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Ride Name: Note...

Dist: 200.76 mi (13:19:05)
 Energy: 5743.7 kJ
 Cals Burn: 5491.1 kcal
 Climbing: 11526 ft
 Braking: 16.8 kJ (0.3%)

	Min	Avg	Max	
Power	0	119.8	383	W
Aero	0	111.1	1459	W
Rolling	1	5.7	16	W
Gravity	-1495	0.4	463	W
Speed	2.0	15.1	42.1	mi/h
Wind	0.0	20.2	48.1	mi/h
Elev	3941	5697	10021	ft
Slope	-14.6	0.01	19.6	%
Caden	1	70.5	109	rpm

Aero: 0.309; Fric: 6.90
 CdA: 0.312 m²
 Crr: 0.0009
 207 lbs; 9/13/08 5:06 AM
 76 degF; 995 mbar

Quick Detailed DFPM Trainer

Profile

4-mile ride: 8/15/08

Auto Analyze

Options...

Hold to View Original Data

