

Workout Hill_Horst Knöpfel

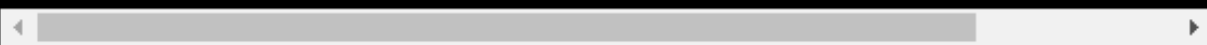
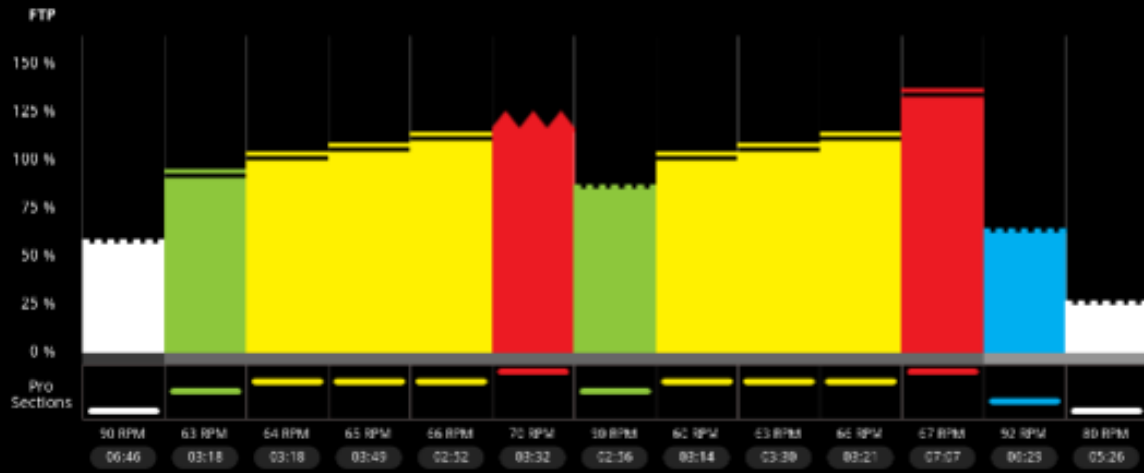


Hill_Horst Knöpfel

created by Thomas

00:55:38

--- SERO — SECL = STCL
 ^ JU ∞ STJO ~ WR
 ~ SE HSPO ~ ST HSPO



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Workout overview

Track Name	RPM	FTP %	Riding Position	Duration
Warm Up - SERO	90	55	SERO	06:46 Min.
Main Part - SECL/STCL	63	83	STCL	03:18 Min.
Main Part - SECL/STCL	64	91	STCL	03:18 Min.
Main Part - SECL/STCL	65	95	STCL	03:49 Min.
Main Part - SECL/STCL	66	100	STCL	02:52 Min.
Main Part - SECL/STCL/JU	70	106	JU	03:32 Min.
Main Part - SERO	90	80	SERO	02:56 Min.
Main Part - SECL/STCL	60	91	STCL	03:14 Min.
Main Part - SECL/STCL	63	95	STCL	03:30 Min.
Main Part - SECL/STCL	66	100	STCL	03:21 Min.
Main Part - SECL/STCL	67	120	STCL	07:07 Min.
Cool Down - SERO	92	60	SERO	06:29 Min.
Cool Down - Stretching	80	27	SERO	05:26 Min.

Effort Points (EP): 172

Zones: 13

55:38 Min.