S. bike: 10 km (6.2 mi), 20 N resistance in 24.5 min

Avg. speed [mi/hr]: 15.18

Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time
W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]
Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time
W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]
Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time
W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]
Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt	Δt
Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time
W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]	W [lb]