

21.07 km

Distance

Nutrition & Hydration ?

327

Total Calories Burned

--

Calories Consumed

-327

Calories Net

179 ml

Est. Sweat Loss

-- ml

Fluid Consumed

-179 ml

Fluid Net

Respiration Rate

25 brpm

Avg Respiration Rate

0.6 No Benefit

Aerobic

0.0 No Benefit

Anaerobic

6

Exercise Load ?

Heart Rate

bpm % of Max Zones

108 bpm

Avg HR

117 bpm

Max HR

Timing

Pace Speed

1:00:40

Time

Watts W/kg Zones

71 W

Avg Power

1,600 W

Max Power

135 W

Max Avg Power (20 min)

422 W

Normalized Power® (NP®)

2.057

Intensity Factor® (IF®)

418.1

Training Stress Score®

205 W

FTP Setting

242 kJ

Work

Elevation

91 rpm

Avg Bike Cadence

107 rpm

Max Bike Cadence

Temperature

25.0 °C

Avg Temp

24.0 °C

Min Temp

31.0 °C

Max Temp

Strokes

5489

Total Strokes

This site uses cookies and related technologies for site operation, analytics, and third party advertising purposes. You can manage these preferences in the settings menu. For more information, see our privacy policy. You can also opt out of essential technologies, or further manage your preferences.