| Date | Cycling Distance | Cyling Time | Avg Speed | Max Speed | Elevation |
|---|---|---|---|---|---|
| 1/1/2008 | 26.32 | 2:05:57 | 12.3 | 43.3 | 1194 |
| 1/2/2008 | 34.87 | 2:30:33 | 13.6 | 35.9 | 1728 |
| 1/3/2008 | 42.72 | 2:26:54 | 15.9 | 36.6 | 1971 |
| 1/4/2008 | 40.69 | 3:03:23 | 13.1 | 40.4 | 4281 |
| 1/5/2009 | | | 13.2 | | |
| 1/6/2009 | 9.63 | 1:09:01 | 11.2 | 27 | 963 |
| 1/7/2009 | 27 | 2:33:09 | 15.9 | 36.6 | 1971 |
| total | 181.23 | 13:48:57 | 95.20 | | 12108 |
| avg | 30.21 | 2:20 | 13.60 | #REF! | 2018 |
| 1/8/2009 | 15.83 | 1:09:00 | 13.6 | 33 | 1025 |
| 1/9/2009 | 25.43 | 1:09:01 | 13.2 | 47.7 | 1302 |
| 1/10/2009 | 47.93 | 2:58:26 | 15.8 | 43.7 | 2454 |
| 1/11/2009 | 39.86 | 3:00:33 | 13 | 47.5 | 3891 |
| 1/12/2009 | 8.34 | 0:37:10 | 13.2 | 36.9 | 626 |
| 1/13/2009 | | | | | |
| 1/14/2009 | 39.72 | 2:41:00 | 14.5 | 45.1 | 2896 |
| total | 177.11 | 11:35:10 | 83.30 | | 12194 |
| avg | 29.52 | 2:05 | 13.88 | #REF! | 2032 |
| 1/15/2009 | 15.83 | 1:09:00 | 14.5 | 45.1 | 1025 |
| 1/16/2009 | 51.32 | 3:47:48 | 13.2 | 41 | 4507 |
| 1/17/2009 | | | | | |
| 1/18/2009 | | | | | |
| 1/19/2009 | 25.84 | 1:38:59 | 15.4 | 32.9 | 1102 |
| 1/20/2009 | | | | | |
| 1/21/2009 | 34.14 | 2:14:35 | 15 | 40.4 | 1407 |
| total | 127.13 | 8:50:22 | 58.10 | | 8041 |
| avg | 31.78 | 4:14 | 14.53 | #REF! | 2010 |
| 1/23/2009 | 17.95 | 1:12:55 | 14.5 | 41 | 1295 |
| 1/24/2009 | 56.06 | 3:38:46 | 14.3 | 36 | 2693 |
| 1/25/2009 | 54.27 | 3:53:46 | 13.7 | 42.6 | 5731 |
| 1/26/2009 | 6 | 0:37:10 | | | |
| 1/27/2009 | 18 | 1:40:18 | | | 2457 |
| 1/28/2009 | 25 | 1:20:31 | 26 | 35.5 | 600 |
| total | 209.06 | 16:38:05 | 83.03 | | 14786 |
| avg | 29.87 | 2:03 | 16.61 | #REF! | 2464 |
| 1/29/2009 | 22.11 | 1:09:00 | 11.3 | 360 | 2457 |
| 1/30/2009 | 6 | 0:30:00 | 12 | 22 | 0 |
| 1/31/2009 | 70.41 | 4:16:07 | 15.5 | 38.4 | 3451 |
| 2/1/2009 | 63.39 | 4:21:01 | 14.3 | 41.5 | 4629 |
| 2/2/2009 | 3 | | | | |
| 2/3/2009 | 35.17 | 2:29:07 | 13.9 | 35.7 | 2896 |
| 2/4/2009 | 25 | 1:18:31 | 13.1 | 40.4 | 600 |
| total | 225.08 | 14:03:46 | 80.10 | | 14033 |
| avg | 32.15 | 2:34 | 13.35 | #REF! | 2339 |
| 2/5/2009 | 22.11 | 1:09:00 | 12.4 | 32.5 | 1590 |
| 2/6/2009 | 20.21 | 1:39:04 | 12.4 | 32.4 | 1141 |
| 2/7/2009 | 62.24 | 4:11:33 | 13.9 | 36.6 | 5508 |
| 2/8/2009 | 41.81 | 2:52:00 | 14.3 | 38.4 | 3694 |
| 2/9/2009 | 7 | | | | |

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|---|---|---|---|---|---|
| 2/10/2009 | 86.89 | 6:09:26 | 13.9 | 39.6 | 6597 |
| 2/11/2009 | 25 | 1:04:00 | 24 | 35.6 | 600 |
| total | 265.26 | 17:05:03 | 90.90 | | 19130 |
| avg | 37.89 | 3:11 | 15.15 | #REF! | 3188 |
| 2/12/2009 | 35.5 | 2:37:13 | 13.3 | 33.6 | 2575 |
| 2/13/2009 | 6 | 0:30:00 | 12 | 22 | 0 |
| **2/14/2009** | **50.7** | **2:57:52** | **17.2** | **47.7** | **5725** |
| **2/15/2009** | **25** | **0:21:23** | **24** | **32** | **200** |
| 2/16/2009 | 6.45 | 0:30:00 | | | |
| 2/17/2009 | 20 | 1:40:10 | 12.2 | 29.5 | 1200 |
| 2/18/2009 | 25 | 1:03:15 | 24 | 31 | 600 |
| total | 168.65 | 9:39:53 | 102.70 | | 10300 |
| avg | 24.09 | 1:10 | 17.12 | #REF! | 1717 |
| 2/19/2009 | 77.62 | 5:54:44 | 12.9 | 38.3 | 7657 |
| 2/20/2009 | 6 | 0:30:00 | 12 | 22 | 0 |
| 2/21/2009 | 62.03 | 4:20:18 | 14 | 44.1 | 6131 |
| 2/22/2009 | | | | | |
| 2/23/2009 | | | | | |
| 2/24/2009 | | | | | |
| 2/25/2009 | | | | | |
| total | 145.65 | 10:45:02 | 38.90 | | 13788 |
| avg | 48.55 | 2:25 | 12.97 | #REF! | 4596 |
| 2/26/2009 | | | | | |
| 2/27/2009 | | | | | |
| 2/28/2009 | | | | | |
| 3/1/2009 | | | | | |
| 3/2/2009 | | ; | | | |
| 3/3/2009 | 32 | 2:45:00 | 14 | 25 | 1200 |
| 3/4/2009 | 25 | 1:09:00 | 24 | 34.4 | 600 |
| total | 57.00 | 3:54:00 | 38.00 | | 1800 |
| avg | 28.50 | 1:57 | 19.00 | #REF! | 900 |
| 3/5/2009 | 22 | 1:31:40 | 14.2 | 36.1 | 1292 |
| 3/6/2009 | 40 | 2:47:12 | 14.2 | 37.8 | 3208 |
| 3/7/2009 | 56.63 | 3:43:32 | 14.9 | 39 | 4212 |
| 3/8/2009 | 42.65 | 3:00:41 | 13.9 | 37.3 | 3277 |
| 3/9/2009 | | | | | |
| 3/10/2009 | 38.7 | 2:42:07 | 14 | 39.4 | 3208 |
| 3/11/2009 | 34.98 | 2:25:22 | 14.2 | 36 | 2483 |
| total | 234.96 | 16:10:34 | 85.40 | | 17680 |
| avg | 39.16 | 2:55 | 14.23 | #REF! | 2947 |
| 3/12/2009 | 33.48 | 2:24:03 | 15.6 | 38.1 | 1512 |
| 3/13/2009 | 23.1 | 1:38:21 | 13.8 | 34.2 | 1089 |
| 3/14/2009 | 99.93 | 5:41:58 | 17.2 | 46.6 | 4425 |
| 3/15/2009 | 57.08 | 4:01:25 | 15.9 | 46.6 | 4415 |
| 3/16/2009 | 12 | 0:44:48 | 14 | 28 | 300 |
| 3/17/2009 | | | | | |
| 3/18/2009 | 25.23 | 1:43:09 | 14.4 | 26.3 | 964 |
| total | 250.82 | 16:13:44 | 90.90 | | 12705 |
| avg | 41.80 | 2:45 | 15.15 | #REF! | 2118 |
| 3/19/2009 | 33.48 | 2:24:03 | 15.6 | 38.1 | 1512 |

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|---|---|---|---|---|---|
| 3/20/2009 | 25 | 1:30:00 | 24 | 32 | 600 |
| 3/21/2009 | 54.2 | 3:55:20 | 13.5 | 46.6 | 3103 |
| 3/22/2009 | 61.77 | 4:39:09 | 13 | 36.5 | 6286 |
| 3/23/2009 | | | | | |
| 3/24/2009 | 78.17 | 5:25:13 | 14.2 | 45.1 | 5751 |
| 3/25/2009 | 68.15 | 4:15:37 | 15.7 | 36.2 | 3330 |
| total | 320.77 | 22:09:22 | 96.00 | | 20582 |
| avg | 53.46 | 3:57 | 16.00 | #REF! | 3430 |
| 3/26/2009 | 25.75 | 1:38:13 | 15.4 | 33.6 | 1105 |
| 3/27/2009 | 25.74 | 1:38:13 | 15.4 | 33.6 | 600 |
| 3/28/2009 | | | | | |
| 3/29/2009 | | | | | |
| 3/30/2009 | 4 | 0:20:00 | | | |
| 3/31/2009 | 95.5 | 7:04:50 | 13.2 | 41.7 | 10160 |
| 4/1/2009 | 23.47 | 1:41:42 | 13.6 | 36.5 | 1105 |
| total | 174.46 | 12:22:58 | 57.60 | | 12970 |
| avg | 34.89 | 2:41 | 14.40 | #REF! | 3243 |
| 4/2/2009 | 29.93 | 2:09:43 | 13.5 | 34.6 | 1587 |
| 4/3/2009 | 25.3 | 1:37:26 | 15.3 | 41.1 | 1167 |
| 4/4/2009 | 9 | 1:16:00 | 7 | 20.6 | 1100 |
| **4/5/2009** | **24** | **1:16:10** | **24** | **38.9** | **600** |
| 4/6/2009 | | | | | |
| 4/7/2009 | 77.74 | 5:35:51 | 13.6 | 39.1 | 7775 |
| 4/8/2009 | 18.78 | 1:16:00 | 15.3 | 39.1 | 1243 |
| total | 184.75 | 13:11:10 | 88.70 | | 13472 |
| avg | 30.79 | 2:12 | 14.78 | #REF! | 2245 |
| 4/9/2009 | | | | | |
| 4/10/2009 | 13.82 | 0:52:13 | 15.6 | 30.9 | 587 |
| 4/11/2009 | 103.11 | 7:09:58 | 13.7 | 44.1 | 11,000 |
| 4/12/2009 | 40.83 | 2:55:15 | 13.7 | 39.1 | 3001 |
| 4/13/2009 | | | | | |
| 4/14/2009 | 33.19 | 2:03:16 | 15.9 | 39.1 | 944 |
| 4/15/2009 | 10 | 1:16:00 | 9 | 24 | 1200 |
| total | 200.95 | 14:16:42 | 67.90 | | 16732 |
| avg | 40.19 | 2:51 | 13.58 | #REF! | 3346 |
| 4/16/2009 | 35.36 | 2:32:15 | 13.7 | 35.7 | 2647 |
| 4/17/2009 | 29.35 | 2:10:18 | 13.2 | 37.2 | 1525 |
| **4/18/2009** | **34.07** | **2:04:20** | **18.1** | **47.6** | **3352** |
| 4/19/2009 | 70.47 | 4:41:14 | 14.8 | 38.9 | 3310 |
| 4/20/2009 | 19.39 | 1:18:13 | 14.6 | 32.1 | 957 |
| 4/21/2009 | | | | | |
| 4/22/2009 | | | | | |
| total | 188.64 | 12:46:20 | 74.40 | | 11791 |
| avg | 37.73 | 2:33 | 14.88 | #REF! | 2358 |
| 4/23/2009 | | | | | |
| 4/24/2009 | | | | | |
| 4/25/2009 | | | | | |
| 4/26/2009 | | | | | |
| 4/27/2009 | | | | | |
| 4/28/2009 | | | | | |

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|---|---|---|---|---|---|
| 4/29/2009 | | 0:39:06 | | | |
| total | 0.00 | 0:39:06 | 0.00 | | 0 |
| avg | #DIV/0! | 0:39 | #DIV/0! | #REF! | #DIV/0! |
| 4/30/2009 | 21.86 | 1:30:52 | 14 | 28 | 1124 |
| 5/1/2009 | 10 | 0:40:00 | 12 | 25 | |
| 5/2/2009 | 17.77 | 0:53:00 | 19 | 35 | |
| **5/3/2009** | **15** | **1:30:00** | **24** | **33** | **600** |
| 5/4/2009 | | | | | |
| 5/5/2009 | 32.88 | 2:38:49 | 12.3 | 33.9 | 1299 |
| 5/6/2009 | 25.3 | 1:55:51 | 13 | 35.2 | 1354 |
| total | 122.81 | 9:08:32 | 94.30 | | 4377 |
| avg | 20.47 | 1:31 | 15.72 | #REF! | 1094 |
| 5/7/2009 | | | | | |
| 5/8/2009 | 25 | 1:10:00 | 21 | 32 | 600 |
| 5/9/2009 | 37.34 | 2:35:57 | 14.1 | 49 | 2309 |
| 5/10/2009 | 56.45 | 4:01:11 | 13.8 | 45.9 | 5538 |
| 5/11/2009 | | | | | |
| 5/12/2009 | 30.04 | 2:08:23 | 13.9 | 31.5 | |
| 5/13/2009 | 36.19 | 2:40:52 | 13.4 | 36.19 | 2177 |
| total | 185.02 | 12:36:23 | 76.20 | | 10624 |
| avg | 37.00 | 2:31 | 15.24 | #REF! | 2656 |
| 5/14/2009 | 25 | 1:20:00 | 25 | 32 | 600 |
| 5/15/2009 | 16.81 | 1:22:53 | 12.1 | 27.9 | 725 |
| 5/16/2009 | 55.34 | 3:52:50 | 14 | 45.9 | 4816 |
| 5/17/2009 | 38.5 | 2:49:05 | 13.4 | 46.9 | 3546 |
| 5/18/2009 | | | | | |
| 5/19/2009 | 28.2 | 2:13:39 | 12.6 | 41.3 | 1358 |
| 5/20/2009 | | | | | |
| total | 163.85 | 11:38:27 | 77.10 | | 11045 |
| avg | 32.77 | 2:34 | 15.42 | #REF! | 2209 |
| 5/21/2009 | 25 | 1:10:00 | 25 | 34 | 600 |
| 5/22/2009 | | | | | |
| 5/23/2009 | 57.66 | 4:04:22 | 13.9 | 40.9 | 4888 |
| 5/24/2009 | 36.63 | 2:33:55 | 14 | 41 | 2949 |
| 5/25/2009 | 42.66 | 3:27:37 | 11.8 | 48.7 | 5677 |
| 5/26/2009 | 2.5 | 0:17:00 | | | |
| 5/27/2009 | 83.8 | 5:40:38 | 14.5 | 43.3 | 6564 |
| total | 248.25 | 17:13:32 | 79.20 | | 20678 |
| avg | 41.38 | 3:12 | 15.84 | #REF! | 4136 |
| 5/28/2009 | | | | | |
| 5/29/2009 | 38.63 | 3:04:15 | 12.3 | 50.7 | 5308 |
| 5/30/2009 | | | | | |
| 5/31/2009 | 13.55 | 0:59:55 | 19.8 | 41.6 | |
| 6/1/2009 | | | | | |
| 6/2/2009 | 83.63 | 5:38:57 | 14.5 | 40.4 | 6610 |
| 6/3/2009 | | | | | |
| total | 135.81 | 9:43:07 | 46.60 | | 11918 |
| avg | 45.27 | 3:14 | 15.53 | #REF! | 5959 |
| 6/4/2009 | 52.37 | 3:45:55 | 13.6 | 42.1 | 4435 |
| 6/5/2008 | 42.47 | 2:47:50 | 14.9 | 45.5 | 4314 |

| | | | | | |
|---|---|---|---|---|---|
| **6/7/2009** | **15** | **1:10:00** | **25** | **34** | **600** |
| 6/8/2009 | | | | | |
| **6/9/2009** | **35** | **2:01:01** | **20** | **32.2** | |
| **6/10/2009** | **22** | **1:46:35** | **22** | **32** | |
| 6/11/2009 | | | | | |
| total | 166.84 | 11:31:21 | 95.50 | | 9349 |
| avg | 33.37 | 1:56 | 19.10 | #REF! | 3116 |
| 6/12/2009 | | | | | |
| 6/13/2009 | 77.66 | 4:45:36 | 16 | 41.7 | 4330 |
| 6/14/2009 | 84.7 | 6:04:59 | 13.7 | 39.4 | 4074 |
| 5/31/2009 | | | | | |
| 6/1/2009 | | | | | |
| 6/2/2009 | | | | | |
| 6/4/2009 | | | | | |
| total | 162.36 | 10:50:35 | 29.70 | | 8404 |
| avg | 81.18 | 5:25 | 14.85 | #REF! | 4202 |

| Avg Power | Max Power | Avg Heart | Max Heart | Avg Cadence | Energy Expenditu | % Fat |
|---|---|---|---|---|---|---|
| 80 | 260 | 116 | 138 | | 1629 | 45% |
| 100 | 340 | 103 | 148 | | 776 | 55% |
| 100 | 380 | 131 | 176 | | 1889 | 45% |
| 100 | 300 | 117 | 155 | | 2022 | 45% |
| | | | | | | |
| | | 99 | 165 | | 662 | 55% |
| | | 101 | 150 | | 1203 | 60% |
| 380 | 1280 | 667 | 932 | 0 | 8181 | 260% |
| 95 | #REF! | 111 | 155 | #DIV/0! | 1363.5 | 52% |
| | | 129 | 168 | | 793 | 40% |
| 100 | 300 | 104 | 145 | | 976 | 55% |
| 100 | 520 | 129 | 184 | | 2315 | 35% |
| 100 | 360 | 122 | 153 | | 1936 | 55% |
| 120 | 260 | 112 | 164 | | 220 | 55% |
| | | | | | | |
| 140 | 500 | 129 | 162 | | 1880 | 40% |
| 560 | 1940 | 725 | 976 | 0 | 8120 | 240% |
| 112 | #REF! | 121 | 163 | #DIV/0! | 1353.333333 | 48% |
| | | 129 | 168 | | 793 | 40% |
| 120 | 340 | 116 | 163 | | 2583 | 50% |
| | | | | | | |
| | | | | | | |
| 120 | 240 | 115 | 150 | | 975 | 45% |
| | | | | | | |
| 140 | 260 | 126 | 162 | | 1265 | 45% |
| 380 | 840 | 486 | 643 | 0 | 5616 | 140% |
| 127 | #REF! | 122 | 161 | 0 | 1404 | 77% |
| 120 | 300 | 117 | 157 | | 715 | 45% |
| 100 | 280 | 119 | 161 | | 2291 | 50% |
| 120 | 380 | 124 | 169 | | 2567 | 40% |
| | | | | | | |
| | | 130 | 168 | | 1215 | 40% |
| 283 | 633 | 125 | 172 | 99 | 873 | 45% |
| 750 | #REF! | 737 | 988 | 99 | 9065 | 220% |
| 150 | #REF! | 123 | 165 | 99 | 1511 | 44% |
| | | 131 | 169 | 75 | 1368 | 45% |
| 0 | 0 | 0 | 0 | 0 | 0 | 0% |
| 100 | 420 | 126 | 177 | | 3167 | 35% |
| 120 | 400 | 113 | 176 | | 2577 | 50% |
| | | | | | | |
| 120 | 300 | 114 | 152 | | 1514 | 40% |
| 258 | | 141 | 172 | 99 | 1053 | 35% |
| 598 | 1120 | 625 | 846 | 99 | 9679 | 160% |
| 120 | #REF! | 104 | 141 | 49.5 | 1613 | 32% |
| | | 122 | 167 | 72 | 987 | 50% |
| 0 | 0 | 0 | 0 | 82 | 0 | 0% |
| 120 | 300 | 157 | 159 | | 2966 | 45% |
| 120 | 340 | 124 | 168 | | 2006 | 40% |
| | | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| 100 | 320 | 118 | 160 | | 2975 | 45% |
| 253 | 695 | 133 | 171 | 90 | 1053 | 30% |
| 593 | 1655 | 654 | 825 | 172 | 9987 | 160% |
| 119 | #REF! | 109 | 138 | 86 | 1665 | 32% |
| 100 | 320 | 136 | 169 | | 1364 | 50% |
| 0 | 0 | 0 | 0 | 0 | 0 | 0% |
| **200** | **380** | **145** | **198** | | **2114** | **30%** |
| | | **157** | **166** | | **719** | **15%** |
| | | | | | | |
| | | 122 | 160 | 82 | 1079 | 55% |
| 253 | 793 | 150 | 168 | 100 | 864 | 45% |
| 553 | 1493 | 710 | 861 | 182 | 6140 | 145% |
| 138 | #REF! | 118 | 144 | 60.66666667 | 1023 | 29% |
| 100 | 300 | 121 | 160 | | 3672 | 50% |
| 0 | 0 | 0 | 0 | 0 | 0 | 0% |
| 100 | 420 | 126 | 165 | | 3263 | 40% |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 200 | 720 | 247 | 325 | 0 | 6935 | 40% |
| 67 | #REF! | 82 | 108 | 0 | 2312 | 20% |
| | | | | | | |
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| | | | | | | |
| | | | | | | |
| | | | | | | |
| 100 | 280 | 108 | 157 | | 1448 | 55% |
| 229 | 599 | 129 | 160 | 95 | 854 | 45% |
| 329 | 879 | 237 | 317 | 95 | 2302 | 100% |
| 165 | #REF! | 119 | 159 | 95 | 1151 | 50% |
| 120 | 260 | 114 | 156 | | 861 | 55% |
| 100 | 300 | 128 | 165 | | 1578 | 55% |
| 120 | 360 | 124 | 162 | | 2594 | 45% |
| 100 | 340 | 127 | 164 | | 1933 | 40% |
| | | | | | | |
| 120 | 320 | 124 | 157 | | 1800 | 45% |
| 120 | 260 | 116 | 155 | | 1474 | 50% |
| 680 | 1840 | 733 | 959 | 0 | 10240 | 235% |
| 113 | #REF! | 122 | 160 | #DIV/0! | 1707 | 47% |
| 120 | 280 | 109 | 157 | | 1701 | 55% |
| 100 | 240 | 107 | 147 | | 860 | 50% |
| 120 | 400 | 125 | 187 | | 4081 | 40% |
| 100 | 400 | 111 | 155 | | 2193 | 55% |
| 100 | 200 | 89 | 123 | | 279 | 60% |
| | | | | | | |
| 100 | 360 | 120 | 163 | | 845 | 45% |
| 640 | 1880 | 661 | 932 | 0 | 9959 | 250% |
| 107 | #REF! | 110 | 155 | #DIV/0! | 1660 | 50% |
| 120 | 280 | 109 | 157 | | 1701 | 55% |

| | | | | | | |
|---|---|---|---|---|---|---|
| 244 | 772 | 124 | 162 | 99 | 880 | 45% |
| 80 | 280 | 116 | 153 | | 2374 | 50% |
| 100 | 300 | 118 | 161 | | 2918 | 45% |
| | | | | | | |
| 120 | 320 | 120 | 160 | | 3521 | 45% |
| 140 | 280 | 118 | 159 | | 2575 | 50% |
| 804 | 2232 | 705 | 952 | 99 | 13969 | 235% |
| 134 | #REF! | 118 | 159 | 99 | 2328 | 47% |
| 100 | 260 | 116 | 148 | | 993 | 55% |
| 271 | 645 | 158 | 168 | | 1200 | 25% |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 100 | 280 | 120 | 162 | | 4569 | 45% |
| 100 | 260 | 85 | 136 | | 602 | 60% |
| 571 | 1445 | 479 | 614 | 0 | 7364 | 130% |
| 143 | #REF! | 120 | 154 | #DIV/0! | 1841 | 43% |
| 100 | 280 | 101 | 146 | | 1034 | 60% |
| 100 | 320 | 110 | 185 | | 1200 | 25% |
| | | 105 | 166 | | 657 | 50% |
| **278** | **754** | **144** | **173** | | **967** | **15%** |
| | | | | | | |
| 120 | 320 | 124 | 164 | | 2888 | 45% |
| 120 | 320 | 107 | 145 | | 647 | 60% |
| 718 | 1994 | 691 | 979 | 0 | 7393 | 1.95 |
| 144 | #REF! | 115 | 163 | #DIV/0! | 1232 | 0.39 |
| | | | | | | |
| 120 | 320 | 118 | 142 | | 452 | 55% |
| 140 | 420 | 128 | 172 | | 4705 | 50% |
| 100 | 360 | 102 | 156 | | 1432 | 55% |
| | | | | | | |
| 100 | 460 | 123 | 176 | | 1379 | rode |
| | | | | | 602 | 45% |
| 460 | 1560 | 471 | 646 | 0 | 8570 | 2.05 |
| 115 | #REF! | 118 | 162 | #DIV/0! | 1714 | 0.5125 |
| 100 | 340 | 118 | 175 | | 1034 | 60% |
| 340 | 320 | 112 | 165 | | 996 | 55% |
| **140** | **380** | **149** | **173** | | **1519** | **20%** |
| 100 | 360 | 114 | 165 | | 2679 | 50% |
| 100 | 260 | 115 | 164 | | 719 | 55% |
| | | | | | | |
| | | | | | | |
| 780 | 1660 | 608 | 842 | 0 | 6947 | 1.8 |
| 156 | #REF! | 122 | 168 | #DIV/0! | 1389 | 0.45 |
| | | | | | | |
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| | | | | | | |
|---|---|---|---|---|---|---|
| | | 138 | 162 | | 514 | 35% |
| 0 | 0 | 138 | 162 | 0 | 514 | 0.35 |
| #DIV/0! | #REF! | 138 | 162 | #DIV/0! | 514 | 0.35 |
| | | 110 | 171 | | 831 | 55% |
| | | | | | | |
| 190 | 545 | 134 | 167 | | 580 | 35% |
| | | **166** | **175** | | **572** | **15%** |
| | | | | | | |
| | | | | 68 | | |
| | | | | | | |
| 190 | 545 | 410 | 513 | 68 | 1983 | 0.5 |
| 190 | #REF! | 137 | 171 | 68 | 661 | 0.25 |
| | | | | | | |
| | | | | | | |
| 100 | 340 | | | | 580 | 35% |
| 160 | 420 | | | | 572 | 15% |
| | | | | | | |
| | | 107 | 169 | 74 | | |
| | | 110 | 152 | | | |
| 260 | 760 | 217 | 321 | 74 | 1152 | 0.5 |
| 130 | #REF! | 109 | 161 | 74 | 576 | 0.25 |
| | | | | | | |
| | | | | | | |
| 100 | 360 | 134 | 167 | | 580 | 35% |
| 140 | 320 | 166 | 175 | | 572 | 15% |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 240 | 680 | 300 | 342 | 0 | 1152 | 50% |
| 120 | #REF! | 150 | 171 | #DIV/0! | 576 | 25% |
| | | 154 | 177 | | | |
| | | | | | | |
| 100 | 400 | 124 | 173 | | 2981 | 40% |
| 140 | 340 | 116 | 164 | | 1357 | 55% |
| 100 | 300 | 122 | 162 | | 1800 | 40% |
| | | | | | | 50% |
| 120 | 340 | 126 | 156 | | 4000 | |
| 460 | 1380 | 642 | 832 | 0 | 10138 | 185% |
| 115 | #REF! | 128 | 166 | #DIV/0! | 2535 | 46% |
| | | | | | | |
| 100 | 340 | | | | | |
| | | | | | | |
| 211 | 654 | 133 | 168 | | 492 | 40% |
| | | | | | | |
| 120 | 300 | 126 | 156 | | 3897 | 50% |
| | | | | | | |
| 431 | 1294 | 259 | 324 | 0 | 4389 | 90% |
| 144 | #REF! | 130 | 162 | #DIV/0! | 2195 | 45% |
| 120 | 260 | 125 | 160 | | 2552 | 45% |
| 160 | 420 | 134 | 176 | | 2324 | 45% |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | **165** | **170** | | **565** | **15%** |
| | | | | | | |
| **160** | **380** | **166** | **174** | | **1376** | **15%** |
| **160** | **380** | **131** | **172** | | **1158** | **35%** |
| | | | | | | |
| 600 | 1440 | 721 | 852 | 0 | 7975 | 110% |
| 150 | #REF! | 144 | 170 | #DIV/0! | 1595 | 28% |
| | | | | | | |
| 120 | 420 | 121 | 175 | | 3187 | 45% |
| 100 | 260 | 104 | 148 | | 3140 | 55% |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 220 | 680 | 225 | 323 | 0 | 6327 | 100% |
| 110 | #REF! | 113 | 162 | #DIV/0! | 3164 | 50% |

| Lowest ter | Highest te | Swimming | Yoga | Weight Ro | Comments | | | |
|---|---|---|---|---|---|---|---|---|
| 58 | 76 | | | 0:30:00 | rode with Tina Payne. Great day | | | |
| 53 | 67 | | | 0:30:00 | very cold and over cast | | | |
| 49 | 80 | | | | Simi valley ride but didn't do the whole ride. | | | |
| 39 | 78 | | | | Rode with Henry and Gabe up Rock Store, do | | | |
| | | | | 0:30:00 | Didn't feel well | | | |
| | | | | | mtn biked at Wildflower with Mufasa | | | |
| | | | | | rode with Tina up Rock Store then we worked | | | |
| | | 0:00:00 | 0:00:00 | 1:30:00 | | | | |
| 50 | 75 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| | | | | 0:30:00 | mtn biked but my seat broke so had to cut it s | | | |
| 71 | 75 | | | 0:30:00 | bikew with Debra | | | |
| 60 | 102 | | | | Did Simi but was really slow so came home e | | | |
| 64 | 89 | | | | Rode with Henry up Rock Store, down Encina | | | |
| 67 | 82 | | | 0:45:00 | had no time | | | |
| | | | | 0:45:00 | | | | |
| 80 | 91 | | | | Did the rock store. It was hot! | | | |
| | | 0:00:00 | 0:00:00 | 2:30:00 | | | | |
| 68 | 88 | #DIV/0! | #DIV/0! | 0:37:30 | | | | |
| 80 | 91 | | | 0:30:00 | | | | |
| 64 | 85 | | | | rode Piuma then home | | | |
| | | | | | Taught my class | | | |
| | | | | | Taught my class | | | |
| 51 | 71 | | | | rode around west lake | | | |
| | | | | | drove to san diego | | | |
| 71 | 78 | | | 0:30:00 | easy ride tired from yesterday. | | | |
| | | 0:00:00 | 0:00:00 | 1:00:00 | | | | |
| 67 | 81 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| 57 | 66 | | | 0:30:00 | pouring rain. Didn't want to get sice | | | |
| 55 | 66 | | | | Couldn't find the Simi so rode alone in the rair | | | |
| 48 | 67 | | | | Gorgeous day/ Rode, Cardiac Hill, Piuma and | | | |
| | | | | 0:30:00 | recovery day so just rode around with Mufasa | | | |
| | | | | | Rode Mtn bike up guadalasco and done back | | | |
| | | | | 0:30:00 | Did a 10K Time Trial with Mike Lukich. 13:47 | | | |
| | | #DIV/0! | #DIV/0! | 2:00:00 | | | | |
| 57 | 70 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| | | | | 0:30:00 | mtn biked up Guadalsasco down back bone | | | |
| 0 | 0 | | | | Just rode with Mufasa, Had to work | | | |
| 62 | 85 | | | | Did the Simi ride, got dropped on Potrero. Did | | | |
| 51 | 87 | | | | Gorgeous day/ Rode with Henry and Gabe, do | | | |
| | | | | | recovered and just rode with Mufasa | | | |
| 66 | 84 | | | | Rode Mtn bike up guadalasco and down back | | | |
| | | | | | Did a 10K TT 12:34 av HR 161 Max HR 172 | | | |
| | | 0:00:00 | 0:00:00 | 0:30:00 | | | | |
| 45 | 64 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| | | | | 0:30:00 | mtn biked up but a mud fest, had to cut it shor | | | |
| 0 | 0 | | | | Just rode with Mufasa, Had to work | | | |
| 46 | 60 | | | | Did Stunt, down Piuma up Rock Store, down | | | |
| 44 | 71 | | | | Rode with Henry and Gabe,up Rock Store, do | | | |
| | | | | | recovered and just rode with Mufasa | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 44 | 76 | | | | Rode w/Henry hidden valley, down potrero, P | | | |
| | | | | | Finally did a 20K TT 29:29 av HR 157 Max HF | | | |
| | | 0:00:00 | 0:00:00 | 0:30:00 | | | | |
| 34 | 52 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| 51 | 62 | | | 0:30:00 | did the rock store. | | | |
| 0 | 0 | | | | Just rode with Mufasa, Had to work | | | |
| **44** | **76** | | | | **Road Race in Devil's Punch Bowl UCLA ra** | | | |
| | | | | | **UCLA 20k Time Trial. Cold and windy** | | | |
| | | | | | pouring rain, so just rode with Mufasa | | | |
| | | | | 0:30:00 | Mtn biked in the mud | | | |
| | | | | 0:30:00 | Crashed in the parking lot getting ready for th | | | |
| | | 0:00:00 | 0:00:00 | 1:30:00 | | | | |
| 32 | 46 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| 53 | 82 | | | | piuma, Cheurrin, Rock store, encinal | | | |
| 0 | 0 | | | 0:30:00 | Just rode with Mufasa, Had to work | | | |
| 42 | 71 | | | | Sundance ride, up piuma then rock store dow | | | |
| | | | | | got the flu and had to play a gig with fever, dia | | | |
| | | | | | got the flu | | | |
| | | | | 0:30:00 | got the flu | | | |
| | | | | 0:30:00 | got the flu | | | |
| | | 0:00:00 | 0:00:00 | 1:30:00 | | | | |
| 32 | 51 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| | | | | | got the flu | | | |
| | | | | | got the flu | | | |
| | | | | | Taught my class | | | |
| | | | | | Taught my class | | | |
| | | | | 0:30:00 | still not feeling well | | | |
| | | | | | just rode easy and passed out flyers for my se | | | |
| | | | | 0:30:00 | Did the TT on PCH but weak, terrible time | | | |
| | | 0:00:00 | 0:00:00 | 1:00:00 | | | | |
| #DIV/0! | #DIV/0! | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| 53 | 69 | | | 0:30:00 | rode to westlake | | | |
| 58 | 69 | | | | Rock Store. Cold and still weak | | | |
| 55 | 73 | | | | Did malibu cyn, PCH and then Encinal wrist a | | | |
| 62 | 75 | | | | Rode with Greg Isaacs up Rock store | | | |
| | | | | 0:30:00 | finally got 100 situps | | | |
| 57 | 75 | | | 0:30:00 | rode rock store wrist and thumb is killing me | | | |
| 49 | 60 | | | | rock store tired of being cold | | | |
| | | 0:00:00 | 0:00:00 | 1:30:00 | | | | |
| 56 | 70 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| 57 | 73 | | | 0:30:00 | rode home and the back wih Mufasa | | | |
| 62 | 84 | | | 0:30:00 | rode easy with Debra MRI reports torn ligame | | | |
| 48 | 71 | | | | Solvang century with Gabe and Henry. It was | | | |
| 48 | 76 | | | | Rode with Henry, kanan, agoura, Malibu cyn, | | | |
| | | | | | rode really easy. Tired from last two days | | | |
| | | | | | Flew to SF with Kimball to IRHSA | | | |
| 66 | 87 | | | | really tired from yesterday. Rode around Wes | | | |
| | | 0:00:00 | 0:00:00 | 1:00:00 | | | | |
| 56 | 79.50 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| 57 | 73 | | | | rode rock store wrist and thumb is killing me | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | TT with Mike, Cathy and Debra | | | |
| 53 | 64 | | | | miserable outside, hdden valley, camarillo, pc | | | |
| 58 | 75 | | | | Did Piuma, Schuerren and Rock Store -Windy | | | |
| | | 0:30:00 | | 0:30:00 | swam at Sunset Hills 10 laps | | | |
| 48 | 80 | | | | rode with Henry, Camarillo, PCH, Mulhulland, | | | |
| 53 | 85 | | | | Mulhulland, PCH, Las Posas, Potrero | | | |
| | | 0:30:00 | 0:00:00 | 0:30:00 | | | | |
| 54 | 76.00 | 0:30:00 | #DIV/0! | 0:30:00 | | | | |
| 60 | 67 | | | | tired rodea around westlake | | | |
| 60 | 67 | | | 0:30:00 | TT today alone. Breezy Time was 29.22 | | | |
| | | | | | Taught my class | | | |
| | | | | | Taught my class | | | |
| | | 0:30:00 | | | recovered from the weekend | | | |
| 84 | 57 | | | | did 5 climbs: Piuma, Schuerrin, Rock Store, D | | | |
| 62 | 73 | | | 0:30:00 | rode easy with Debra around Westlake MRI s | | | |
| | | 0:30:00 | 0:00:00 | 1:00:00 | | | | |
| 67 | 65.67 | 0:30:00 | #DIV/0! | 0:30:00 | | | | |
| 58 | 75 | | | 0:30:00 | Still tired after Tuesday. Went easy | | | |
| 64 | 87 | | | | met Mike and Cathy in westlake | | | |
| | | | | | mtn biked to Wildwood with Mufsas thumb an | | | |
| | | | | | **Lake Piru TT windy. 30:52 won my categor** | | | |
| | | 0:30:00 | | 0:30:00 | swam 600 yards | | | |
| 57 | 78 | | | | did 4 climbs: Piuma, Schuerrin, Rock Store,ar | | | |
| 57 | 73 | | | 0:30:00 | rode to the gym | | | |
| | | 0:30:00 | 0:00:00 | 1:30:00 | | | | |
| 59 | 79.33 | 0:30:00 | #DIV/0! | 0:30:00 | | | | |
| | | | | | got doctor's opinions all 3 recommend surgery | | | |
| 60 | 66 | | | | cold and windy rode around the house | | | |
| 39 | 84 | | | | Mulhulland Century with Paul, Gabe and Henr | | | |
| 62 | 85 | | | | rode with Gabe & Henry: Easter: Malibu Cyn, | | | |
| | | 0:30:00 | | | swam 600 yards | | | |
| 53 | 85 | | | | Rode with Gabe and the CSUN ride, FAST | | | |
| | | | | 0:30:00 | Mtn biked with Mufasa | | | |
| | | 0:30:00 | 0:00:00 | 0:30:00 | | | | |
| 54 | 80.00 | 0:30:00 | #DIV/0! | 0:30:00 | | | | |
| 57 | 67 | | | | rode the Rock Store | | | |
| 73 | 85 | | | | just rode to Westlake | | | |
| **64** | **80** | | | | **Devil's PunchBowl. Hard.** | | | |
| 69 | 111 | | | | Henry down Potrero to PCH back Mulhulland | | | |
| 82 | 103 | 0:30:00 | | 0:30:00 | swam 600 yards and rode home for lunch | | | |
| | | | | | Hand surgery. YECK! | | | |
| | | | | | Hand surgery. YECK! | | | |
| | | 0:30:00 | 0:00:00 | 0:30:00 | | | | |
| 69 | 94.75 | 0:30:00 | #DIV/0! | 0:30:00 | | | | |
| | | | | | Hand surgery. YECK! | | | |
| | | | | | Hand surgery. YECK! | | | |
| | | | | | Hand surgery. YECK! | | | |
| | | | | | Hand surgery. YECK! | | | |
| | | | | 0:30:00 | Hand surgery. YECK! | | | |
| | | | | | Got a cast today | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 0:30:00 | rode stationary. Boring | | | |
| | | 0:00:00 | 0:00:00 | 1:00:00 | | | | |
| #DIV/0! | #DIV/0! | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| | | | | 0:30:00 | 1st ride outside on my MTN bike on the road | | | |
| | | | | | just cruised on my mtn bike | | | |
| | | | | | practiced on tt bike with my cast on | | | |
| | | | | | **Piru TT bad time. 30:28** | | | |
| | | | | 0:30:00 | rested | | | |
| | | | | | rode with Debra did 3 .30 sec on .30 off interv | | | |
| 98 | 104 | | | | rode with Mike Toppell, a hot one | | | |
| | | 0:00:00 | 0:00:00 | 1:00:00 | | | | |
| 98 | 104.00 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| | | | | | Couldn't sleep last night felt like crap | | | |
| | | | | 0:30:00 | TT on PCH but felt weak, forgot my bike comp | | | |
| 73 | 98 | | | | 1st ride on road bike with cast on. Not fun | | | |
| 57 | 85 | | | | rode with Henry & Gabe | | | |
| | | | | 0:30:00 | rested | | | |
| | | | | | Did 2 sets of intervals on mtn bike. Tired. Da | | | |
| | | | | 0:20:00 | rode with Mike Lukich on mtn bike. R-wrist st | | | |
| | | 0:00:00 | 0:00:00 | 1:20:00 | | | | |
| 65 | 91.50 | #DIV/0! | #DIV/0! | 0:26:40 | | | | |
| | | | | | did 10k tt on PCH | | | |
| | | | | 0:20:00 | just cruised on my mtn bike | | | |
| 57 | 91 | | | | Sundance ride, decker, encinal, decker, 3rd o | | | |
| 62 | 98 | | | | w/Henry and Gabe, Malibu up Encinal down K | | | |
| | | | | 0:30:00 | rested | | | |
| | | | | 0:30:00 | rode w/debra did 2 sets of .30 inter vals legs v | | | |
| | | | | 0:30:00 | felty crappy. Legs tired | | | |
| | | 0:00:00 | 0:00:00 | 1:50:00 | | | | |
| 60 | 94.50 | #DIV/0! | #DIV/0! | 0:27:30 | | | | |
| | | | | | TT Felt good | | | |
| | | | | | Got my cast off today. Rested | | | |
| | | | | | sundance, up decker, down mulhulland, up ye | | | |
| 62 | 80 | | | | rode w/Henry and Chuck to watch the crit | | | |
| 62 | 94 | | | | EPIC! Climbed Mt. Baldy with Henry and Gab | | | |
| | | | | | Tired just rode around Lake Arrowhead | | | |
| 64 | 93 | | | | Epic ride. Lake Arrowhead to Onyx Summit th | | | |
| | | 0:00:00 | 0:00:00 | 0:00:00 | | | | |
| 63 | 89.00 | #DIV/0! | #DIV/0! | #DIV/0! | | | | |
| | | | | | took it easy, swam and walked with Mufasa | | | |
| 58 | 85 | | | | EPIC, rode with Gabe up Mt. Baldy | | | |
| | | | | | Taught my class | | | |
| | | | | | did a short TT after teaching my class | | | |
| | | | | | | | | |
| 60 | 93 | | | | Epic ride. Lake Arrowhead to Onyx Summit th | | | |
| | | | | | thunder and lightening, couldn't ride, thumb w | | | |
| | | 0:00:00 | 0:00:00 | 0:00:00 | | | | |
| 59 | 89.00 | #DIV/0! | #DIV/0! | #DIV/0! | | | | |
| 53 | 69 | | | | weather was cold, windy and drizzly, thumb w | | | |
| 55 | 71 | | | | did sundance, got the first two climbs and des | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | **Piru TT. Crappy time 30:30** | | | |
| | | | | | rested and drove to Long beah | | | |
| **76** | **85** | | | | **Won a gold in the 5k TT and a silver in the** | | | |
| **76** | **82** | | | | **Won two Golds; 10k TT and 20kRoad race** | | | |
| | | | | 0:30:00 | kind of tired | | | |
| | | 0:00:00 | 0:00:00 | 0:30:00 | | | | |
| 65 | 79.33 | #DIV/0! | #DIV/0! | 0:30:00 | | | | |
| | | | | 0:20:00 | kind of tired | | | |
| 58 | 71 | | | | Sundance ride, down potrero up mulhulland | | | |
| 66 | 89 | | | | with Henry to Venice for a slice of pizza! | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | 0:00:00 | 0:00:00 | 0:20:00 | | | | |
| 62 | 80.00 | #DIV/0! | #DIV/0! | 0:20:00 | | | | |

own Encinal up Mulhulland

out

hort

arly

l up Mulhulland

.Had a flat too

l the Rock Store. Fives Stars!!!!!

bone

av HR 156 Max HR 172

n't feel strong at all.

own Balcomb up Grimes

bone

rt

Westlake in the rain

own Kanan, up Mulhulland, down Westlake

CH, up Yerbuena, down Mulhulland up Encinal with the Cervelo team. Beautiful day!

R 171

**ce.**

e TT sprained left thumb, fingers and right wrist

n westlake; super fatigued, slept all day

ahrea, sprained left thumb and right wrist

eminar

nd thumb is killing me

nt in left thumb

cold!

PCH, encinal. Saw Mika and Cathy

tlake

:h, mulhulland down westlake

/!

encinal, latigo

ecker and Encinal

ays torn muscles in right hand

d wrist still hurt a lot

**y**

nd Encinal

/ on my thumb

ry EPIC DAY!

Encinal

HOT!

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| d woke me up at 3:49am | | | | | | | | |
| ill kills | | | | | | | | |
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| r 4rth in all the climbs | | | | | | | | |
| Kanan | | | | | | | | |
| | | | | | | | | |
| were still toast from weekend | | | | | | | | |
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| | | | | | | | | |
| erbuena, down decker, tired of pain in my wrists and thumb. | | | | | | | | |
| | | | | | | | | |
| riel. Hands were hurtung a lot! | | | | | | | | |
| | | | | | | | | |
| e highest paid road in Southern Ca. | | | | | | | | |
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| e highest paid road in Southern Ca. | | | | | | | | |
| as hurting today | | | | | | | | |
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| as hurting today | | | | | | | | |
| scents | | | | | | | | |

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| | | | | | | | | |
| **40k RR. 4-man break & srint was so close had to wait for video. Rick from Fast Friday won** | | | | | | | | |
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