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Stats Intervals Segments **Time in Zones** Power Curve

<b>Distance</b> 16.86 km Distance	<b>Training Effect</b> • Anaerobic Capacity Primary Benefit 4.3 Highly Impacting Aerobic 3.9 Impacting Anaerobic 300 Exercise Load	<b>Power</b> Watts W/kg Zones 180 W Avg Power 397 W Max Power 157 W Max Avg Power (20 min) 199 W Normalized Power® (NP®) 0.971 Intensity Factor® (IF®) 92.8 Training Stress Score® 205 W FTP Setting 483 kj	<b>Bike Cadence</b> 65 rpm Avg Bike Cadence 109 rpm Max Bike Cadence  <b>Temperature</b> 20.2 °C Avg Temp 20.0 °C Min Temp 25.0 °C Max Temp  <b>Strokes</b> 3161 Total Strokes
<b>Nutrition &amp; Hydration</b> 553 Total Calories Burned -- Calories Consumed -553 Calories Net 426 ml Est. Sweat Loss -- ml Fluid Consumed -426 ml Fluid Net	<b>Heart Rate</b> bpm % of Max Zones 141 bpm Avg HR 167 bpm Max HR		

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