

Yearly Cycling Statistic

| YEARLY | 2020 | 2019 | 2018 | 2017 | 2016 | 2015 | 2014 | Average |
|--|------------------------------|--------------------------|-----------------------------|---------------------|-----------------------|----------------------|-----------------------|-----------------------|
| Total Rides | 93 | 55 | 69 | 44 | 87 | 139 | 57 | 78 |
| Total Distance in Miles | 3,003 | 1,203 | 1,959 | 1,168 | 1,857 | 2,756 | 867 | 1,831 |
| <u>It's Like Riding From</u> <u>New York City To (approx.)</u> | Rapid City, UT (1,503 x2) | Baton Rouge, LA 1,193 | Salt Lake City, UT 1,967 | Mobile, AL 1,190 | Orlando, FL 937 x2 | La Mesa, CA 2,750 | Evansville, IN 859 | Cheyenne, WY 1,603 |
| How much of the Earth's Circumference (24,901 mi) | 12.06% | 4.83% | 7.87% | 4.69% | 7.46% | 11.07% | 3.48% | 7.35% |
| Total Riding Time (day:hours:min) | 7:08:50 | 2:54:47 | 4:42:18 | 2:57:59 | 4:35:39 | 6:44:26 | 2:27:35 | 00:04:30 |
| Total Riding Time in Hours (Distance/Avg speed) | 169.95 | 69.76 | 111.40 | 69.11 | 108.83 | 156.54 | 58.45 | 106.29 |
| An Average of How Much of My Life I Ride | 3.11% | 1.25% | 2.03% | 1.21% | 1.92% | 2.86% | 0.90% | 1.90% |
| Total Elevation in Miles (mi) | 2.35 | 1.08 | 2.49 | 3.41 | 3.63 | 4.56 | 1.77 | 2.76 |
| It's like climbing Mont Blanc (2.99 mi) x times. The highest peak in Europe | 0.79 | 0.36 | 0.83 | 1.14 | 1.21 | 1.53 | 0.59 | 0.92 |
| Avg Speed Miles per Hour (mph) | 18.0 | 17.2 | 17.6 | 16.9 | 17.1 | 17.6 | 14.8 | 17.0 |
| Avg Max Speed | 22.9 | 22.4 | 24.0 | 25.5 | 24.6 | 24.2 | 23.1 | 23.8 |
| Avg HR | 140 | 145 | 149 | 151 | 151 | 140 | 138 | 145 |
| Max HR | 240 | 240 | 240 | 221 | 240 | 240 | 240 | 237 |
| Avg Power | 176 | 188 | 198 | 200 | 198 | 181 | 579 | 246 |
| Avg Max Power | 261 | 199 | 216 | 220 | 219 | 189 | 167 | 210 |
| Calories | 106,493 | 46,987 | 87,040 | 51,061 | 77,180 | 100,934 | 32,989 | 71,812 |
| Avg Calories | 1,145 | 854 | 1,261 | 1,160 | 887 | 726 | 579 | 945 |
| Avg Temp | 71 | 66 | 68 | 0 | 0 | 0 | 0 | 68 |

| MONTHLY | 2020 | 2019 | 2018 | 2017 | 2016 | 2015 | 2014 | Average |
|------------------------------|--------|-------|--------|--------|--------|--------|-------|---------|
| Rides | 7.8 | 4.6 | 5.8 | 3.7 | 7.3 | 11.6 | 4.8 | 6.5 |
| Average Miles | 250.3 | 100.3 | 163.3 | 97.4 | 154.7 | 229.7 | 72.3 | 152.5 |
| Average Time in Minutes | 88.4 | 86.2 | 87.9 | 84.5 | 85.3 | 88.0 | 74.2 | 84.9 |
| Average Elevation (ft) | 1035.5 | 476.6 | 1095.8 | 1501.3 | 1597.3 | 2006.2 | 780.6 | 1213.3 |
| Average Miles per Hour (mph) | 18.0 | 17.2 | 17.6 | 16.9 | 17.1 | 17.6 | 14.8 | 17.0 |

| DAILY | 2020 | 2019 | 2018 | 2017 | 2016 | 2015 | 2014 | Average |
|------------------------------|------|------|------|------|------|------|------|---------|
| Rides | 0.3 | 0.2 | 0.2 | 0.1 | 0.2 | 0.4 | 0.2 | 0.2 |
| Average Miles | 8.2 | 3.3 | 5.4 | 3.2 | 5.1 | 7.6 | 2.4 | 5.0 |
| Average Time in Minutes | 27.9 | 11.5 | 18.3 | 11.4 | 17.9 | 25.7 | 9.6 | 17.5 |
| Average Elevation (ft) | 34.0 | 15.7 | 36.0 | 49.4 | 52.5 | 66.0 | 25.7 | 39.9 |
| Average Miles per Hour (mph) | 18.0 | 17.2 | 17.6 | 16.9 | 17.1 | 17.6 | 14.8 | 17.0 |

| PER RIDE | 2020 | 2019 | 2018 | 2017 | 2016 | 2015 | 2014 | Average |
|------------------------------|-------|-------|-------|-------|-------|-------|-------|---------|
| Average Miles | 32.3 | 21.9 | 28.4 | 26.6 | 21.3 | 19.8 | 15.2 | 23.6 |
| Average Time in Hours | 1.8 | 1.3 | 1.6 | 1.6 | 1.3 | 1.1 | 1.0 | 1.4 |
| Average Elevation (ft) | 133.6 | 104.0 | 190.6 | 409.4 | 220.3 | 173.2 | 164.3 | 199.3 |
| Average Miles per Hour (mph) | 18.0 | 17.2 | 17.6 | 16.9 | 17.1 | 17.6 | 14.8 | 17.0 |