

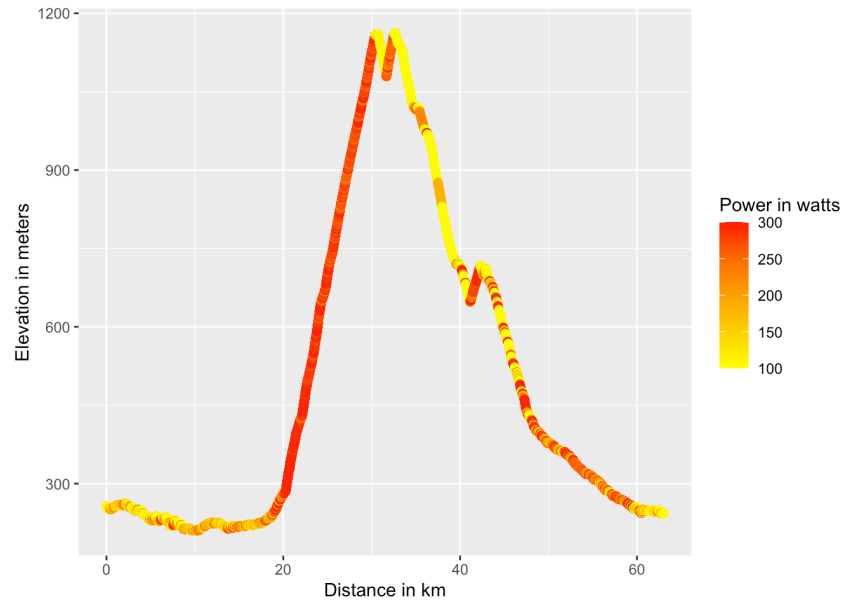
Strava Plots

Sebastian Pahl

Summary Stats

Total time: 2H 58M 3S
Total distance: 63.03 km
Total elevation gain: 1272 m

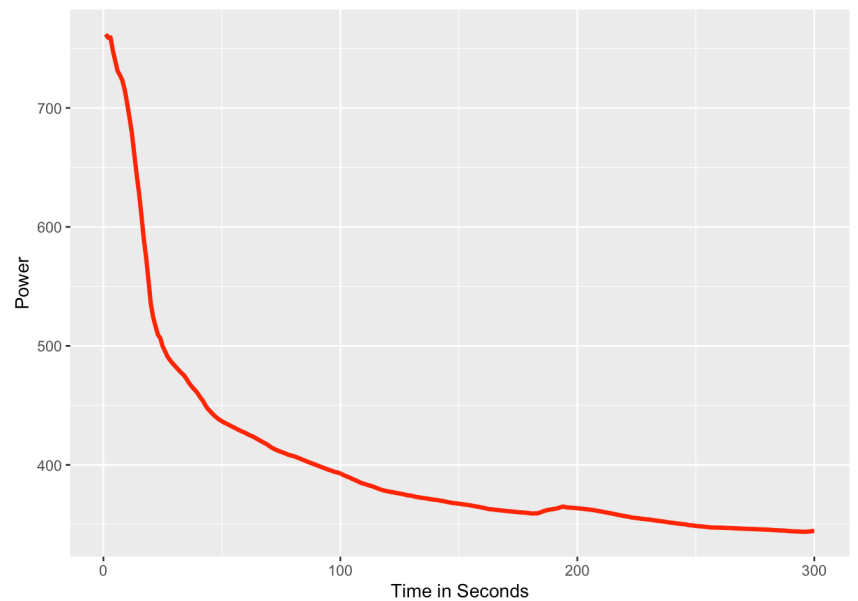
Elevation Plot



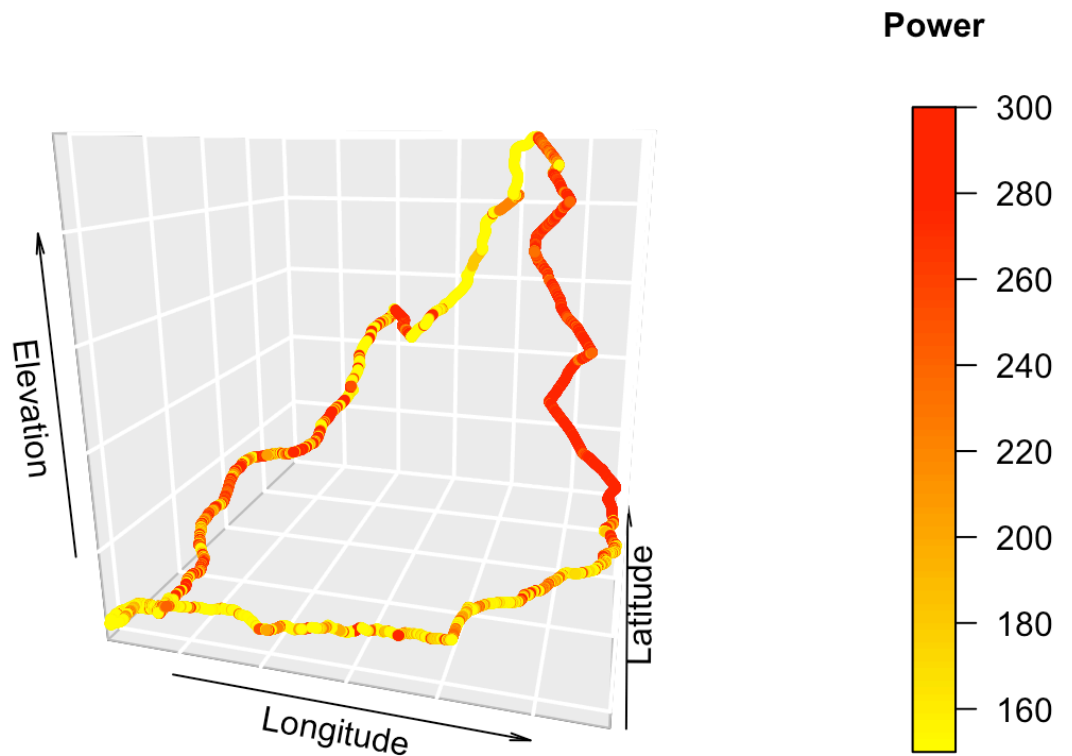
Summary Stats

Peak 1s power: 762 watts
Peak 10s power: 704 watts
Peak 1m power: 427 watts
Peak 5m power: 344 watts

Power Curve

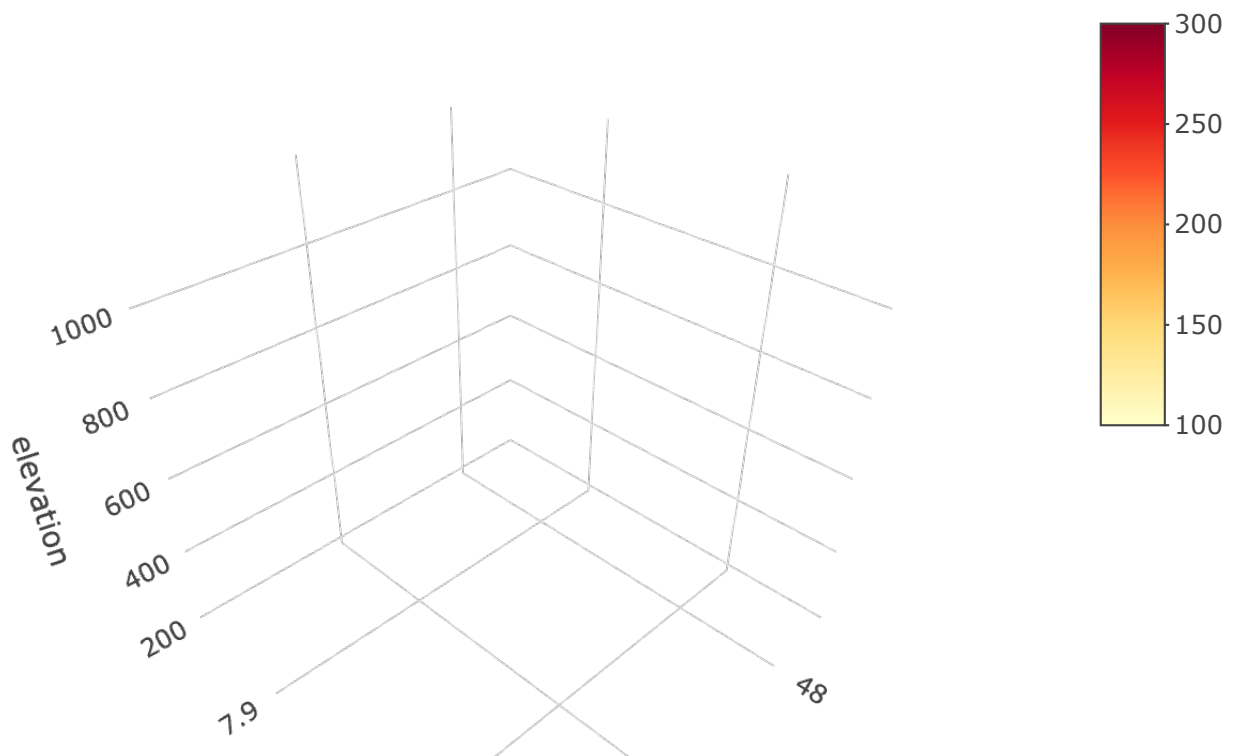


3D Elevation Plot



Interactive 3D Elevation Plot

This only works if you run the .Rmd file in R studio (not by opening the html in a browser)

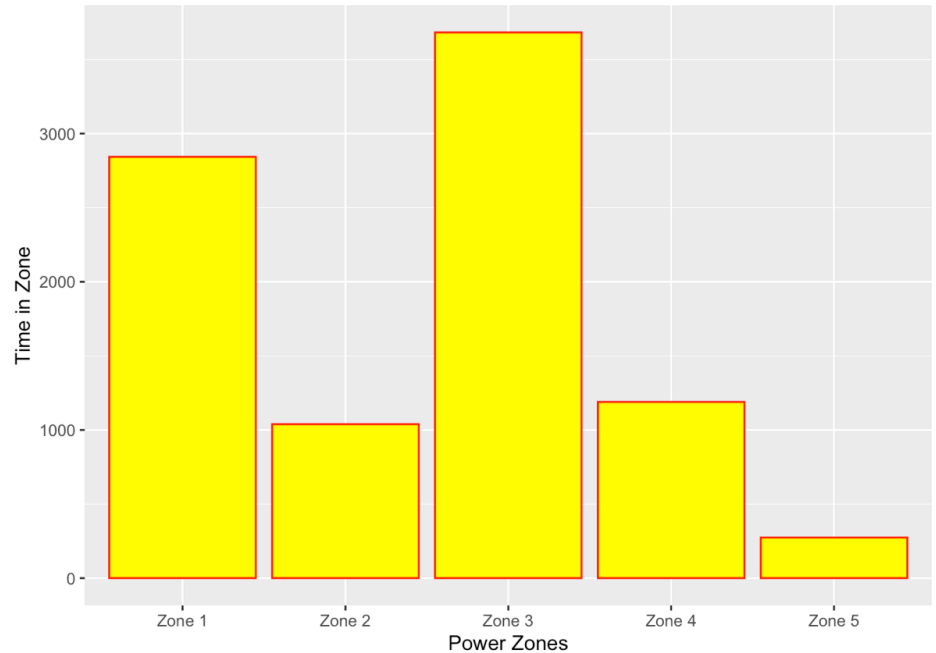


longitude 8 latitude 48.05

Power Zones

Zone 1: 0-150 watts
Zone 2: 150-200 watts
Zone 3: 200-300 watts
Zone 4: 300-400 watts
Zone 5: 400+ watts

Time in Power Zones



Heart Rate Zones

Zone 1: 0-110 bpm
Zone 2: 110-135 bpm
Zone 3: 135-150 bpm
Zone 4: 150-165 bpm
Zone 5: 165+ bpm

Time in Heart Rate Zones

