

Yearly Cycling Statistic

YEARLY	2021	2020	2019	2018	2017	2016	2015	2014
Total Rides	80	93	55	69	44	87	139	57
Total Distance in Miles	2,211	3,003	1,203	1,959	1,168	1,857	2,756	867
<u>It's Like Riding From New York City To (approx.)</u>	Salt Lake City, UT 1,967	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
How much of the Earth's Circumference (24,901 mi)	8.88%	12.06%	4.83%	7.87%	4.69%	7.46%	11.07%	3.48%
Total Riding Time (day:hours:min)	5:15:09	7:08:50	2:54:47	4:42:18	2:57:59	4:35:39	6:44:26	2:27:35
Total Riding Time in Hours (Distance/Avg speed)	126.29	169.95	69.76	111.40	69.11	108.83	156.54	58.45
An Average of How Much of My Life I Ride	2.3%	3.11%	1.25%	2.03%	1.21%	1.92%	2.86%	0.90%
Total Elevation in Miles (mi)	1.77	1.77	4.56	3.63	2.49	1.08	2.35	1.88
It's like climbing Mont Blanc (2.99 mi) x times. The highest peak in Europe	0.59	0.59	1.53	1.21	0.83	0.36	0.79	0.63
Avg Speed Miles per Hour (mph)	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8
Avg Max Speed	22.7	22.9	22.4	24.0	25.5	24.6	24.2	23.1
Avg HR	143	140	145	149	151	151	140	138
Max HR	240	240	240	240	221	240	240	240
Avg Power	181	176	188	198	200	198	181	579
Avg Max Power	318	261	199	216	220	219	189	167
Calories	83,008	106,493	46,987	87,040	51,061	77,180	100,934	32,989
Avg Calories	1,038	1,145	854	1,261	1,160	887	726	579
Avg Temp	71	71	66	68	0	0	0	0

MONTHLY	2021	2020	2019	2018	2017	2016	2015	2014
Rides	6.7	7.8	4.6	5.8	3.7	7.3	11.6	4.8
Average Miles	184.3	250.3	100.3	163.3	97.4	154.7	229.7	72.3
Average Time in Minutes	87.6	88.4	86.2	87.9	84.5	85.3	88.0	74.2
Average Elevation (ft)	780.6	780.6	2006.2	1597.3	1095.8	476.6	1035.5	829.1
Average Miles per Hour (mph)	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8

DAILY	2021	2020	2019	2018	2017	2016	2015	2014
Rides	0.2	0.3	0.2	0.2	0.1	0.2	0.4	0.2
Average Miles	6.1	8.2	3.3	5.4	3.2	5.1	7.6	2.4
Average Time in Minutes	20.8	27.9	11.5	18.3	11.4	17.9	25.7	9.6
Average Elevation (ft)	25.7	25.7	66.0	52.5	36.0	15.7	34.0	27.3
Average Miles per Hour (mph)	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8

PER RIDE	2021	2020	2019	2018	2017	2016	2015	2014
Average Miles	27.6	32.3	21.9	28.4	26.6	21.3	19.8	15.2
Average Time in Hours	1.6	1.8	1.3	1.6	1.6	1.3	1.1	1.0
Average Elevation (ft)	117.1	100.7	437.7	277.8	298.9	65.7	89.4	174.5
Average Miles per Hour (mph)	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8