

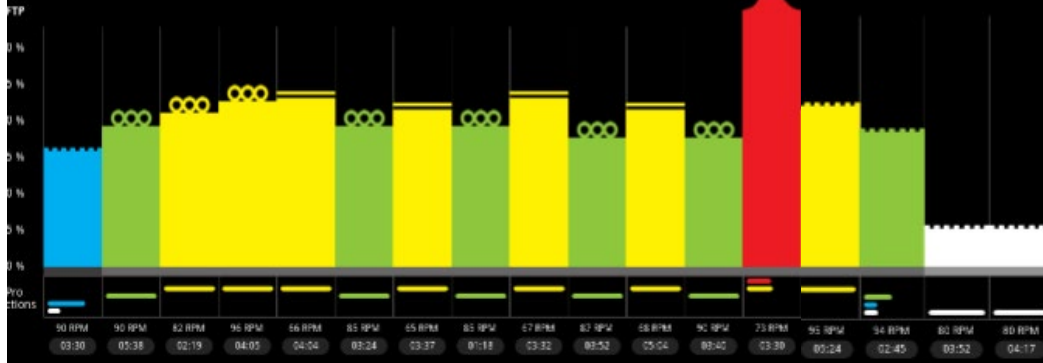
Workout Fartlek_Horst_210420

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created by Thomas

01:03:51

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



Workout Overview

Track Name	RPM	FTP %	Position	Länge
Warm Up - Warm Up	90	75	SERO	03:30 Min.
Main Part - SERO STJO	90	90	STJO	05:38 Min.
Main Part - SERO STJO	82	98	STJO	02:19 Min.
Main Part - SERO STJO	96	105	STJO	04:05 Min.
Main Part - SECL STCL	66	105	STCL	04:04 Min.
Main Part - SERO STJO	85	90	STJO	03:24 Min.
Main Part - SECL STCL	65	98	STCL	03:37 Min.
Main Part - SERO STJO	85	90	STJO	01:18 Min.
Main Part - SECL STCL	67	105	STCL	03:32 Min.
Main Part - SERO STJO	87	83	STJO	03:52 Min.
Main Part - SECL STCL	68	98	STCL	05:04 Min.
Main Part - SERO / STJO	90	83	STJO	03:40 Min.
Main Part - SERO ST HSPO	73	160	ST HSPO	03:30 Min.
Main Part - SERO STJO	95	98	SERO	05:24 Min.
Main Part - Cool Down	94	83	SERO	02:45 Min.
Cool Down - Dehnen	80	27	SERO	03:52 Min.
Cool Down - Dehnen	80	27	SERO	04:17 Min.
Effort Points (EP): 193	Zones: 17			63:51 Min.