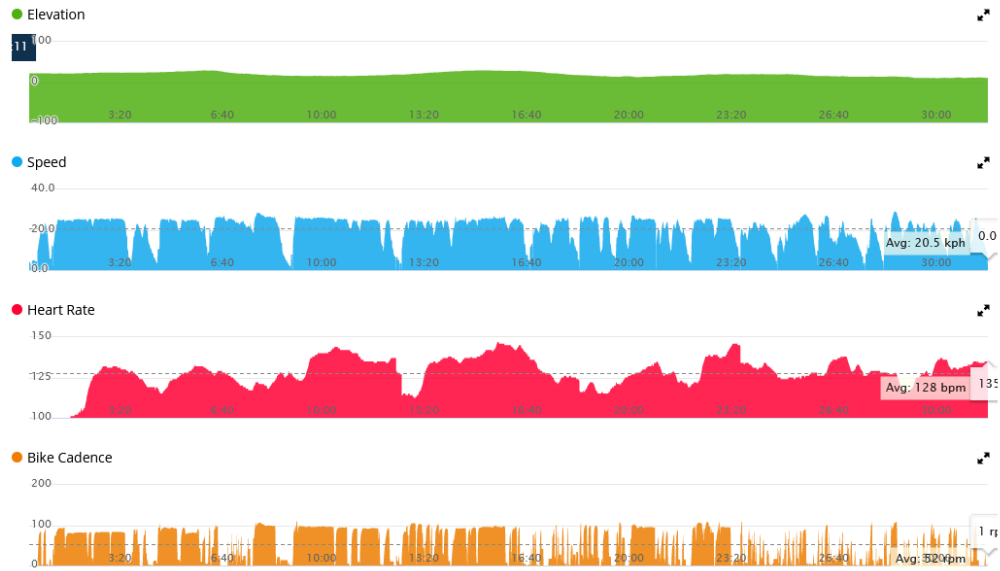


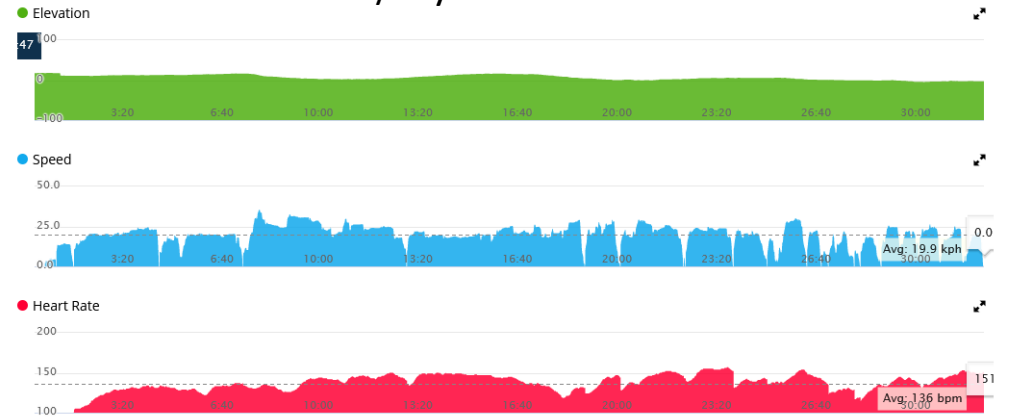
## With Es and Wizz



Stats Laps Time in Zones

Distance	Heart Rate	Elevation	Bike Cadence
10.66 km	bpm % of Max Zones	22 m	52 rpm
Distance		Elev Gain	Avg Bike Cadence
Nutrition & Hydration ⓘ	128 bpm	25 m	111 rpm
389 C	Avg HR	Elev Loss	Max Bike Cadence
Calories Burned	147 bpm	10 m	Strokes
-- C	Max HR	Min Elev	1624
Calories Consumed	Timing	29 m	Total Strokes
-389 C	Pace Speed	Max Elev	
Calories Net			
213 ml	31:11		
Est. Sweat Loss	Time		
-- ml	30:50		
Fluid Consumed	Moving Time		
-213 ml	36:06		
Fluid Net	Elapsed Time		
	20.5 kph		
	Avg Speed		
	20.7 kph		
	Avg Moving Speed		
	29.0 kph		
	Max Speed		

## All by myself



Stats Laps Time in Zones

Distance	Heart Rate	Elevation
10.53 km	bpm % of Max Zones	15 m
Distance		Elev Gain
Nutrition & Hydration ⓘ	136 bpm	34 m
441 C	Avg HR	Elev Loss
Calories Burned	157 bpm	-5 m
-- C	Max HR	Min Elev
Calories Consumed	Timing	18 m
-441 C	Pace Speed	Max Elev
Calories Net		
231 ml	31:48	
Est. Sweat Loss	Time	
-- ml	30:52	
Fluid Consumed	Moving Time	
-231 ml	38:40	
Fluid Net	Elapsed Time	
	19.9 kph	
	Avg Speed	
	20.5 kph	
	Avg Moving Speed	
	35.4 kph	
	Max Speed	