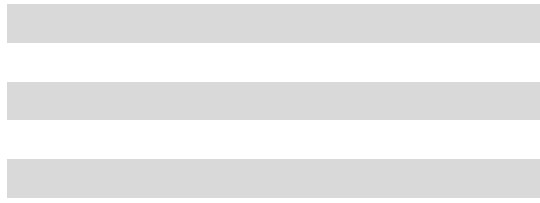


Beginner



Time	Interval	% Heart Rate	% Power FTP	RPM
00:00:00	00:10:00	75-85	70	85-95
00:10:00	00:01:00	95-100	100	90-100
00:11:00	00:01:00	95-100	115	95-105
00:12:00	00:00:30	95-100	130	100-105
00:12:30	00:00:30	95-100	140	105-110
00:13:00	00:00:20	95-100	150	105-110
00:13:20	00:00:10	95-100	300	110-120
00:13:30	00:06:30	65-75	50	85-95
00:20:00	00:01:00	95-100	100	90-100
00:21:00	00:01:00	95-100	115	95-105
00:22:00	00:00:30	95-100	130	100-105
00:22:30	00:00:30	95-100	140	105-110
00:23:00	00:00:20	95-100	150	105-110
00:23:20	00:00:10	95-100	300	110-120
00:23:30	00:06:30	65-75	50	85-95
00:30:00	00:05:00	75-85	65	85-95
00:35:00	END			



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