

SYNERGY

CYCLING

Program: Summit Camp - program P006
Time: 01:10:30
Program by: Chris MacDonald. Copyright eTensor & Synergy Cycling

Profile	Segment	Total time	Time	Cadence	Gear	Position	Intensity
	1	00:03:00	00:03:00	80-100	1--5	seated	3--4
	2	00:06:00	00:03:00	80-100	6--10	seated	5--6
	3	00:08:00	00:02:00	60-80	11--15	standing	6--7
	4	00:11:00	00:03:00	95-105	6--10	seated	6--7
	5	00:14:00	00:03:00	65-75	16--20	standing	7--8
	6	00:17:00	00:03:00	90-105	6--10	seated	7--8
	7	00:20:00	00:03:00	95-105	11	seated	7--8
	8	00:23:00	00:03:00	95-105	12	seated	8--8½
	9	00:26:00	00:03:00	95-104	13	seated	8--9
	10	00:29:00	00:03:00	80-100	1--5	seated	5--6
	11	00:32:00	00:03:00	95-105	12	seated	7--8
	12	00:35:00	00:03:00	90-105	13	seated	8--8½
	13	00:38:00	00:03:00	90-105	14	seated	8--9
	14	00:41:00	00:03:00	60-80	1--5	seated	5--6
	15	00:44:00	00:03:00	90-105	13	seated	8
	16	00:47:00	00:03:00	90-105	14	seated	8--9
	17	00:50:00	00:03:00	90-105	15	seated	8--9
	18	00:52:00	00:02:00	80-100	1--5	seated	5--6
	19	00:56:00	00:04:00	70-80	16--20	seated	7--8
	20	00:57:00	00:01:00	80-100	1--5	seated	5--6
	21	01:00:00	00:03:00	80-90	16--20	seated	8--9
	22	01:01:00	00:01:00	60-80	1--5	seated	4--5
	23	01:03:30	00:02:30	70-80	16--20	standing	8--9
	24	01:07:30	00:04:00	80-100	6--10	seated	7--8
	25	01:10:30	00:03:00	60-80	1--5	seated	4--5