



Summary

Monthly Summary



Totals

Duration:	18:23:03
Time Riding:	16:58:24
Distance(km):	366.12
Work(kJ):	10652
Elevation Gain(meters):	7389

Averages

Speed(kph):	21.4
Power(watts):	161
Heart Rate(bpm):	139
Cadence(rpm):	67

Metrics

TSS:	912
VI:	1.274
NP(watts):	202
IF:	0.696
Pace(min/km):	3.0

Maximums

Speed(kph):	73.4
Power(watts):	795
Heartrate(bpm):	229
Cadence(rpm):	240

