

Yearly Cycling Statistic

YEARLY	2020	2019	2018	2017	2016	2015	2014	Average
Total Rides	10	55	69	44	78	139	57	65
Total Distance in Miles	316	1,203	1,959	1,168	1,664	2,756	867	1,419
<u>It's Like Riding From</u> <u>New York City To (approx.)</u>	Pittsburg, PA (315)	Baton Rouge, LA 1,193	Salt Lake City, UT 1,967	Mobile, AL 1,190	Houston, TX 1,628	La Mesa, CA 2,750	Evansville, IN 859	Dallas, TX 1,373
How much of the Earth's Circumference (24,901 mi)	1.27%	4.83%	7.87%	4.69%	6.68%	11.07%	3.48%	5.70%
Total Riding Time (day:hours:min)	0:47:34	2:54:52	4:42:10	4:02:30	7:22:41	9:23:07	9:23:08	00:02:48
Total Riding Time in Hours (Distance/Avg speed)	16.30	59.56	69.96	61.17	82.37	124.71	49.55	66.23
An Average of How Much of My Life I Ride	0.33%	1.25%	2.03%	1.21%	1.72%	2.86%	0.90%	1.47%
Total Elevation in Miles (mi)	0.48	1.08	2.49	3.41	3.25	4.56	1.77	2.44
It's like climbing Mont Blanc (2.99 mi) x times. The highest peak in Europe	0.16	0.36	0.83	1.14	1.09	1.53	0.59	0.81
Avg Speed Miles per Hour (mph)	19.4	20.2	28.0	19.1	20.2	22.1	17.5	20.9
Avg Max Speed	34.6	27.7	46.0	40.4	68.4	38.1	49.7	43.6
Avg HR	152	165	167	164	173	165	165	164
Max HR	180	240	240	221	240	240	240	229
Avg Power	201	239	248	231	267	247	199	233
Max Power	220	270	265	260	269	256	228	253
Calories	11,611	46,987	87,040	51,061	67,427	100,934	32,989	56,864
Avg Calories	1,161	854	1,261	1,160	864	726	579	944
Avg Temp	66	66	68	N/A	N/A	N/A	N/A	67

MONTHLY	2020	2019	2018	2017	2016	2015	2014	Average
Rides	0.8	4.6	5.8	3.7	6.5	11.6	4.8	5.4
Average Miles	26.4	100.3	163.3	97.4	138.7	229.7	72.3	118.3
Average Time in Minutes	97.0	101.0	140.0	95.5	101.0	110.5	87.5	104.6
Average Elevation (ft)	209.8	476.6	1095.8	1501.3	1430.2	2006.2	780.6	1071.5
Average Miles per Hour (mph)	19.4	20.2	28.0	19.1	20.2	22.1	17.5	20.9

DAILY	2020	2019	2018	2017	2016	2015	2014	Average
Rides	0.0	0.2	0.2	0.1	0.2	0.4	0.2	0.2
Average Miles	0.9	3.3	5.4	3.2	4.6	7.6	2.4	3.9
Average Time in Minutes	2.7	9.8	11.5	10.1	13.5	20.5	8.1	10.9
Average Elevation (ft)	6.9	15.7	36.0	49.4	47.0	66.0	25.7	35.2
Average Miles per Hour (mph)	19.4	20.2	28.0	19.1	20.2	22.1	17.5	20.9

PER RIDE	2020	2019	2018	2017	2016	2015	2014	Average
Average Miles	31.6	21.9	28.4	26.6	21.3	19.8	15.2	23.5
Average Time in Hours	1.6	1.1	1.0	1.4	1.1	0.9	0.9	1.1
Average Elevation (ft)	251.8	104.0	190.6	409.4	220.0	173.2	164.3	216.2
Average Miles per Hour (mph)	19.4	20.2	28.0	19.1	20.2	22.1	17.5	20.9