

Yearly Cycling Statistic

YEARLY	2022	2021	2020	2019	2018	2017	2016	2015	2014	Average	Total
Total Rides	35	80	93	55	69	44	87	139	57	73	659
Total Distance in Miles	902	2,211	3,003	1,203	1,959	1,168	1,857	2,756	867	1,770	15,927
<u>It's Like Riding From New York City To (approx.)</u>	Montgomery, AL 892	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	Orlando, FL 937(Round Tript)	New Delhi, India 7,318 (Round Trip)
How much of the Earth's Circumference (24,901 mi)	3.62%	8.88%	12.06%	4.83%	7.87%	4.69%	7.46%	11.07%	3.48%	7.11%	64%
Total Riding Time (day:hours:min)	2:08:40	5:15:09	7:08:50	2:54:47	4:42:18	2:57:59	4:35:39	6:44:26	2:27:35	00:04:19	07:08:43
Total Riding Time in Hours (Distance/Avg speed)	50.41	126.29	169.95	69.76	111.40	69.11	108.83	156.54	58.45	102.30	921
An Average of How Much of My Life I Ride	0.9%	2.3%	3.11%	1.25%	2.03%	1.21%	1.92%	2.86%	0.90%	1.83%	17%
Total Elevation in Miles (mi)	0.71	1.88	4.71	1.08	2.49	3.41	3.63	4.56	1.77	2.69	24.2
It's like climbing Mont Blanc (2.99 mi) x times. The highest peak in Europe	0.24	0.63	1.57	0.36	0.83	1.14	1.21	1.53	0.59	0.90	8.1
Avg Speed Miles per Hour (mph)	17.9	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8	17.1	
Avg Max Speed	23.3	22.7	22.9	22.4	24.0	25.5	24.6	24.2	23.1	23.6	
Avg HR	151	143	140	145	149	151	151	140	138	145	
Max HR	240	240	240	240	240	221	240	240	240	238	
Avg Power	198	181	176	188	198	200	198	181	579	233	
Avg Max Power	213	318	261	199	216	220	219	189	167	222	
Calories	36,253	83,008	106,493	46,987	87,040	51,061	77,180	100,934	32,989	69,105	
Avg Calories	1,036	1,038	1,145	854	1,261	1,160	887	726	579	965	8,687
Avg Temp	75	71	71	66	68	0	0	0	0	39	

MONTHLY	2022	2021	2020	2019	2018	2017	2016	2015	2014	Average
Rides	2.9	6.7	7.8	4.6	5.8	3.7	7.3	11.6	4.8	6.1
Average Miles	75.2	184.3	250.3	100.3	163.3	97.4	154.7	229.7	72.3	147.5
Average Time in Minutes	89.5	87.6	88.4	86.2	87.9	84.5	85.3	88.0	74.2	85.7
Average Elevation (ft)	311.0	829.1	2071.0	476.6	1095.8	1501.3	1597.3	2006.2	780.6	1185.4
Average Miles per Hour (mph)	17.9	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8	17.1

DAILY	2022	2021	2020	2019	2018	2017	2016	2015	2014	Average
Rides	0.1	0.2	0.3	0.2	0.2	0.1	0.2	0.4	0.2	0.2
Average Miles	2.5	6.1	8.2	3.3	5.4	3.2	5.1	7.6	2.4	4.8
Average Time in Minutes	8.3	20.8	27.9	11.5	18.3	11.4	17.9	25.7	9.6	16.8
Average Elevation (ft)	10.2	27.3	68.1	15.7	36.0	49.4	52.5	66.0	25.7	39.0
Average Miles per Hour (mph)	17.9	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8	17.1

PER RIDE	2022	2021	2020	2019	2018	2017	2016	2015	2014	Average
Average Miles	25.8	27.6	32.3	21.9	28.4	26.6	21.3	19.8	15.2	24.3
Average Time in Hours	1.4	1.6	1.8	1.3	1.6	1.6	1.3	1.1	1.0	1.4
Average Elevation (ft)	106.6	124.4	267.2	104.0	190.6	409.4	220.3	173.2	164.3	195.6
Average Miles per Hour (mph)	17.9	17.5	17.7	17.2	17.6	16.9	17.1	17.6	14.8	17.1