

Leeds to London

June 5

Trained for 8 months to be able to do a single ride of 195 miles. 1 week before; I slid across road on diesel, resulting in injury. Continued anyway!



RideWozzy
 money going f t .co.uk
 ndcs every deaf child

Headwind!

194.2mi	12:59:43	5,719ft	376
Distance	Moving Time	Elevation (?)	Epic Suffer Score
129w	6,025kJ		
Estimated Avg Power	Energy Output		
		Avg	Max
Speed		15.0mi/h	32.0mi/h
Heart Rate		137bpm	175bpm
Cadence		81	204
Calories		6,718	
Temperature		64f	
Elapsed Time		15:26:36	



65.1mi	5:30:26	2,290ft	139
Distance	Moving Time	Elevation (?)	Tough Suffer Score
103w	2,048kJ		
Estimated Avg Power	Energy Output		
		Avg	Max
Speed		11.8mi/h	29.5mi/h
Heart Rate		125bpm	174bpm
Cadence		71	215
Calories		2,283	
Temperature		46f	
Elapsed Time		6:15:21	

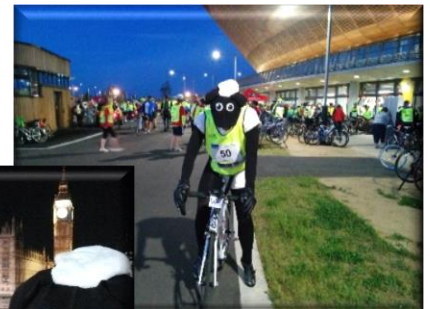
London Nightrider

June 6-7

85 miles around London at night, dressed as Shaun the Sheep

9.7mi	42:53	328ft	20
Distance	Moving Time	Elevation (?)	Suffer Score

9.7mi	39:48	351ft	16
Distance	Moving Time	Elevation (?)	Suffer Score



London to Leeds

June 8 & 9

Hit by a car in Peterborough (70 miles) so caught train home for repairs, before returning to complete the 125 miles to Farsley.



Headwind!

70.0mi	5:10:21	2,257ft	107
Distance	Moving Time	Elevation (?)	Tough Suffer Score
106w	1,979kJ		
Estimated Avg Power	Energy Output		
		Avg	Max
Speed		13.5mi/h	34.4mi/h
Heart Rate		114bpm	147bpm
Cadence		76	198
Calories		2,206	
Temperature		50f	
Elapsed Time		6:19:57	

124.7mi	8:03:21	3,871ft	201
Distance	Moving Time	Elevation (?)	Extreme Suffer Score
143w	4,157kJ		
Estimated Avg Power	Energy Output		
		Avg	Max
Speed		15.5mi/h	80.5mi/h
Heart Rate		127bpm	158bpm
Cadence		80	217
Calories		4,635	
Temperature		54f	
Elapsed Time		9:28:37	

