

SYNERGY

CYCLING

Program: Summit Camp - program P010

Time: 01:05:25

Program by: Chris MacDonald. Copyright eTensor & Synergy Cycling

Profile	Segment	Total time	Time	Cadence	Gear	Position	Intensity
	1	00:04:00	00:04:00	80-100	4--	seated	3--4
	2	00:06:00	00:02:00	80-100	5--	seated	5
	3	00:10:00	00:04:00	90-100	8--	seated	6--7
	4	00:12:00	00:02:00	90-100	5--	seated	5--6
	5	00:18:00	00:06:00	85-95	12--	seated	7
	6	00:21:00	00:03:00	85-95	5--	seated	6
	7	00:25:00	00:04:00	60-75	17--18	standing	7--8
	8	00:27:00	00:02:00	85-95	5--	seated	6--7
	9	00:32:00	00:05:00	85-95	13--	seated	8--9
	10	00:34:00	00:02:00	85-95	5--	seated	6--7
	11	00:36:00	00:02:00	65-75	16--20	seated	8
	12	00:37:00	00:01:00	65-75	16--20	standing	8
	13	00:39:00	00:02:00	65-75	16--20	seated	8
	14	00:40:00	00:01:00	65-75	16--20	standing	8
	15	00:42:00	00:02:00	65-75	16--20	seated	8
	16	00:43:00	00:01:00	65-75	16--20	standing	8
	17	00:43:35	00:00:35	85-105	17--	seated	9--10
	18	00:45:05	00:01:30	75-90	5--	seated	7--8
	19	00:45:40	00:00:35	85-105	17--	seated	9--10
	20	00:47:10	00:01:30	75-90	5--	seated	7--8
	21	00:47:45	00:00:35	85-105	17--	seated	9--10
	22	00:49:15	00:01:30	75-90	5--	seated	7--8
	23	00:49:50	00:00:35	85-105	17--	seated	9--10
	24	00:51:20	00:01:30	75-90	5--	seated	7--8
	25	00:51:55	00:00:35	85-105	17--	seated	9--10
	26	00:53:25	00:01:30	75-90	5--	seated	7--8
	27	01:01:25	00:08:00	90-95	13--	seated	8
	28	01:05:25	00:04:00	90-100	5--	seated	7