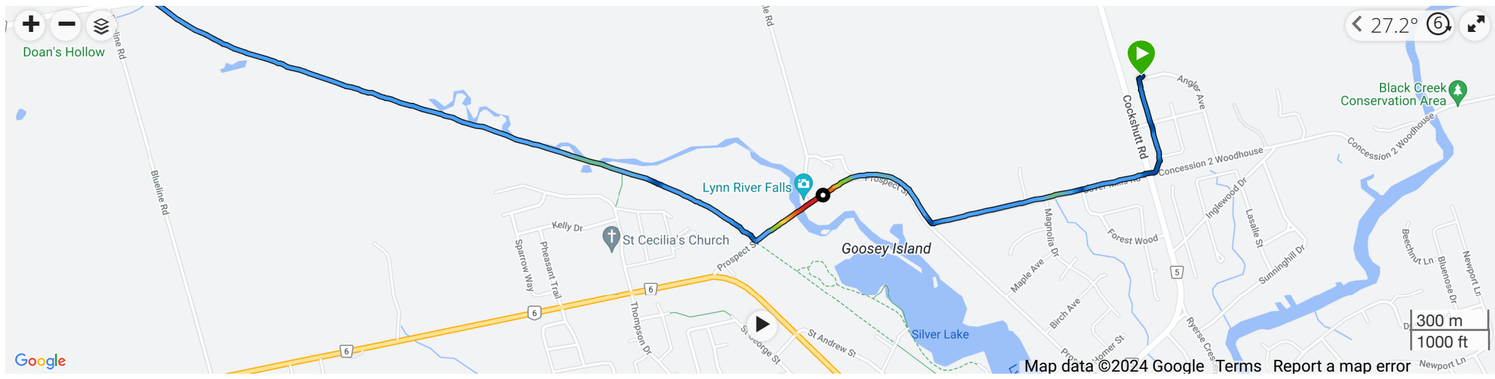
CYCLING ▾ BY MIKE C ON YESTERDAY @ 11:24 AM

0 likes

Norfolk Cycling

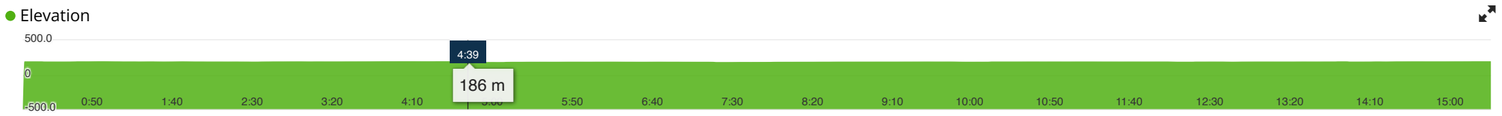
Event: -- ▾ Event Type: Uncategorized ▾ Gear: 1

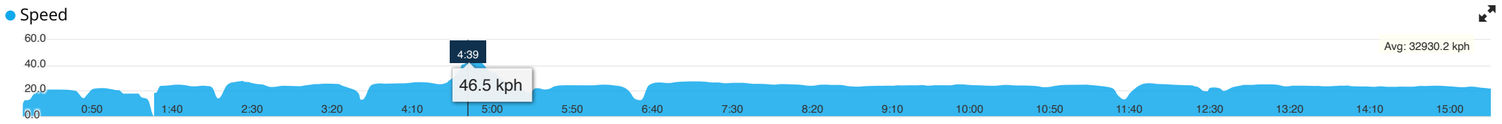
8,388.96 km	15:17	32930.2 kph	318 m
Distance	Time	Avg Speed	Total Ascent

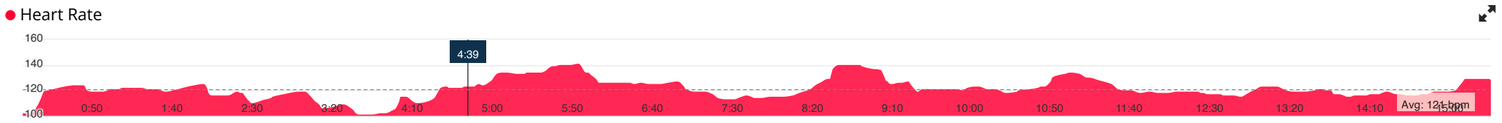


Slower Faster

Customize Charts ▾ Time Distance







Stats Laps Segments Time in Zones

Distance
8,388.96 km
Distance

Nutrition & Hydration
20
Resting Calories

141
Active Calories

161
Total Calories Burned

--
Calories Consumed

-161
Calories Net

206 ml
Est. Sweat Loss

-- ml
Fluid Consumed

-206 ml
Fluid Net

Stamina
99%
Beginning Potential

95%
Ending Potential

93%
Min Stamina

Training Effect
Recovery
Primary Benefit

2.0 Maintaining
Aerobic

0.4 No Benefit
Anaerobic

26
Exercise Load

Heart Rate
bpm % of Max Zones

121 bpm
Avg HR

141 bpm
Max HR

7 bpm
Recovery HR

Timing
15:17
Time

15:13
Moving Time

15:23
Elapsed Time

Elevation
318.1 m
Total Ascent

31.8 m
Total Descent

-500.0 m
Min Elev

194.8 m
Max Elev

Pace/Speed
Pace Speed

32930.2 kph
Avg Speed

33078.0 kph
Avg Moving Speed

46.5 kph
Max Speed

Temperature
29.0 °C
Avg Temp

27.0 °C
Min Temp

30.0 °C
Max Temp

Body Battery
-3
Net Impact

Photos
Click to add photos to your activity.

Badges
100-Mile Ride
Slipstream
Speedy Century

Notes
How was your ride?

Add a comment, use @ to tag Post

fenix 7
Software: 17.28
Elev Corrections Disabled
Summary Data: Original

Speed Sensor 2
Software: 4.1
Battery Status: OK

Diverge (Specialized Diverge)
Change Gear