



Workout Overview

Track Name	RPM	FTP %	Position	Länge
Warm Up - I like to be with me..	90	50	SERO	03:50 Min.
🔊 Main Part - Blue-Da Ba Dee	64	75	SECL	02:30 Min.
Main Part - More than you know	63	88	STCL	03:23 Min.
🔊 Main Part - The Runner - Foals	100	73	SERO	04:22 Min.
🔊 Main Part - Lady-Lanne	80	103	JU	02:34 Min.
🔊 Main Part - Everybody talks	77	83	SERO	02:57 Min.
Main Part - Ocean Drive	60	98	STCL	03:03 Min.
Main Part - Deep End - Arem Ozgu	64	105	STCL	03:08 Min.
🔊 Main Part - Pride - American	104	83	SERO	03:11 Min.
Main Part - Everybody - B3rnte	65	102	JU	02:05 Min.
Main Part - Who knew - Pink	70	91	SECL	03:28 Min.
🔊 Main Part - Turn me on - Riton	63	98	STCL	03:28 Min.
Main Part - Water Colour - Pendulum	100	65	SERO	05:04 Min.
🔊 Main Part - Theatrum - Intro rework	80	100	STCL	07:49 Min.
🔊 Cool Down - Thinking out loud - Ed Sheeran	79	55	SERO	04:41 Min.
Cool Down - Tennessee - Hans Zimmer	50	27	SECL	03:39 Min.
Effort Points (EP): 155	Zones: 16	59:12 Min.		