



## Intervals



### Climbing

#### Lap 1

Entire workout (189 watts)

Peak 5s (437 watts)

Peak 10s (420 watts)

Peak 20s (407 watts)

Peak 30s (395 watts)

Peak 1min (322 watts)

Peak 2min (292 watts)

Peak 5min (282 watts)

Peak 10min (273 watts)

Peak 20min (265 watts)

Peak 30min (250 watts)

#### Peak 20min (265 watts)

Duration 20:00

Distance 4.07 km

Work 318 kJ

Average Power 265 watts

NP 267 watts

IF 0.922

Gradient 7.7 %

VAM 942

#### Peak 30min (250 watts)

Duration 30:00

Distance 6.95 km

Work 449 kJ

Average Power 250 watts

NP 263 watts

IF 0.906

Gradient 6.2 %

VAM 856

