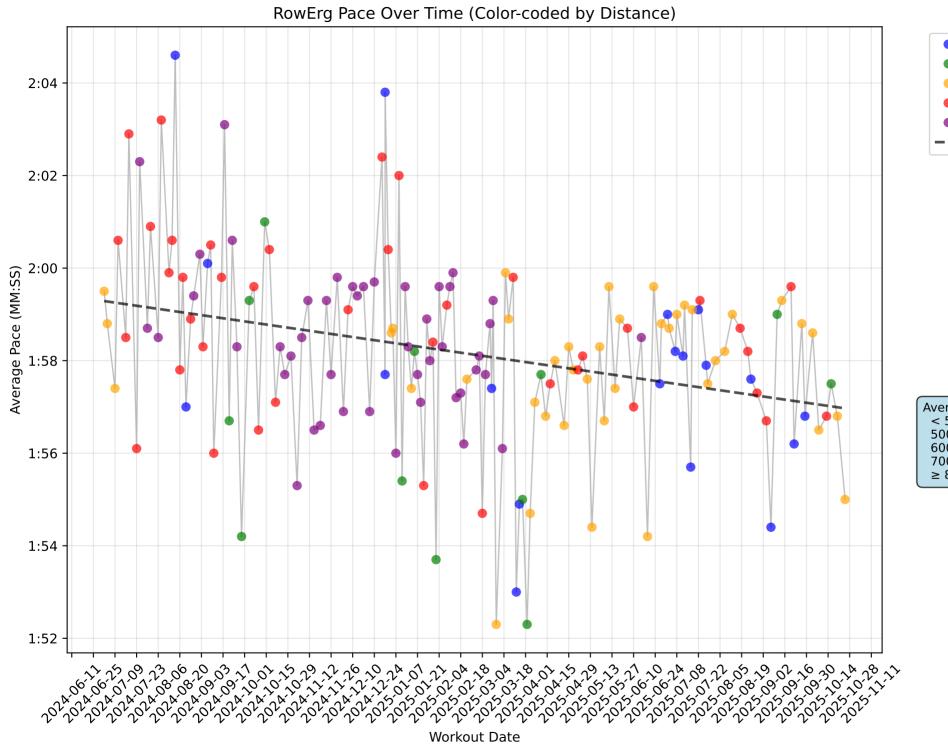
Concept2 Workout Report

Generated: 2025-10-25 08:25

This report contains your rowing performance analysis including:

- Pace progression over time
- Monthly training volume by machine type



< 5000m

• 5000-5999m

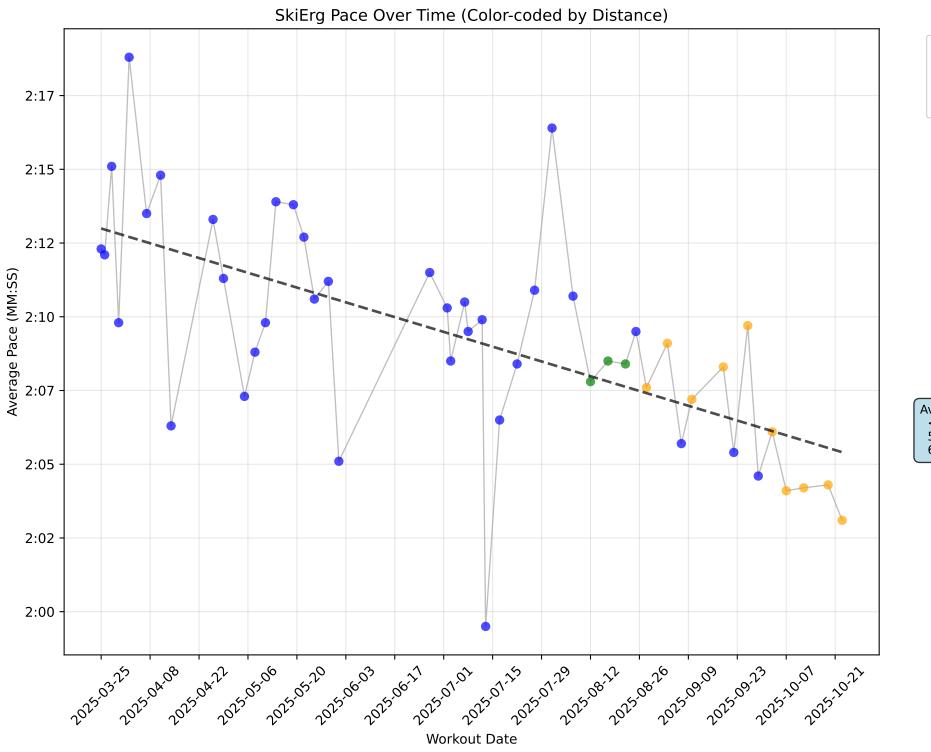
6000-6999m

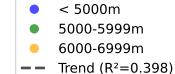
• 7000-7999m

• ≥ 8000m

-- Trend (R²=0.098)

Average Pace by Distance: < 5000m: 1:57 (19 workouts) 5000-5999m: 1:56 (12 workouts) 6000-6999m: 1:57 (41 workouts) 7000-7999m: 1:58 (40 workouts) ≥ 8000m: 1:58 (46 workouts)





Average Pace by Distance: < 5000m: 2:10 (35 workouts) 5000-5999m: 2:08 (3 workouts) 6000-6999m: 2:06 (10 workouts)

