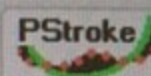


Isaac for Windows: Velocomp_03_18_2022_0656_17_km.ibr

File Edit View Device Analyze Tools Help



Ride: HILL CLIMBS - ROAD

Note

Distance: 16.74 km (0:59:45)

Energy: 491.6 kJ

Cals Burn: 470.0 kcal

Climbing: 327 m

Braking: -281.4 kJ (-57.2%)

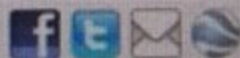
| | Min | Avg | Max | |
|---------|-------|-------|------|------|
| Power | 0 | 137.1 | 561 | W |
| Aero | 0 | 26.3 | 285 | W |
| Rolling | 0 | 25.1 | 66 | W |
| Gravity | -1188 | -0.6 | 440 | W |
| Speed | 0.0 | 16.8 | 44.4 | km/h |
| Wind | 4.6 | 15.4 | 37.3 | km/h |
| Elev | -34 | -10 | 23 | m |
| Slope | -15.0 | -0.01 | 13.1 | % |

NP 199 W

CdA: 0.364 m²; Crr: 0.0054

102 kg; 18/03/2022 6:56 AM

20 degC; 1013 hPa



Laps Peaks GPS