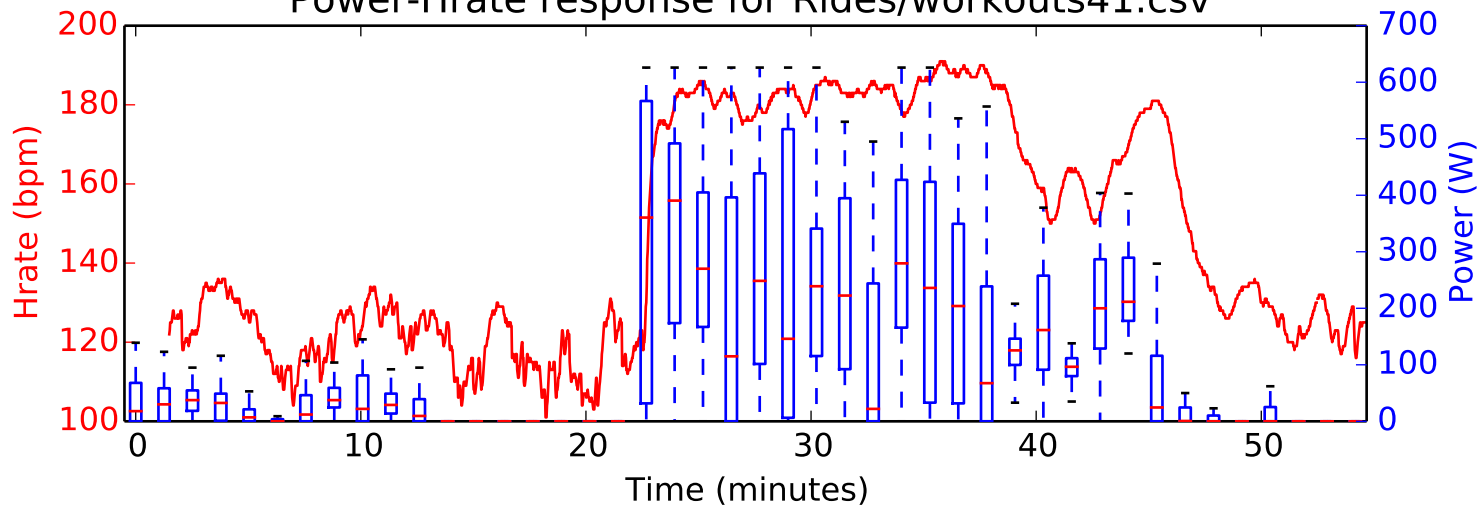
Parameter 4: 1.3890

MLE error sum: 48.165

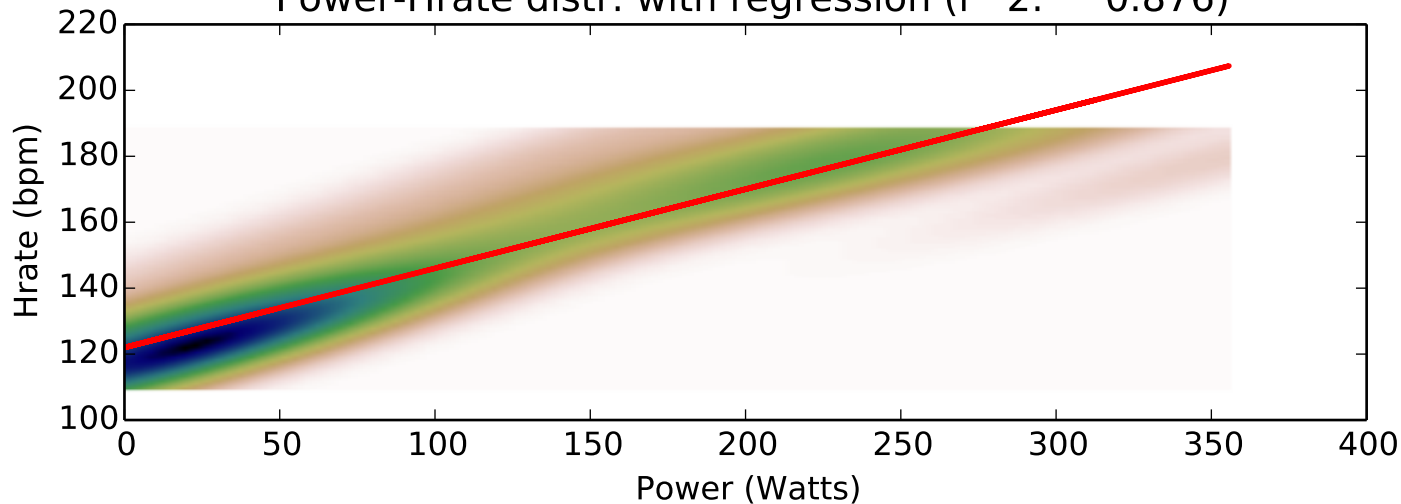
MLE error density: 2.8332

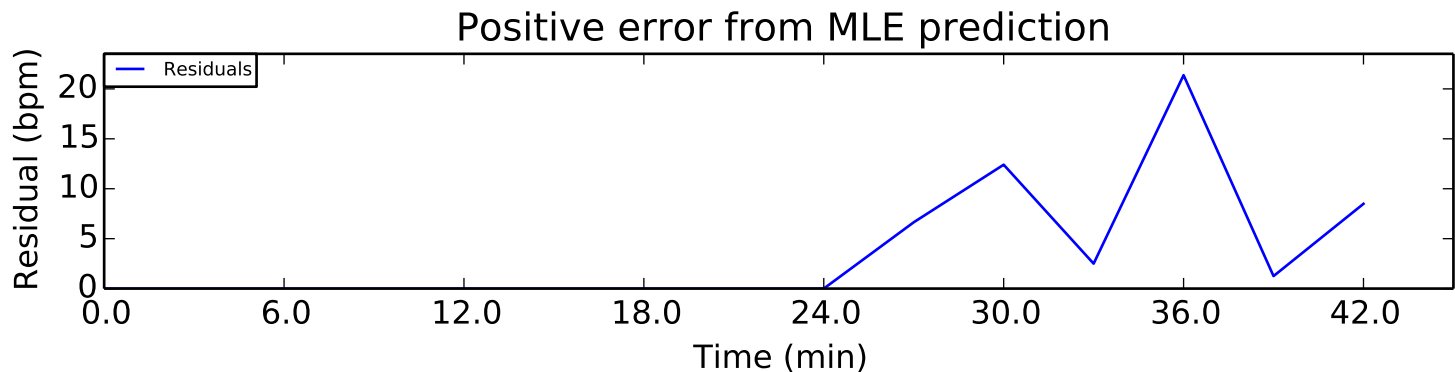
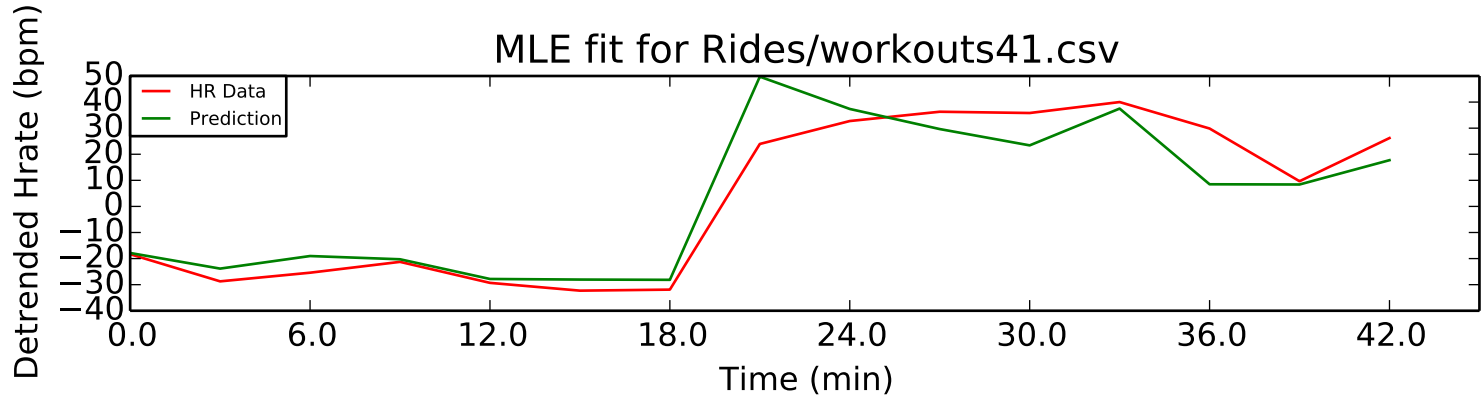
Summary Parameter: 1.2438

Power-Hrate response for Rides/workouts41.csv



Power-Hrate distr. with regression (r^2 : 0.876)





Overview of fitness parameters

Parameter 1: 1.1414

Parameter 2: 1.0454

Parameter 3: 1.0829

Parameter 4: 1.1594

MLE error sum: 52.659

MLE error density: 3.5106

Summary Parameter: 1.1072