

TOUR DE SUISSE VIRTUEL 2020 - The Digital Swiss 5

En ces temps de confinement il fallait trouver un objectif à se mettre sous la dent pour faire passer le temps et garder le moral et se fixer un objectif.

Ce sera le Tour de Suisse Virtuel 2020 !

5 étapes aux différents profils comme vous pourrez le voir plus bas.

Puisque les épreuves professionnelles comme amateurs ont toutes été annulées, des courses virtuelles fleurissent un peu partout suivant les types d'applications pour Home Trainer.

Comme je suis abonné au logiciel Rouvy et que c'est eux qui organisent avec la Suisse le tour virtuel, tout naturellement je m'y suis inscrit.

1 jour de repos après la simulation de La Morvandelle le WE d'avant, je m'attaque à la reconnaissance de la 1^{ère} étape en essayant de ne pas trop la faire à fond. Ce parcours je ne le connais pas et pour bien débiter il faut savoir à quoi s'attendre.

Mon avantage, je connais bien le logiciel Rouvy et sa manière de simuler les montées et cols des parcours de façon assez ludique.

La particularité de cette épreuve en ligne sur 5 jours c'est de se dérouler juste après la course des Professionnels qui commence à 17h et pour lesquels il est possible de visionner leurs exploits via la chaîne l'Equipe21. Une 1^{ère} !

Le but est de pouvoir comparer ce que développe les professionnels par rapport à ce que développe les meilleurs amateurs et ensuite voir où je me situe.

J'ai fait cette épreuve avec David Sanchez, un ami de FX ou nous nous sommes motivés chaque jour très souvent pendant la retransmission télévisée de la course des Pro et où nous avons débriefé chaque soir histoire de vivre une expérience encore jamais vécue. Et ce fut plaisant mais toujours dans un souci de bien faire le job et toujours avec sérieux car c'était une compétition !

Le principe de la simulation Rouvy :

- Sur vidéo réelle du parcours avec avatar de chaque participant.
- Sur le plat une légère résistance du HT est appliquée.
- En bosse plus le pourcentage est élevé plus la résistance simule la pente en s'activant jusqu'à la limite du HT et ensuite une réduction de la vitesse affichée peut se mettre en place si le HT ne peut plus simuler la pente.
- En descente il faut toujours pédaler donc développer une certaine puissance (200, 250W) sinon on se fait rattraper facilement.
- On ne peut aller au-delà de 72km/h. Lorsque cette vitesse est atteinte le HT se comporte sans aucune résistance et c'est seulement à ce moment là qu'il est possible de récupérer un peu si l'on peut dire, car ça n'arrive pas très souvent (pour des descentes à + de 10%).

Le but est de maintenir un niveau de W/kg le plus élevé possible et le plus proche de sa FTP puisque les étapes sont proches d'une durée de test de FTP (+ ou - 60min).

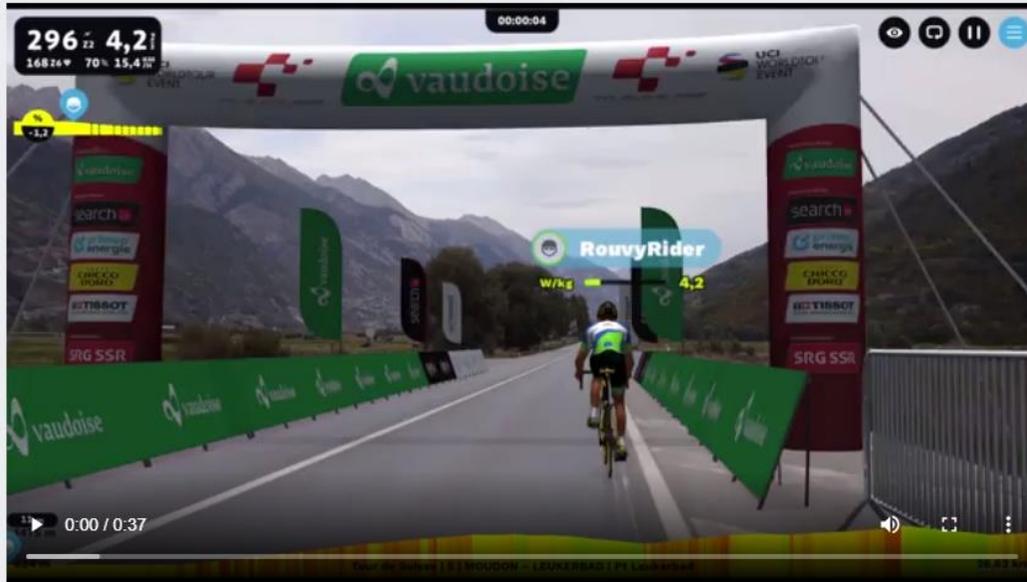
Pour cela il y a le choix de l'équipement pour effectuer ces efforts. Pour moi ce sera à la cave dans une relative fraîcheur avec 2 bidons d'1L et un de 800ml, un ventilateur en face de moi réglable sur 3 vitesses et surtout ce qui est pour moi le plus important, le bandeau qui permet d'absorber la transpiration, de faire en sorte qu'elle ne coule pas dans les yeux et donc également mes lunettes de vélo pour ne pas assécher les yeux avec le déplacement d'air. Configuration optimale ! Et de la musique dans les oreilles pour se stimuler !

Voilà, vous savez tout !

Virtual route - TDS5 | Race 1 | AGARN - LEUKERBAD

#Alps #Grand Tours #AR Routes #Tour de Suisse #My favorite

MAP VIDEO SPLITS PLACES



Remove from my favourites



Author **ROUVY**
Country **Switzerland**
Distance **26.62 km**
AVG grade **4 %**
Ascended **1192 m**
Max grade **17 %**
Rating **★★★★☆ (195x)**

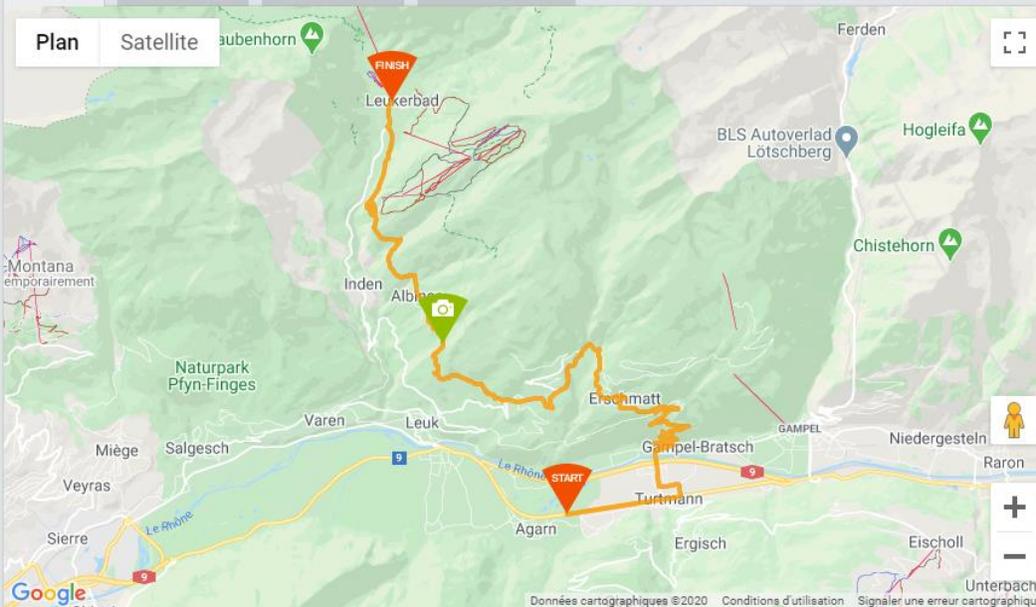
route's properties **HD AR**

Current version number: 2
Last update of route: 16.01.2020

Virtual route - TDS5 | Race 1 | AGARN - LEUKERBAD

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route's properties **HD AR**

Current version number: 2
Last update of route: 16.01.2020

Altitude
623.61 - 1474.71 m
Inclination
-16.81 / 2.75 / 16.78 %



Splits

SHARING AND EXPORT

Export route

export to GPX

Share route

1^{ère} étape : AGARN – LEUKERBAD, 26,61km pour 1182 m D+

Les Pro viennent d'en finir avec le meilleur temps pour Rohan Dennis en 53min 08sec puis Nicolas Roche et enfin Jimmy Whelan qui avait signé le meilleur temps de la reconnaissance. Le 1^{er} Français Rudy Molard arrive 13^{ème} en 57min 42.

La course de Fan débute sur les chapeaux de roue ou sur les 4 1^{er} km, plat, il faut envoyer les watts (300W moy pendant 5min) sinon on est relégué au fin fond du classement. Pas possible d'espérer mettre en pratique ces 4km pour s'échauffer. Puis vient la 1^{ère} montée de 6km à 8% de moy pour 31min d'effort toujours autour de 300W mais pas à la même fréquence de pédalage ni sur le même développement.

S'ensuit un léger plat puis descente de 5km ou 250W seront nécessaire pour maintenir l'allure et ensuite la 1^{ère} partie de la seconde bosse de 2,75km à 292W, je commence à faiblir et 52 minutes d'effort déjà.

Toujours au 18^{ème} rang et je vais enfin pouvoir entrevoir à quelques 10ème de km des concurrents dans la dernière rampe de 3km ou je maintiendrai 291W

La descente et le dernier coup de cul me permettra de dépasser ces 2 concurrents et ainsi faire la différence.

Cette 1^{ère} étape c'est très bien passée et je profitai de ma fraîcheur physique pour terminer à bloc puisque le dernier km je le ferai à +de 325W. C'est un profil qui me convient bien ou les zones de transition me permettent de bien récupérer même s'il faut appuyer pour ne pas se faire rattraper.

Mon temps : 1h09 et 14^{ème} des amateurs. Contant de ce que j'ai développé en sachant que les prochains jours seront plus compliqués avec la fatigue.

Avec mon modeste 293W moyen sur 1h09 je suis loin très loin du 1^{er} amateur qui boucle le parcours en 59min 11sec à 350W moyen et si l'on compare à Rohan Dennis qui a effectué l'étape en 53min 08sec et 431W moyen les amateurs sont loin des Pro. C'est une certitude d'autant que tous les professionnels ne se sont pas donnés à fond à l'image du frère de Nibali qui n'aura effectué l'étape qu'à un simple 240W moyen. Histoire de tourner les jambes pour lui. Certains pro ont été défavorisés par des problèmes de compréhension du système puisqu'on voit qu'il ne pédale pas en descente à l'image de Calmejane sans doute à cause de leurs HT TACX NEO parce qu'ils ont l'habitude d'avoir une assistance électrique en descente comme sur Zwift par exemple.

La pression sur les pédales et la cadence sont en dents de scies ce qui n'est pas logique... Mais c'est une analyse faite sur tous ceux qui ont des TACX Neo...

A noter qu'à ce jour, les copies d'écrans des professionnels ci-dessous de la 1^{ère} étape ne sont plus accessibles. Rouvy a tout simplement bloqué l'accès (à la demande des coureurs ?) et heureusement que le soir même je m'étais attelé à les récupérer...

Pour les autres étapes nous n'aurons plus accès aux données des professionnels à part leur temps et je trouve cela dommage.

L'effort étant totalement différent d'une sortie en extérieur il n'y a pas de comparaison possible hormis celle avec ceux qui ont effectué le même effort qu'eux...

Résumé étape 1 :

CLASSEMENT PRO	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	Rohan Dennis	53min 08sec	431W	6,151
2 ^{ème}	Nicolas Roche	54min 18sec	426W	6,005
3 ^{ème}	Jimmy Whelan	54min 36sec	385W	5,924

CLASSEMENT FAN	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	WYSS Marcel	53min 08sec	350W	5,301
2 ^{ème}	ALFIN MARTIN	54min 18sec	415W	5,394
3 ^{ème}	HUG Niki	54min 36sec	321W	5,300
14 ^{ème}	DURAND J-Christo	1h 08min 57sec	293W	4,370
142 ^{ème}	SANCHEZ David	1h 27min 53sec	199W	3,380

Reconnaissance Etape 1 : Puissance (W/kg) et temps

ROUTE RECORDS

LAST PASSES

Current version ▾

Best time only ▾

All users ▾

Smart & Power trainers ▾

#	User	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1
1	JimmyWhelan		Tacx Neo 24756	5.48	04/21/2020	0:58:00.00	- 0:00:00.00	0:43:04.45
2	ldurbridge		Tacx Neo 2T 60452	5.221	04/17/2020	0:58:42.00	- 0:00:42.00	0:44:01.36
3	EdoardoAffini		Tacx Neo 2T 56659	4.955	04/17/2020	0:59:40.00	- 0:01:40.00	0:45:11.40
4	valentinmadouas		Tacx Neo 07151	4.991	04/21/2020	1:00:11.00	- 0:02:11.00	0:44:59.84
5	Poels		DR	5.209	04/21/2020	1:00:22.00	- 0:02:22.00	0:45:25.32
6	byrielasmus		Tacx Neo 2T 01291	4.838	04/21/2020	1:00:36.00	- 0:02:36.00	0:45:33.40
7	Pello.Bilbao		DR	5.259	04/21/2020	1:00:52.00	- 0:02:52.00	0:46:07.21
8	MitchellDocker		Tacx Neo 46631	4.962	04/21/2020	1:00:59.00	- 0:02:59.00	0:46:02.44
9	KobeGoossens		Tacx Neo 2 21560	5.21	04/21/2020	1:01:14.00	- 0:03:14.00	0:45:54.52
10	D.Howson		Tacx Neo 2T 64839	5.124	04/17/2020	1:01:39.00	- 0:03:39.00	0:46:12.89
11	GianlucaBrambilla		Hammer 44421	5.263	04/21/2020	1:02:39.00	- 0:04:39.00	0:47:29.27
12	SimoClarke		Tacx Neo 53715	4.961	04/21/2020	1:02:40.00	- 0:04:40.00	0:47:04.96
13	jack.bauer		Tacx Neo 2T 64889	4.803	04/17/2020	1:02:43.00	- 0:04:43.00	0:47:15.50
14	Claudioimhof		Wahoo KICKR C22F	4.722	04/21/2020	1:03:07.00	- 0:05:07.00	0:47:51.20
15	SicardRomain		Tacx Neo 52663	4.928	04/21/2020	1:03:09.00	- 0:05:09.00	0:47:52.64
16	PaulOursetin		Tacx Neo 09227	4.834	04/21/2020	1:03:21.00	- 0:05:21.00	0:47:51.85
17	S.Dillier		Wahoo KICKR A3C3	4.733	04/21/2020	1:03:26.00	- 0:05:26.00	0:47:55.90
18	Benoconnor		DI	4.816	04/17/2020	1:04:13.00	- 0:06:13.00	0:47:28.28
19	mikeln		Tacx Neo 2T 62163	4.847	04/17/2020	1:04:37.00	- 0:06:37.00	0:49:05.32
20	Michael.Hepburn91		Tacx Neo 2T 64821	4.442	04/17/2020	1:05:12.00	- 0:07:12.00	0:48:37.92

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ROUTE RECORDS

LAST PASSES

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#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	
21			EstebanChaves		Wahoo KICKR 75B6	4.889	04/17/2020	1:05:23.00	- 0:07:23.00	0:49:23.21
22			Daryllmpey		Tacx Neo 2T 64383	4.561	04/17/2020	1:05:38.00	- 0:07:38.00	0:49:13.10
23			A.Paret-Peintre		SUITO	4.724	04/21/2020	1:05:43.00	- 0:07:43.00	0:49:57.56
23			matteodal-cin		Wahoo KICKR 7E05	4.562	04/21/2020	1:05:43.00	- 0:07:43.00	0:49:47.67
25			PernsteinerHermann		DIRETO X	5.023	04/21/2020	1:05:44.00	- 0:07:44.00	0:50:36.71
26			1949		TACX Smart trainer	4.391	04/19/2020	1:06:59.73	- 0:08:59.73	0:49:40.10
27			AlexisRenard		SUITO	4.396	04/21/2020	1:07:17.00	- 0:09:17.00	0:50:47.11
28			Piotr922		Garmin Garmin	4.443	04/19/2020	1:07:58.41	- 0:09:58.41	0:51:24.30
29			Michi_Schaer		DIRETO X	4.364	04/21/2020	1:08:23.00	- 0:10:23.00	0:50:44.82
30			FrankinyKilian		DR	4.364	04/21/2020	1:08:40.00	- 0:10:40.00	0:52:00.56
31			PieterSerry1		Tacx Neo 2 08553	4.311	04/21/2020	1:08:52.00	- 0:10:52.00	0:53:31.70
32			alex.edmondson		Tacx Neo 2T 62099	4.31	04/17/2020	1:08:54.00	- 0:10:54.00	0:52:20.10
33			Chris.Hamilton		DR	4.378	04/21/2020	1:09:24.00	- 0:11:24.00	0:52:46.66
34			LilianCalmejane		Tacx Neo 63932	4.097	04/21/2020	1:09:53.00	- 0:11:53.00	0:53:17.13
35			SeppKuss		Tacx Neo 11067	4.276	04/21/2020	1:10:18.00	- 0:12:18.00	0:52:36.00
36			RobertGesink		Tacx Neo 11045	4.053	04/21/2020	1:10:43.00	- 0:12:43.00	0:53:11.90
37			Gino_Mader		Tacx Neo 05154	4.375	04/21/2020	1:10:48.00	- 0:12:48.00	0:51:33.61
38			LouisMeintjes		DI	4.452	04/21/2020	1:11:11.00	- 0:13:11.00	0:53:58.94
39			WilcoKelderman		DR	4.263	04/21/2020	1:11:23.00	- 0:13:23.00	0:53:55.29
40			alexkony98		DI	4.191	04/17/2020	1:11:44.00	- 0:13:44.00	0:54:21.78

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ROUTE RECORDS

LAST PASSES

Current version ▾

Best time only ▾

All users ▾

Smart & Power trainers ▾

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	
41			meills		Hammer 25109	4.031	04/21/2020	1:11:47.00	- 0:13:47.00	0:54:48.45
41			KoendeKort		Hammer 14097	4.059	04/21/2020	1:11:47.00	- 0:13:47.00	0:54:36.19
43			AttilaValter		Wahoo KICKR 9615	4.116	04/21/2020	1:12:58.00	- 0:14:58.00	0:56:02.55
44			jcdudu		DI	3.993	04/21/2020	1:13:09.00	- 0:15:09.00	0:55:22.73
45			GRHD		Tacx Flux 32039	3.773	04/19/2020	1:14:19.00	- 0:16:19.00	0:56:08.52
45			Rohan.Dennis		Wahoo KICKR AF15	3.919	04/21/2020	1:14:19.00	- 0:16:19.00	0:53:45.41
47			cpatterson		Wahoo KICKR 10D2	3.856	04/21/2020	1:14:36.00	- 0:16:36.00	0:56:01.79
48			gschaeffer		Tacx Flow 08107	3.987	04/21/2020	1:15:02.00	- 0:17:02.00	0:56:57.98
49			yoshishinoda		DI	3.969	04/18/2020	1:15:04.00	- 0:17:04.00	0:56:06.91
50			carlosverona		DIRETO X	3.779	04/21/2020	1:15:19.00	- 0:17:19.00	0:56:19.38
51			robinfroidevaux		SUITO	3.798	04/21/2020	1:15:33.00	- 0:17:33.00	0:57:33.39
51			AndreyZeits		Tacx Neo 2T 64297	3.909	04/17/2020	1:15:33.00	- 0:17:33.00	0:57:17.94
53			jai_hindley		DI	4.127	04/19/2020	1:15:57.00	- 0:17:57.00	0:58:31.14
54			simonyates		Tacx Neo 2T 64042	4.031	04/17/2020	1:16:13.00	- 0:18:13.00	0:55:36.61
55			nicholas.roche		DI	3.807	04/21/2020	1:16:50.00	- 0:18:50.00	0:58:55.38
56			AdamYates		Wahoo KICKR B072	4.036	04/17/2020	1:16:52.00	- 0:18:52.00	0:54:55.30
57			raffman		V3 BLE:0963644	4.036	04/19/2020	1:17:41.00	- 0:19:41.00	0:59:18.86
58			p1stolero		Wahoo Fitness KICKR CORE	3.706	04/19/2020	1:17:53.86	- 0:19:53.86	0:59:22.50
59			briangv		Tacx Neo 2 21563	3.504	04/21/2020	1:18:05.00	- 0:20:05.00	0:58:45.76
60			Carlos.Rodriguez		Wahoo KICKR A6AE	3.691	04/21/2020	1:19:22.00	- 0:21:22.00	1:01:06.30

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ROUTE RECORDS LAST PASSES

Current version

Best time only

All users

Smart & Power trainers

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1
61		RetoHollenstein		SUITO	3.465	04/21/2020	1:19:33.00	- 0:21:33.00	1:00:38.20
62		pdieleman		Wahoo KICKR A1A0	3.337	04/21/2020	1:19:55.00	- 0:21:55.00	0:59:38.73
63		StephenBasset		KICKR CORE A859	3.413	04/21/2020	1:20:20.00	- 0:22:20.00	0:59:47.83
64		carbenvi		ELITE Arion Digital Smart B+	3.649	04/19/2020	1:20:37.76	- 0:22:37.76	1:01:47.22
65		Rockeltman		WhisperSmart	3.512	04/22/2020	1:21:51.00	- 0:23:51.00	1:01:02.37
66		Jasonphilp		Tacx Neo 2 12357	3.343	04/21/2020	1:22:50.00	- 0:24:50.00	1:02:32.53
67		gabri87		BKOOOL Smart Pro 2	3.296	04/21/2020	1:22:57.50	- 0:24:57.50	1:02:39.12
68		morg1979		ELITE Drivo	3.455	04/18/2020	1:23:30.37	- 0:25:30.37	1:02:47.54
69		gintonix		Tacx Neo 19926	3.208	04/18/2020	1:24:21.00	- 0:26:21.00	1:03:25.80
70		levydl		Wahoo Fitness KICKR	3.46	04/18/2020	1:25:02.56	- 0:27:02.56	1:04:11.78
71		phila17		Tacx Flux 16428	3.303	04/21/2020	1:25:28.00	- 0:27:28.00	1:04:48.80
72		jentszsch.stefan		KICKR CORE 69CF	3.136	04/18/2020	1:25:34.00	- 0:27:34.00	1:03:51.77
73		MatteoFabbro		Wahoo KICKR 9700	3.501	04/21/2020	1:25:37.00	- 0:27:37.00	1:05:19.67
74		cjuwrf		Wahoo KICKR 7EA1	3.173	04/21/2020	1:26:24.00	- 0:28:24.00	1:04:30.58
75		renatoa16		Hammer 10235	3.27	04/18/2020	1:26:26.00	- 0:28:26.00	1:05:13.89
76		luter		Wahoo KICKR BA7D	3.107	04/21/2020	1:26:35.00	- 0:28:35.00	1:05:07.90
77		Stig_F		DIRETO X	3.09	04/21/2020	1:27:53.00	- 0:29:53.00	1:06:35.87
78		greci82		ELITE Direto X	3.107	04/18/2020	1:28:18.11	- 0:30:18.11	1:03:47.83
79		claudiog.		TACX Bushido Smart	3.409	04/19/2020	1:28:21.54	- 0:30:21.54	1:08:31.56
80		samitiersergio		KICKR CORE 765F	3.175	04/21/2020	1:28:27.00	- 0:30:27.00	1:06:09.40

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ROUTE RECORDS LAST PASSES

Current version

Best time only

All users

Smart & Power trainers

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1
81		gianluca.dagostino		Tacx Flux 09595	3.084	04/19/2020	1:28:33.00	- 0:30:33.00	1:07:26.48
82		IdeSchelling		Wahoo KICKR 9701	3.188	04/21/2020	1:28:43.00	- 0:30:43.00	1:08:07.31
83		MasterB4U		Tacx Neo 19217	3.013	04/19/2020	1:29:23.00	- 0:31:23.00	1:09:36.92
84		luca-casu		ELITE Qubo Power Smart B+ Pack	3.199	04/21/2020	1:29:26.86	- 0:31:26.86	1:11:21.90
85		Nickolas.Zukowsky		Wahoo KICKR 66C2	3.102	04/21/2020	1:29:30.00	- 0:31:30.00	1:06:08.57
86		nico89		TACX Flow Smart	3.054	04/19/2020	1:30:29.51	- 0:32:29.51	1:08:46.91
87		lukeroberts		DR	2.917	04/19/2020	1:31:40.00	- 0:33:40.00	1:09:43.90
88		chaeschpe		TACX Flow Smart	3.003	04/21/2020	1:32:24.63	- 0:34:24.63	1:10:46.20
89		paimblotin44		Tacx Flow 59927	2.987	04/19/2020	1:32:31.00	- 0:34:31.00	1:10:02.14
90		LTomie56		Wahoo Fitness KICKR	2.851	04/21/2020	1:32:32.50	- 0:34:32.50	1:10:26.56
91		sandros		Tacx Flux 10795	2.844	04/18/2020	1:33:14.00	- 0:35:14.00	1:09:49.29
91		fabiendausse		ASSIOMA38448L	2.96	04/19/2020	1:33:14.00	- 0:35:14.00	1:11:31.23
93		jffn1		Tacx Neo 58217	2.972	04/21/2020	1:33:19.00	- 0:35:19.00	1:08:55.00
94		chiagluglo		ELITE Direto	2.975	04/19/2020	1:33:34.45	- 0:35:34.45	1:09:27.93
95		slowandfurious		Tacx Flow 19053	2.675	04/20/2020	1:36:55.00	- 0:38:55.00	1:12:56.35
96		74mike		ELITE Qubo Digital Smart B+	2.754	04/17/2020	1:37:37.39	- 0:39:37.39	1:13:34.89
97		UmbertoCozza		Tacx Vortex 46438	2.679	04/19/2020	1:40:34.00	- 0:42:34.00	1:13:20.39
98		DanTurc8		Tacx Flux 15490	2.641	04/20/2020	1:40:35.00	- 0:42:35.00	1:15:38.92
99		CameronLees		Wahoo Fitness KICKR CORE	2.712	04/20/2020	1:41:15.29	- 0:43:15.29	1:17:58.50
100		uuver-salazar		Wahoo KICKR CCEC	2.572	04/21/2020	1:41:28.00	- 0:43:28.00	1:15:04.75

Previous

1 ... 3 4 5 6

Next

Best time only ▾

All users ▾

Smart & Power trainers ▾

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1
101		cedricbourquenez		Wahoo KICKR 8849	2.473	04/22/2020	1:45:39.00	- 0:47:39.00	1:19:24.40
102		mthompson700		Hammer 01245	2.389	04/19/2020	1:48:01.00	- 0:50:01.00	1:21:14.69
103		thierry2308		Tacx Flux 26389	2.469	04/19/2020	1:49:48.00	- 0:51:48.00	1:24:57.93
104		slipshot		Wahoo KICKR 148A	2.395	04/18/2020	1:51:01.00	- 0:53:01.00	1:22:18.38
105		Maurimtb		DIRETO X	2.364	04/19/2020	1:52:12.00	- 0:54:12.00	1:22:51.78
106		franckmxf		ASSIOMA55312L	2.369	04/20/2020	1:52:13.00	- 0:54:13.00	1:26:10.31
107		jorgeas		Tacx Flux	2.3	04/19/2020	1:53:08.00	- 0:55:08.00	1:26:40.19
108		ILCOLOMBIANO		Stages 41878	2.421	04/19/2020	1:54:33.00	- 0:56:33.00	1:26:16.60
109		ParkerLewis		Wahoo KICKR 798B	2.263	04/19/2020	1:54:53.00	- 0:56:53.00	1:30:26.56
110		josear		inRide 03478	2.369	04/18/2020	1:55:11.00	- 0:57:11.00	1:27:37.31
111		tobifranzi		Tacx Flux-2 02449	2.225	04/20/2020	1:56:43.00	- 0:58:43.00	1:27:24.95
112		hamsandwich		TACX Vortex Smart	2.251	04/18/2020	1:56:54.30	- 0:58:54.30	1:29:03.31
113		Bibinet		ELITE Drivo	2.184	04/21/2020	1:56:55.30	- 0:58:55.30	1:28:12.58
114		ettoregu		ELITE Direto X	2.224	04/19/2020	1:58:12.55	- 1:00:12.55	1:27:17.52
115		a.caruso		ELITE Qubo Power Smart B+ Pack	2.155	04/19/2020	2:03:43.21	- 1:05:43.21	1:34:00.74
116		bicer		DR	1.99	04/19/2020	2:08:13.00	- 1:10:13.00	1:35:45.22
117		speedy.gonzalez		DR	1.772	04/19/2020	2:31:55.00	- 1:33:55.00	1:38:39.86

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Course Etape 1 : Puissance (W/kg) et temps

#	User	Enter username	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	SPLIT / LAP 6
1		 Rohan.Dennis		Wahoo KICKR AF15	6.151	 22.04.2020	0:53:08.00	-	0:01:28.62	0:04:59.46	0:28:17.36	0:34:36.00	0:39:46.79	0:42:30.00
2		 nicholas.roche		DI	6.005	 22.04.2020	0:54:18.00	-	0:01:30.80	0:04:59.90	0:28:52.41	0:35:18.68	0:40:46.89	0:43:30.00
3		 JimmyWhelan		Tacx Neo 24756	5.924	 22.04.2020	0:54:36.00	-	0:01:21.32	0:04:48.64	0:28:38.80	0:35:15.76	0:40:42.51	0:43:30.00
4		 Chris.Hamilton		DR	5.976	 22.04.2020	0:54:47.00	-	0:01:29.40	0:05:09.35	0:29:22.87	0:35:53.86	0:41:19.76	0:44:30.00
5		 Benoconnor		DI	5.767	 22.04.2020	0:55:12.00	-	0:01:30.93	0:05:07.94	0:29:28.19	0:35:59.47	0:41:23.40	0:44:30.00
6		 Idurbridge		Tacx Neo 2T 60452	5.594	 22.04.2020	0:55:25.00	-	0:01:22.50	0:04:48.22	0:29:21.37	0:35:48.53	0:41:27.86	0:44:30.00
7		 remco.ev		Tacx Neo 08855	5.984	 22.04.2020	0:55:45.00	-	0:01:34.51	0:05:13.85	0:29:14.32	0:36:02.30	0:41:41.18	0:44:30.00
8		 PieterSerry1		Tacx Neo 2 08553	5.829	 22.04.2020	0:56:22.00	-	0:01:28.60	0:05:01.76	0:29:58.82	0:36:40.81	0:42:17.73	0:45:30.00
9		 LawsonCraddock		Wahoo KICKR	5.529	 22.04.2020	0:56:23.00	-	0:01:26.81	0:05:02.49	0:30:11.50	0:36:48.66	0:42:25.89	0:45:30.00
10		 cjwurf		Wahoo KICKR 7EA1	5.685	 22.04.2020	0:56:43.00	-	0:01:31.14	0:04:57.71	0:29:50.36	0:36:20.20	0:42:21.10	0:45:30.00
11		 Pello.Bilbao		DR	5.724	 22.04.2020	0:56:57.00	-	0:01:33.52	0:05:20.82	0:30:51.69	0:37:37.27	0:43:06.15	0:46:30.00
12		 Michi_Schaer		DIRETO X	5.593	 22.04.2020	0:57:05.00	-	0:01:33.52	0:05:06.30	0:30:43.39	0:37:16.50	0:43:02.11	0:45:30.00
13		 rudy89		DI	5.617	 22.04.2020	0:57:42.00	-	0:01:32.58	0:05:20.40	0:31:08.34	0:37:54.20	0:43:35.65	0:46:30.00
14		 A.Paret-Peintre		SUITO	5.596	 22.04.2020	0:58:04.00	-	0:01:36.28	0:05:28.20	0:31:16.30	0:38:04.11	0:43:41.87	0:46:30.00
15		 Gavin.Mannion		Wahoo KICKR 9DFC	5.669	 22.04.2020	0:58:16.00	-	0:01:37.26	0:05:41.17	0:31:17.70	0:38:19.21	0:43:58.85	0:47:30.00
16		 AttilaValter		Wahoo KICKR 9615	5.569	 22.04.2020	0:58:18.00	-	0:01:31.42	0:05:07.60	0:30:53.00	0:37:46.38	0:43:47.10	0:46:30.00
17		 MatteoBadilatti		DI	5.647	 22.04.2020	0:58:19.00	-	0:01:29.30	0:05:06.49	0:31:03.11	0:37:58.61	0:43:42.87	0:46:30.00
18		 WilcoKelderman		DR	5.55	 22.04.2020	0:58:20.00	-	0:01:35.12	0:05:15.60	0:31:27.30	0:38:14.98	0:44:01.61	0:47:30.00
19		 RetoHollenstein		SUITO	5.29	 22.04.2020	0:58:26.00	-	0:01:30.45	0:05:00.98	0:31:08.84	0:37:52.30	0:43:51.61	0:46:30.00
20		 RobertGesink		Tacx Neo 11045	5.281	 22.04.2020	0:58:46.00	-	0:01:35.46	0:05:20.76	0:31:12.37	0:38:07.74	0:44:04.44	0:47:30.00

#	User	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	SPLIT / LAP 6
21	D.Howson		Tacx Neo 2T 64839	5.329	22.04.2020	0:59:00.00	- 0:06:52.00	0:01:31.17	0:05:10.99	0:31:35.46	0:38:28.45	0:44:25.10	0:49:57.00
22	EdoardoAffini		Tacx Neo 2T 56659	5.002	22.04.2020	0:59:09.00	- 0:06:01.00	0:01:27.20	0:04:54.16	0:31:49.92	0:38:32.16	0:44:33.92	0:49:57.00
23	wysstraining		Tacx Neo 2T 60937	5.301	22.04.2020	0:59:11.00	- 0:06:03.00	0:01:35.40	0:05:22.15	0:31:56.90	0:38:54.99	0:44:43.27	0:49:57.00
24	robinfroidevaux		SUITO	5.202	22.04.2020	0:59:22.00	- 0:06:14.00	0:01:35.13	0:05:17.90	0:32:06.32	0:38:51.84	0:44:45.68	0:49:57.00
25	VeriniAlfin		BKOOL / ZYCLE Smart Pro 2	5.394	22.04.2020	0:59:28.71	- 0:06:20.71	0:01:44.32	0:05:33.52	0:31:36.87	0:38:52.93	0:45:27.51	0:49:57.00
26	SimoClarke		Tacx Neo 53715	5.33	22.04.2020	0:59:31.00	- 0:06:23.00	0:01:28.17	0:05:04.84	0:31:39.76	0:38:31.90	0:44:46.39	0:49:57.00
27	Carlos.Rodriguez		Wahoo KICKR A6AE	5.314	22.04.2020	0:59:38.00	- 0:06:30.00	0:01:33.60	0:05:19.70	0:32:15.34	0:39:13.74	0:45:15.32	0:49:57.00
28	Gino_Mader		Tacx Neo 08154	5.354	22.04.2020	0:59:45.00	- 0:06:37.00	0:01:37.17	0:05:29.37	0:32:04.82	0:38:56.69	0:44:49.47	0:49:57.00
29	SicardRomain		Tacx Neo 52663	5.374	22.04.2020	0:59:46.00	- 0:06:38.00	0:01:33.80	0:05:20.40	0:31:50.57	0:38:46.90	0:44:47.86	0:49:57.00
30	Nickolas.Zukowsky		Wahoo KICKR 66C2	5.184	22.04.2020	0:59:56.00	- 0:06:48.00	0:01:29.57	0:05:08.65	0:32:02.36	0:38:47.19	0:45:05.42	0:49:57.00
31	SanderArmee		Tacx Neo 2 18749	5.112	22.04.2020	0:59:59.00	- 0:06:51.00	0:01:30.69	0:05:05.95	0:32:34.47	0:39:15.86	0:45:28.65	0:49:57.00
32	harm_vanhoucke		Tacx Neo 2 18227	3.827	18.04.2020	1:00:11.00	- 0:07:03.00	---	---	---	---	---	---
32	harm_vanhoucke		Tacx Neo 2 18227	5.33	22.04.2020	1:00:11.00	- 0:07:03.00	0:01:32.12	0:05:10.68	0:30:38.50	0:37:37.16	0:44:17.15	0:49:57.00
34	samitiersergio		KICKR CORE 765F	5.247	22.04.2020	1:00:14.00	- 0:07:06.00	0:01:31.60	0:05:14.21	0:31:25.43	0:38:35.71	0:44:57.95	0:49:57.00
35	carlosverona		DIRETO X	5.175	22.04.2020	1:00:15.00	- 0:07:07.00	0:01:36.10	0:05:32.24	0:32:57.88	0:39:57.73	0:45:56.88	0:49:57.00
35	ViktorVerschaeve		Tacx Neo 31082	5.455	22.04.2020	1:00:15.00	- 0:07:07.00	0:01:29.76	0:05:14.13	0:32:29.90	0:39:27.43	0:45:33.50	0:49:57.00
37	nhug		DIRETO X	5.3	22.04.2020	1:00:48.00	- 0:07:40.00	0:01:31.60	0:05:15.90	0:32:10.60	0:39:22.39	0:45:30.35	0:49:57.00
38	SeppKuss		Tacx Neo 11067	5.195	22.04.2020	1:00:49.00	- 0:07:41.00	0:01:26.74	0:05:10.45	0:30:15.66	0:37:31.15	0:44:05.52	0:49:57.00
39	FrankinyKilian		DIRETO X	5.163	22.04.2020	1:01:00.00	- 0:07:52.00	0:01:33.27	0:05:16.83	0:32:33.80	0:39:29.00	0:45:47.50	0:49:57.00
40	bassongustav		Tacx Flux 27872	5.052	22.04.2020	1:01:08.00	- 0:08:00.00	0:01:35.60	0:05:29.95	0:33:14.80	0:40:03.64	0:46:14.64	0:49:57.00

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
41	  IdeSchelling			Wahoo KICKR 8701	5.143	 22.04.2020	1:01:22.00	- 0:08:14.00	0:01:31.49	0:05:13.88	0:32:22.95	0:39:24.50	0:45:51.62
42	  Filippo_Colombo			Tacx Neo 2T 10156	4.837	 22.04.2020	1:01:25.00	- 0:08:17.00	0:01:30.25	0:05:07.19	0:32:55.47	0:39:56.98	0:46:13.92
42	  imanolvriti			Tacx Neo 24752	4.889	 22.04.2020	1:01:25.00	- 0:08:17.00	0:01:35.25	0:05:20.24	0:32:49.25	0:39:40.46	0:45:54.88
44	  Poels			Wahoo KICKR AF2C	5.062	 22.04.2020	1:01:31.00	- 0:08:23.00	0:01:31.87	0:05:16.95	0:33:01.63	0:39:52.40	0:46:20.22
45	  BaukeMollema			Hammer 06487	5.195	 22.04.2020	1:01:38.00	- 0:08:30.00	0:01:27.98	0:05:02.68	0:33:43.52	0:40:44.27	0:47:09.44
46	  GeorgenBennett			Tacx Neo 15388	5.22	 22.04.2020	1:01:41.00	- 0:08:33.00	0:01:37.16	0:05:30.99	0:32:51.26	0:40:13.35	0:46:18.21
47	  GianlucaBrambilla			Hammer 44421	5.373	 22.04.2020	1:01:44.00	- 0:08:36.00	0:01:35.87	0:05:24.90	0:31:41.63	0:38:56.74	0:45:50.36
48	  sebastien1989			DR	5.119	 22.04.2020	1:01:51.00	- 0:08:43.00	0:01:34.81	0:05:20.74	0:32:32.15	0:39:40.81	0:46:11.74
49	  SimonGeschkeofficial			DR	5.183	 22.04.2020	1:02:01.00	- 0:08:53.00	0:01:36.83	0:05:21.30	0:33:46.85	0:40:53.69	0:47:11.18
50	  PaulOurselin			Tacx Neo 09227	4.986	 22.04.2020	1:02:06.00	- 0:08:58.00	0:01:32.52	0:05:15.50	0:32:47.45	0:39:53.86	0:46:24.14
51	  TomHanton181			Tacx Neo 2 12744	4.792	 22.04.2020	1:02:31.00	- 0:09:23.00	0:01:32.11	0:05:23.34	0:33:26.62	0:40:43.99	0:46:58.58
52	  ToninoSchurter			ELITE Real Turbo Muin B+	5.074	 22.04.2020	1:02:32.00	- 0:09:24.00	0:02:17.21	0:07:15.73	0:36:52.34	0:44:02.37	0:49:17.55
53	  nana.peters			KICKR CORE 4655	5.11	 22.04.2020	1:02:39.00	- 0:09:31.00	0:01:29.30	0:05:12.31	0:33:29.41	0:40:49.73	0:47:17.13
54	  DriesDevenyns			Tacx Neo 58339	4.955	 22.04.2020	1:03:09.00	- 0:10:01.00	0:01:33.98	0:05:21.33	0:32:41.63	0:39:56.17	0:46:45.67
55	  michelMachado.92			Tacx Neo 2 41364	4.696	 22.04.2020	1:03:43.00	- 0:10:35.00	0:01:31.86	0:05:13.13	0:33:52.18	0:41:01.73	0:47:38.16
56	  AlexisRenard			SUITO	4.665	 22.04.2020	1:04:45.00	- 0:11:37.00	0:01:20.46	0:04:58.87	0:35:06.52	0:42:10.69	0:48:50.43
57	  steve.morabito.valais			Tacx Neo 08239	4.48	 22.04.2020	1:05:44.00	- 0:12:36.00	0:01:43.29	0:05:53.00	0:35:23.74	0:42:31.52	0:48:39.70
58	  FabianLienhard			Wahoo KICKR 9E1B	4.536	 22.04.2020	1:05:46.00	- 0:12:38.00	0:01:24.86	0:05:13.54	0:35:20.87	0:42:51.58	0:49:55.90
59	  LennardKaemna			Wahoo KICKR 97E7	4.715	 22.04.2020	1:06:00.00	- 0:12:52.00	0:01:31.85	0:05:19.67	0:34:17.23	0:42:04.35	0:49:43.42
60	  LilianCalmejane			Tacx Neo 63932	4.45	 22.04.2020	1:06:05.00	- 0:12:57.00	0:01:29.17	0:05:11.94	0:33:51.92	0:41:07.90	0:48:11.18

your best position: **69** with time: **1 h 08 min**

Best time only ▾

All users ▾

Smart & Power trainers ▾

#	User	Enter userman	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
61	 	denisrossin		Rotor	4.823	 22.04.2020	1:06:10.47	- 0:13:02.47	0:01:49.56	0:06:30.53	0:35:32.37	0:43:31.74	0:50:11.70
62	 	MatteoFabbro		Wahoo KICKR 9700	4.876	 22.04.2020	1:06:53.00	- 0:13:45.00	0:01:35.59	0:05:26.42	0:34:17.30	0:41:59.31	0:49:19.99
63	 	dominikw02		KICKR CORE A1BE	4.512	 22.04.2020	1:07:21.00	- 0:14:13.00	0:01:37.15	0:05:38.67	0:36:00.88	0:43:30.48	0:50:36.54
64	 	ttmadmatt		Tacx Neo 52214	4.493	 22.04.2020	1:07:33.00	- 0:14:25.00	0:01:31.95	0:05:13.98	0:36:01.38	0:43:29.43	0:50:42.63
65	 	TakisXouris		Wahoo KICKR A3A9	4.874	 22.04.2020	1:07:40.00	- 0:14:32.00	0:01:50.94	0:06:25.29	0:35:48.57	0:44:00.30	0:50:39.34
66	 	skywalker594		Hammer 02137	4.445	 22.04.2020	1:07:51.00	- 0:14:43.00	0:01:46.94	0:05:40.88	0:36:34.10	0:44:00.35	0:51:03.84
67	 	VolkerDIMB		DI	4.407	 22.04.2020	1:08:10.00	- 0:15:02.00	0:01:33.35	0:05:34.39	0:36:57.36	0:44:21.10	0:51:33.67
68	 	fouriejames		Stages 36169	4.644	 22.04.2020	1:08:29.00	- 0:15:21.00	0:01:33.43	0:05:33.00	0:37:29.95	0:44:55.47	0:51:56.58
69	 	jacobhennessy		Wahoo KICKR 9C5D	4.292	 22.04.2020	1:08:34.00	- 0:15:26.00	0:01:46.90	0:06:11.46	0:35:58.58	0:44:03.23	0:51:08.59
70	 	jcdudu		DI	4.37	 22.04.2020	1:08:57.00	- 0:15:49.00	0:01:36.63	0:05:36.85	0:37:06.59	0:44:42.93	0:51:57.00
71	 	saimon		Wahoo KICKR AC08	4.145	 22.04.2020	1:09:00.00	- 0:15:52.00	0:01:47.98	0:06:15.58	0:36:48.56	0:45:01.54	0:51:54.80
72	 	santiago0926		Tacx Flux 03717	4.475	 22.04.2020	1:09:01.00	- 0:15:53.00	0:01:35.55	0:05:27.28	0:36:23.56	0:44:12.51	0:51:24.98
73	 	Jan_Adamik		DR	4.326	 22.04.2020	1:09:25.00	- 0:16:17.00	0:01:38.42	0:05:38.64	0:36:29.44	0:44:03.41	0:51:09.90
74	 	Matt.flury		Tacx Neo 26737	4.287	 22.04.2020	1:09:34.00	- 0:16:26.00	0:01:34.58	0:05:25.94	0:37:22.18	0:45:01.57	0:52:15.40
75	 	barracuda79		DI	4.426	 22.04.2020	1:09:44.00	- 0:16:36.00	0:01:40.86	0:05:39.40	0:36:39.60	0:44:08.84	0:51:49.63
76	 	artur_kub		DI	4.155	 22.04.2020	1:10:35.00	- 0:17:27.00	0:01:35.48	0:05:38.89	0:37:51.53	0:45:24.18	0:53:00.28
77	 	joseancarrasco		DIRETO X	4.132	 22.04.2020	1:10:48.00	- 0:17:40.00	0:01:35.70	0:05:34.50	0:37:50.97	0:45:36.55	0:53:07.30
78	 	MorningRunner		DI	4.18	 22.04.2020	1:11:00.00	- 0:17:52.00	0:01:39.24	0:05:41.76	0:38:17.33	0:45:50.64	0:53:31.60
78	 	kevin-h		Kinetic 08:41	4.231	 22.04.2020	1:11:00.00	- 0:17:52.00	0:01:52.94	0:06:41.00	0:38:08.13	0:46:21.20	0:53:29.63
80	 	drubio93		BkoolSmartPro2	4.222	 22.04.2020	1:11:04.00	- 0:17:56.00	0:01:57.47	0:06:05.24	0:40:23.14	0:48:23.75	0:54:35.21

#	User	Enter username	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	
81	 	sigurdbeido		CycleOps / Saris IC 400/410/420	4.473	 22.04.2020	1:11:22.72	- 0:18:14.72	0:01:51.76	0:06:30.60	0:38:30.20	0:46:48.96	0:53:58.45	0
82	 	snurristurlusson		KICKR CORE A4A4	4.014	 22.04.2020	1:11:25.00	- 0:18:17.00	0:01:42.59	0:05:49.29	0:38:45.23	0:46:27.30	0:54:14.63	0
83	 	slartybartfarst		CycleOps PowerBeam Pro	4.158	 22.04.2020	1:11:36.56	- 0:18:28.56	0:01:55.94	0:06:28.97	0:39:15.90	0:47:13.68	0:54:22.11	0
84	 	pesaari		Wahoo KICKR 765D	3.851	 22.04.2020	1:11:42.00	- 0:18:34.00	0:01:45.87	0:05:44.60	0:38:24.89	0:45:56.66	0:53:42.87	0
85	 	cyclingjan		Tacx Flux 33095	4.234	 22.04.2020	1:11:55.00	- 0:18:47.00	0:01:37.99	0:05:55.20	0:38:06.39	0:46:09.19	0:53:47.20	0
86	 	antonio_nibali		Hammer 55503	4.366	 22.04.2020	1:12:04.00	- 0:18:56.00	0:01:39.73	0:05:41.81	0:38:27.28	0:46:30.50	0:54:05.66	0
87	 	Damiano78		TACX Vortex Smart	4.126	 22.04.2020	1:12:12.28	- 0:19:04.28	0:01:53.38	0:06:40.92	0:38:13.55	0:46:41.63	0:54:09.62	0
88	 	fredericp		Tacx Flux 57209	3.885	 22.04.2020	1:12:32.00	- 0:19:24.00	0:01:28.75	0:05:12.38	0:38:00.31	0:45:42.51	0:53:59.77	0
89	 	kamm-tempo-sport		Tacx Flux 04701	3.941	 22.04.2020	1:12:40.00	- 0:19:32.00	0:01:36.12	0:05:36.34	0:39:01.43	0:46:56.86	0:54:37.28	0
90	 	mitchellbell54		Wahoo KICKR B061	3.985	 22.04.2020	1:13:20.00	- 0:20:12.00	0:01:43.41	0:05:58.73	0:40:11.68	0:47:58.77	0:55:29.39	0
91	 	akno		Tacx Neo 07484	3.892	 22.04.2020	1:13:55.00	- 0:20:47.00	0:01:35.62	0:05:38.15	0:40:14.27	0:48:01.30	0:55:58.94	0
92	 	steve70		TACX Neo Smart	4.058	 22.04.2020	1:14:06.34	- 0:20:58.34	0:01:52.46	0:06:42.71	0:39:50.90	0:48:13.21	0:55:41.91	0
93	 	jfradette		Hammer 63309	3.933	 22.04.2020	1:14:19.00	- 0:21:11.00	0:01:53.75	0:06:11.72	0:39:33.24	0:47:39.70	0:56:10.87	0
94	 	bobvdh93		Tacx Flux-2 07444	3.894	 22.04.2020	1:14:34.00	- 0:21:26.00	0:01:38.93	0:05:42.80	0:39:57.96	0:47:54.38	0:55:56.14	0
95	 	thomas_zueger		KICKR CORE 6EB7	3.834	 22.04.2020	1:14:35.00	- 0:21:27.00	0:01:47.95	0:05:49.20	0:39:26.34	0:47:23.93	0:55:30.17	0
96	 	down3o7		TACX Neo	3.725	 22.04.2020	1:15:01.00	- 0:21:53.00	0:01:52.72	0:06:42.23	0:40:35.98	0:49:01.55	0:56:36.85	1:
97	 	tire		DR	4.003	 22.04.2020	1:15:28.00	- 0:22:20.00	0:01:42.38	0:05:46.93	0:39:35.37	0:48:19.96	0:56:41.16	1:
98	 	Arnaud-Baruchet		Tacx Neo 2 40392	3.684	 22.04.2020	1:15:45.00	- 0:22:37.00	0:01:39.60	0:05:51.23	0:41:13.21	0:49:27.56	0:57:52.10	1:
99	 	suttema		Tacx Flux-2 56872	3.825	 22.04.2020	1:15:59.00	- 0:22:51.00	0:01:39.88	0:06:01.98	0:42:13.20	0:50:00.59	0:57:53.90	1:
100	 	marcelthomi		Wahoo KICKR 00DA	3.977	 22.04.2020	1:16:10.00	- 0:23:02.00	0:01:48.30	0:06:18.84	0:41:25.38	0:49:27.83	0:57:27.68	1:

61
rpm

30.06
km/h

431
W

1474.7
m

1372
KJ

1182
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed

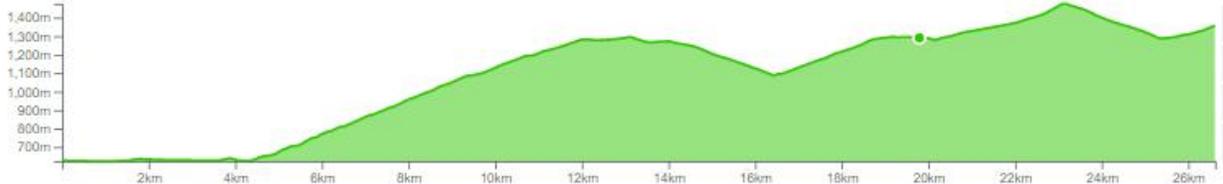
Plan Satellite



Distance
26.62 km

Altitude
623.6 - 1474.71 m

Inclination
-13.5 / 2.72 / 16.8 %



1290.52 m

-1.35 %

19.79 km

00:40:56



Power
48 / 412 / 606

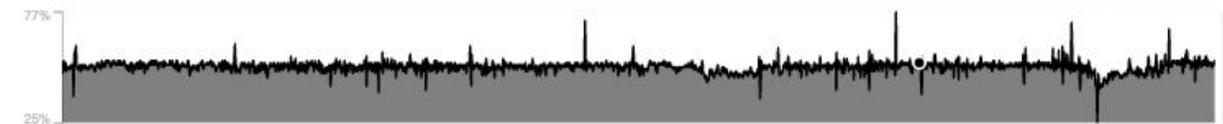
Power / Kg
0.69 / 5.89 / 8.66



357 W

5.10 W/kg

Pedal balance
Max: 77
Avg: 51.06
Min: 25



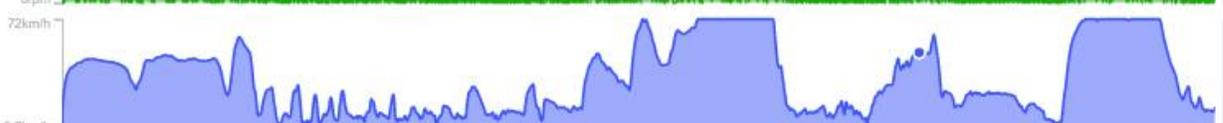
53.00 %

Cadence
Max: 115
Avg: 64
Min: 0



86 rpm

Speed
Max: 72
Avg: 38.7
Min: 9.7



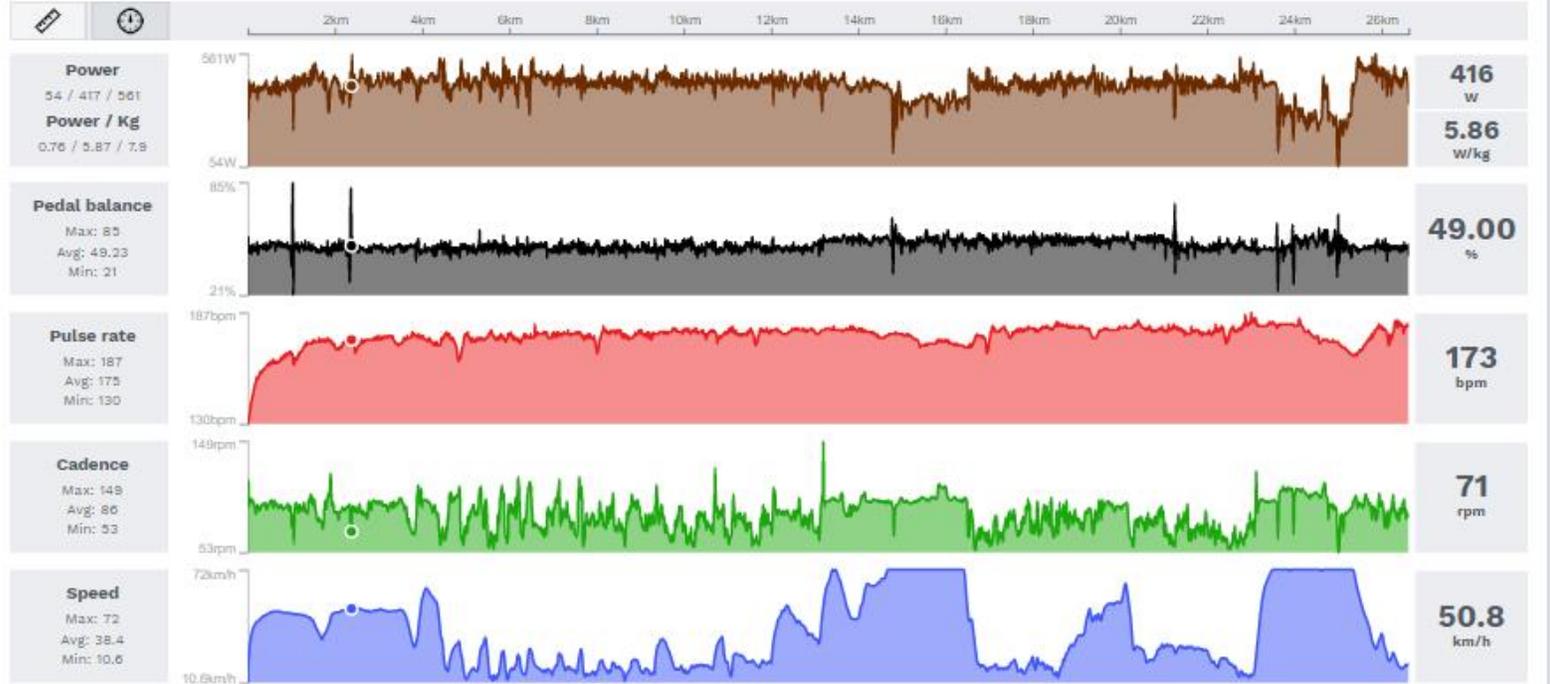
53.3 km/h

Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

175 bpm	82 rpm	29.41 km/h	426 W	1474.7 m	1389 KJ	1182.3 m
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VIRTUES™ - GRAPH

- Altitude
- Power
- Pedal balance
- Pulse rate
- Cadence
- Speed

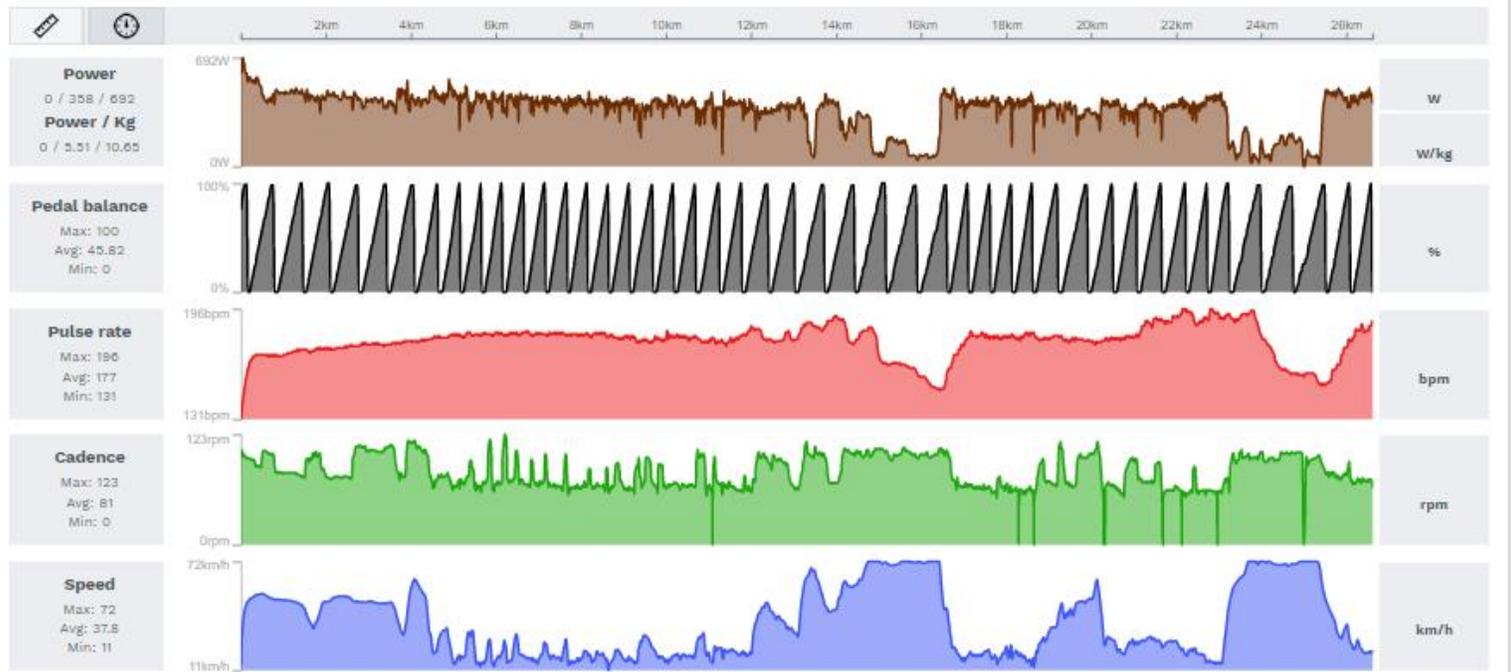
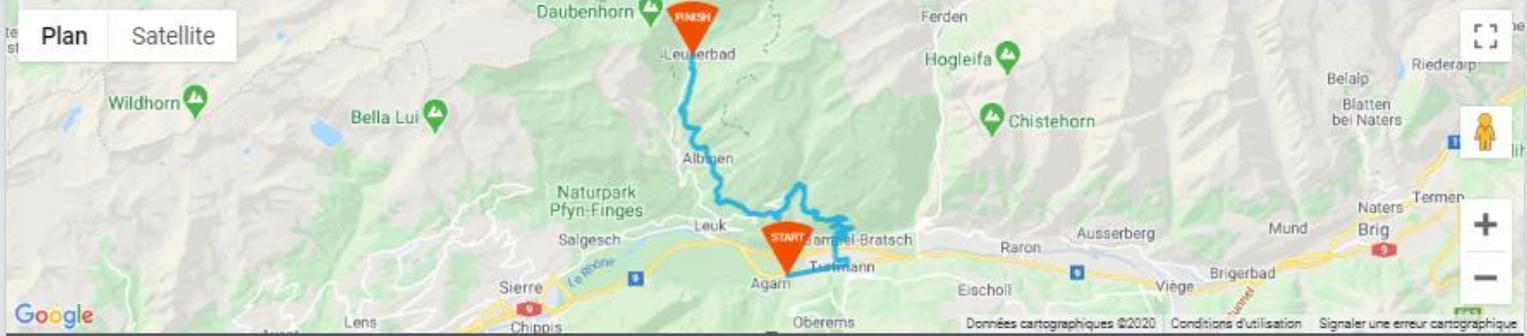


Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

♥ 179 bpm
🌀 75 rpm
🏍️ 29.25 km/h
⚡ 385 W
📏 MAX 1474.7 m
🔥 1261 KJ
📏 1182.3 m

VIRTUES™ - GRAPH

Altitude
 Power
 Pedal balance
 Pulse rate
 Cadence
 Speed



Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

172
bpm

89
rpm

27.68
km/h

359
W

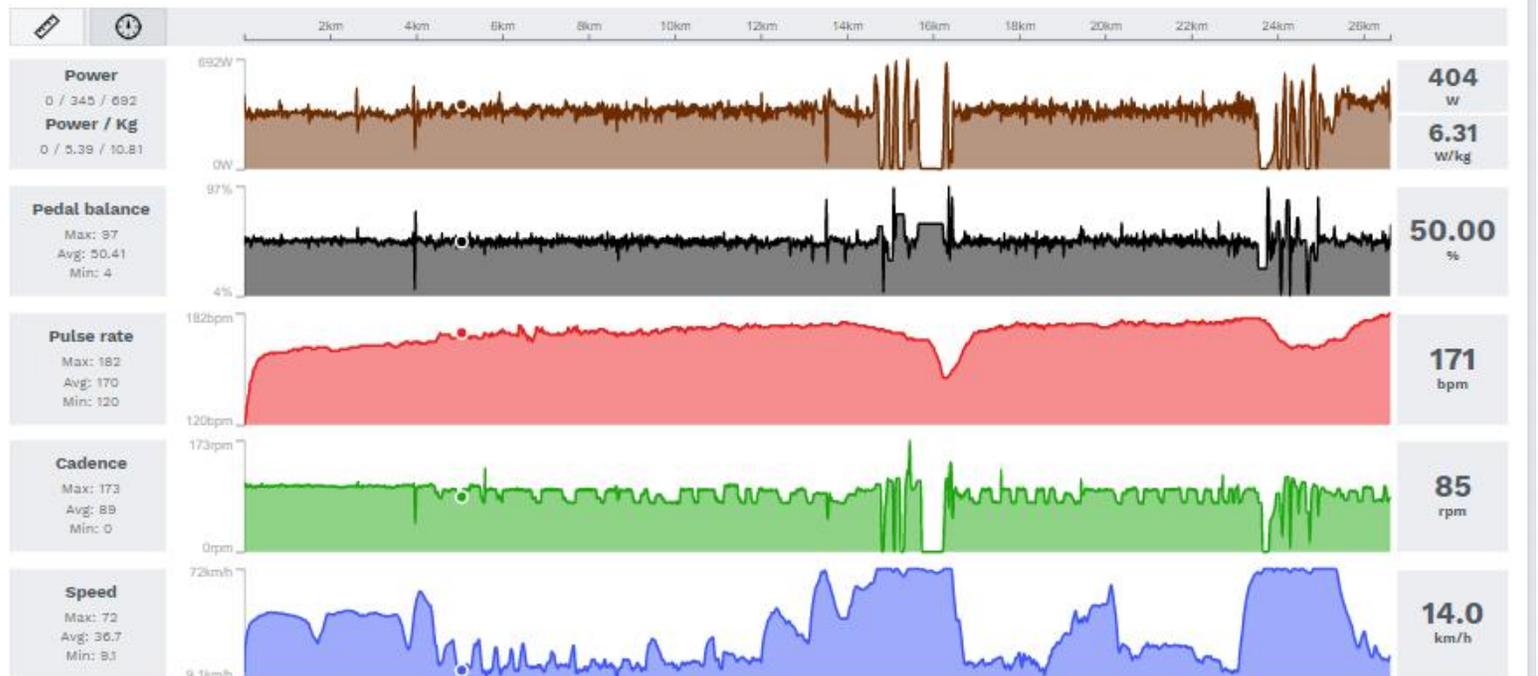
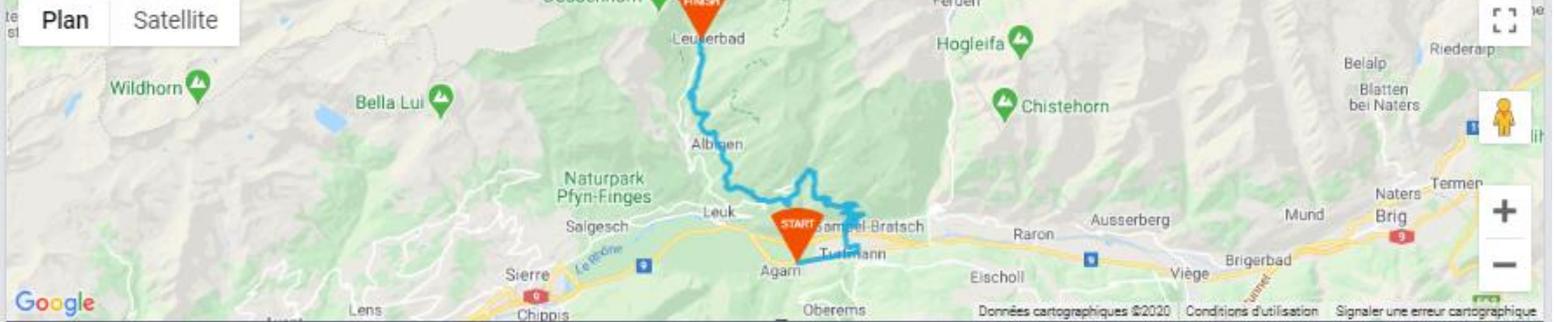
MAX 1474.7
m

1244
KJ

1182.4
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Pulse rate Cadence Speed



Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

71
rpm

26.99
km/h

350
W

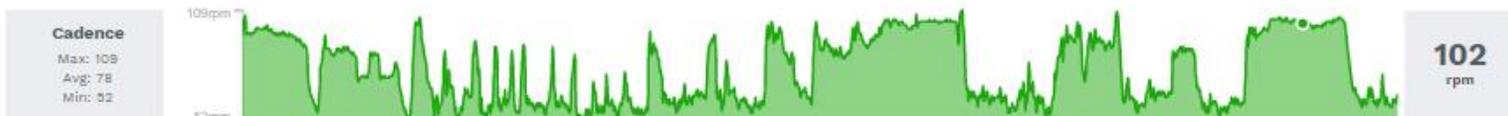
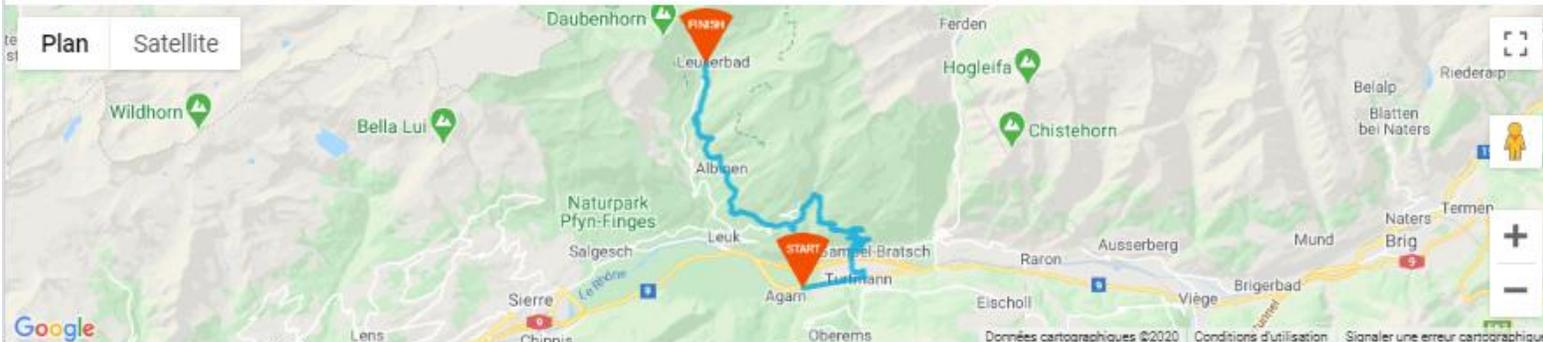
1474.7
m

1242
KJ

1182.6
m

VIRTUES™ - GRAPH

Altitude
 Power
 Cadence
 Speed



74
rpm

26.92
km/h

415
W

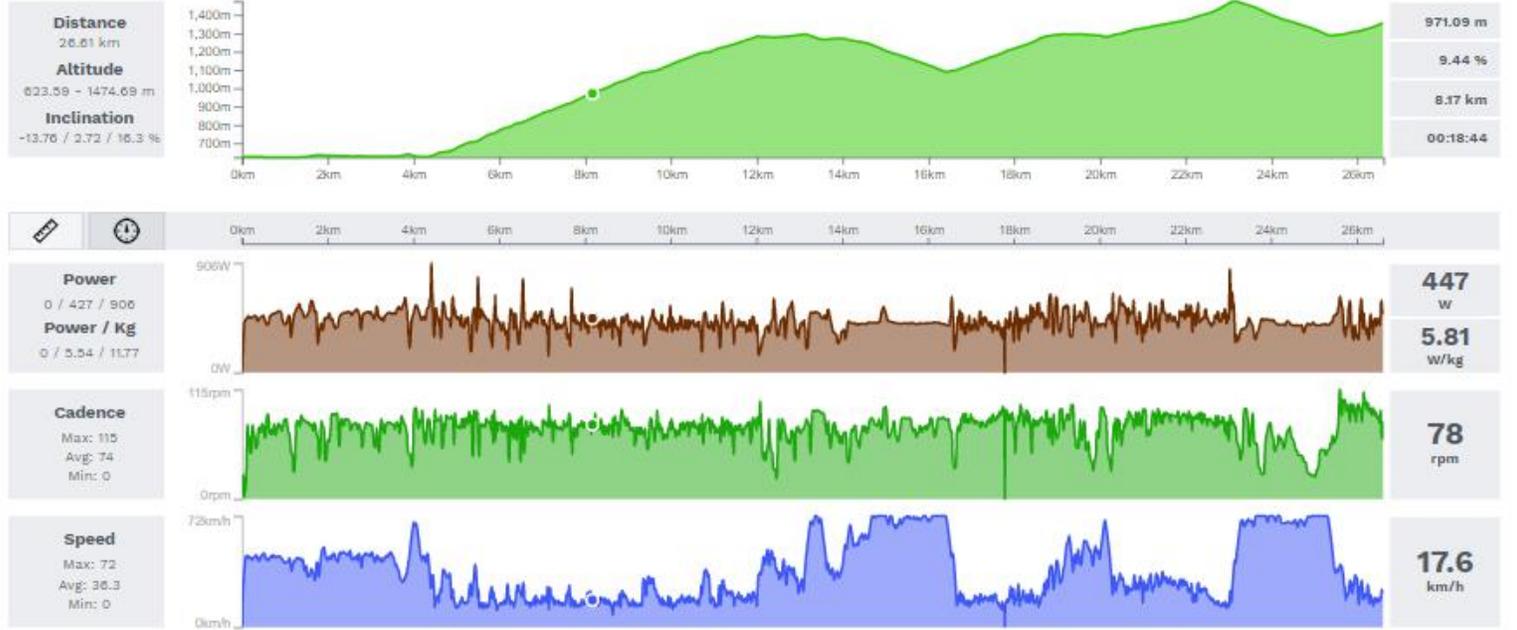
1474.7
m

1478
KJ

1181.4
m

VIRTUES™ - GRAPH

Altitude Power Cadence Speed



177
bpm

89
rpm

26.27
km/h

321
W

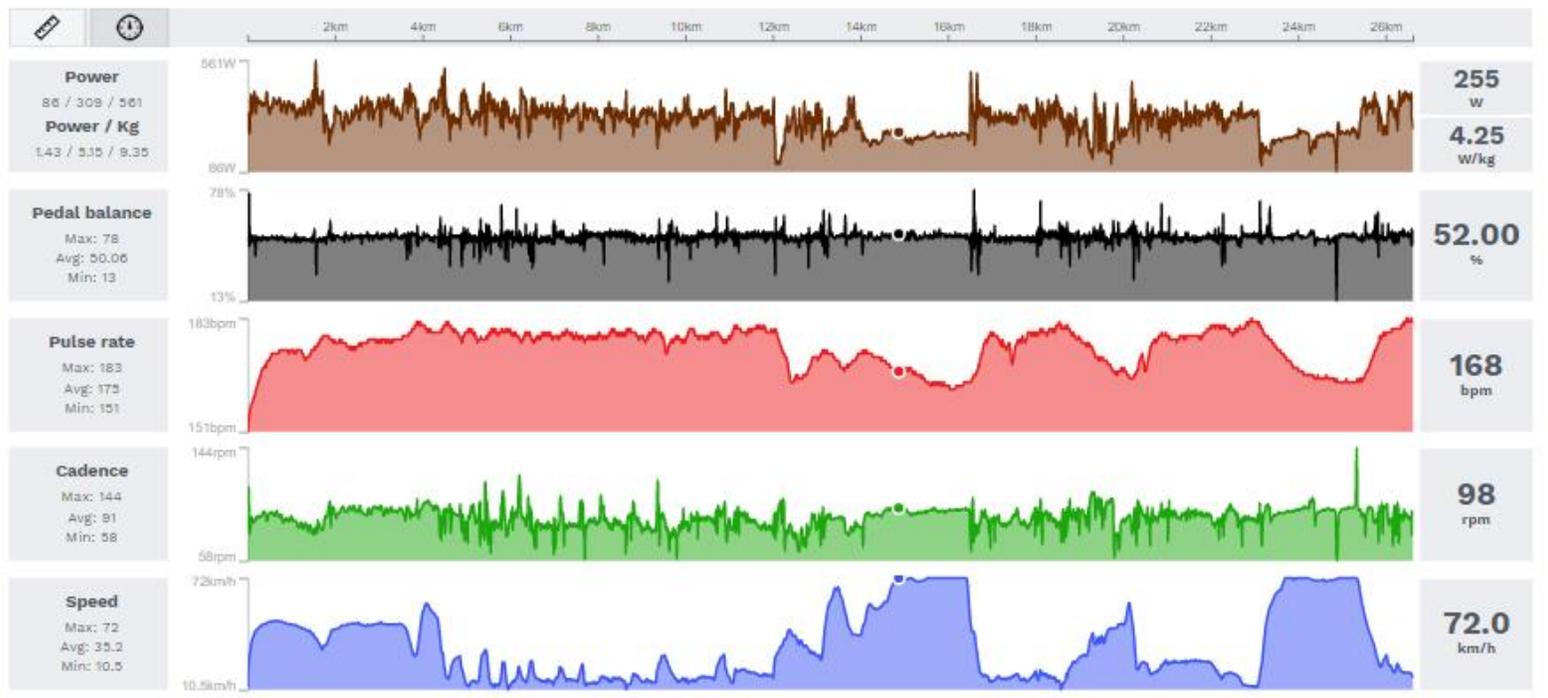
1474.7
m

1169
KJ

1182.3
m

VIRTUES™ - GRAPH

- Altitude
- Power
- Pedal balance
- Pulse rate
- Cadence
- Speed



47
rpm

24.17
km/h

303
W

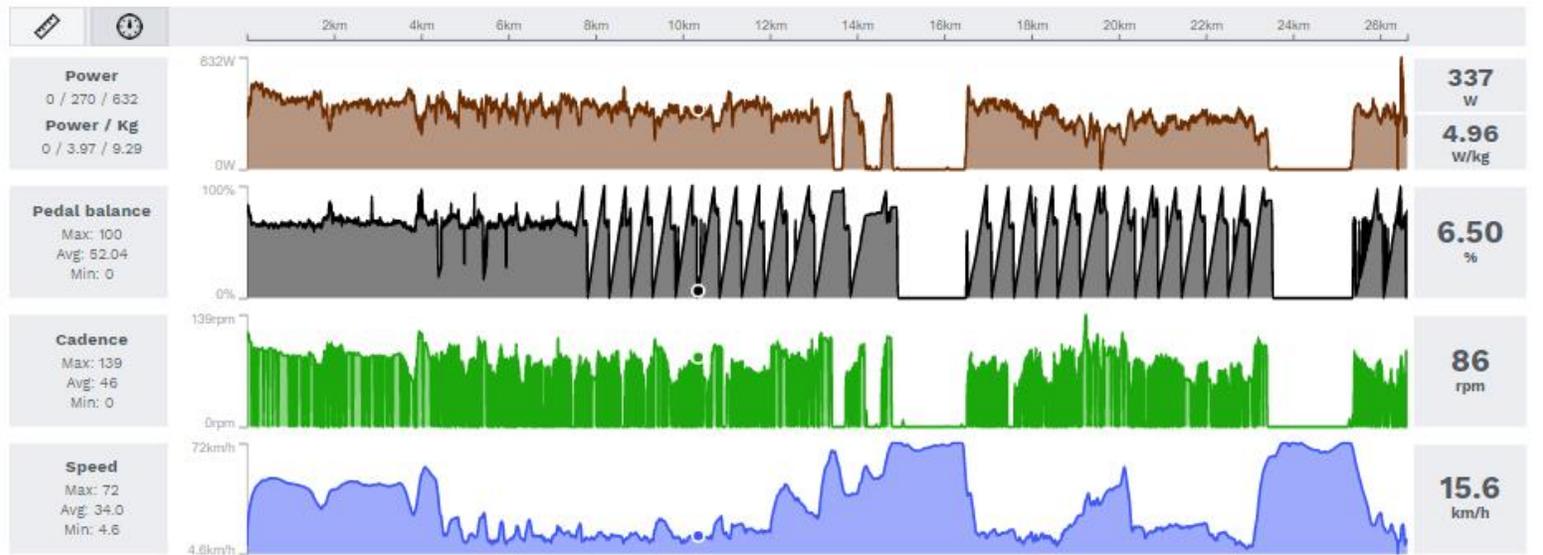
1474.7
m

1199
KJ

1182.5
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed



Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

64
rpm

23.16
km/h

293
W

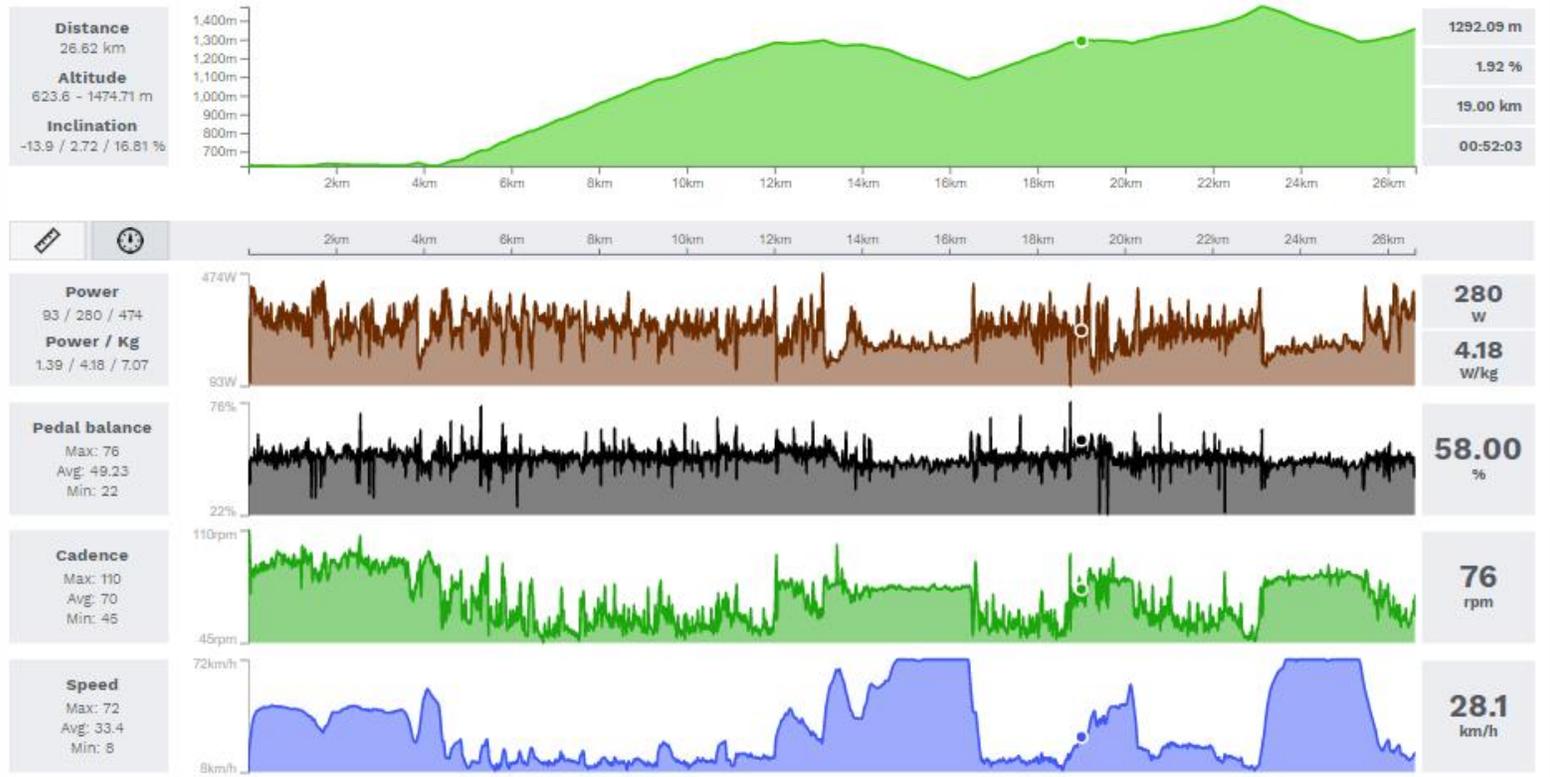
1474.7
m

1211
KJ

1182.7
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed



Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

Données Antonio Nibali (86me temps cumulé avec pro)

74
rpm

22.16
km/h

240
W

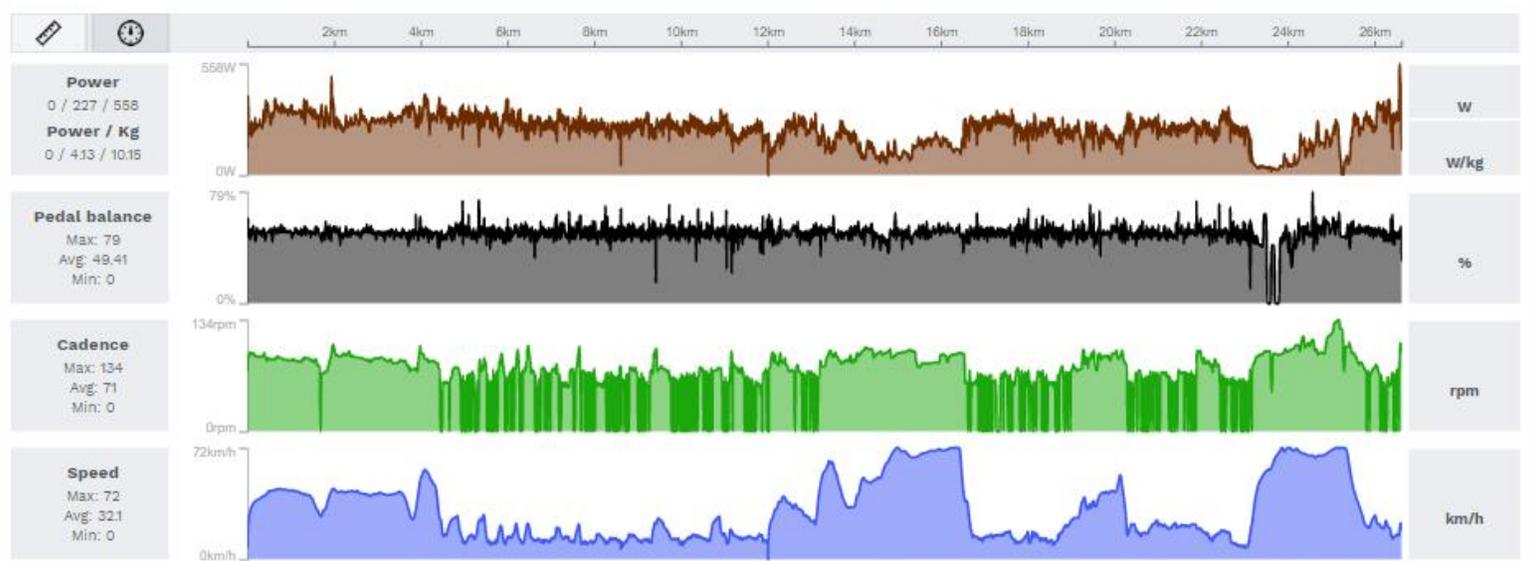
1474.7
m

1038
KJ

1182.7
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed



Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

67
rpm

18.17
km/h

199
W

1474.7
m

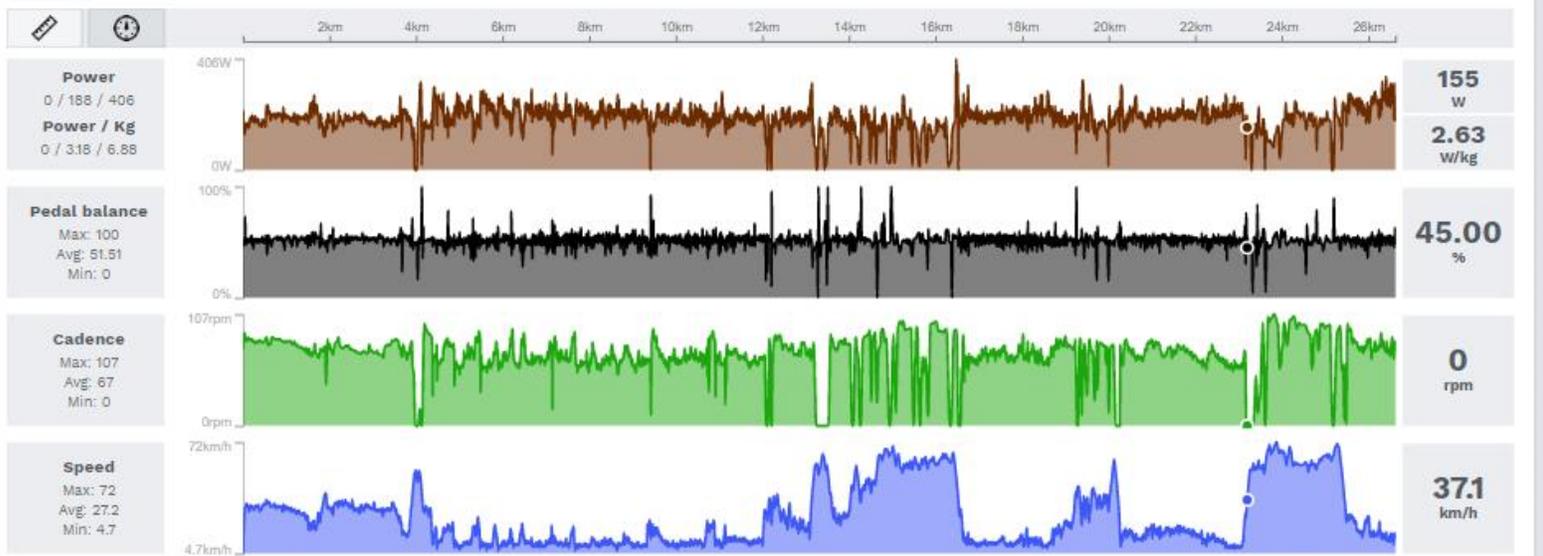
1051
KJ

1182.6
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed

Plan Satellite



Note: The Pedal balance means the percentage of the right pedal contribution. TE = Torque Effectiveness, PS = Pedal smoothness. [Read more](#)

Virtual route - TDS5 I Race 2 I FRAUENFELD - FRAUENFELD

#Tour de Suisse

MAP VIDEO SPLITS PLACES

Plan Satellite



Altitude
430.27 - 451.43 m

Inclination
-5.18 / -0.00 / 7.96 %



6.03 km
433.93 m
1.80 %

♥ Add to my favourites



Author **ROUVY**
Country **Switzerland**
Distance **44.85 km**
AVG grade **1 %**
Ascended **273 m**
Max grade **17 %**
Rating **★★★★☆ (105x)**

route's properties **2K AR**

Current version number: 1
Last update of route: 10.04.2020

SHARING AND EXPORT

Export route
export to GPX

Share route

2ème étape : FRAUENFELD – FRAUENFELD, 44,84km pour 234 m D+

Les Pro viennent d'en finir avec le meilleur temps pour Stephen Küng en 54min 31sec puis Filippo Ganna et enfin Michael Matthews. Le 1^{er} Français Benjamin Thomas arrive 23^{ème} en 59min 45.

La course de Fan débute sur les chapeaux de roues et s'apparente à un contre la montre puisque le parcours se résume en 4 tours de circuits plats. Etape pour gros rouleurs !

On se prend au jeu et finalement, moi qui pensais que je pourrai lever un peu le pied parce que je devais me retrouver assez loin des 1^{er}... Ce ne fut pas le cas et après un bon départ je me suis dépouillé pour bien figurer dans les 20 1^{er}.

Je termine claquer, le bas du dos est douloureux parce qu'il n'y a pas eu de période de récup même infime soit-elle... Vais-je le payer demain ?

Mon temps : 1h05 et 18^{ème} des amateurs.

Visuellement cette étape n'a eu aucun intérêt. Hormis celle de mettre dans de bonne disposition les très bons rouleurs. Paysage banal.

L'avantage du confinement c'est de pouvoir mettre son corps au repos dans les meilleures conditions même si la journée c'est Home office. Bas de récupération et station jambes en l'air pour effectuer la récupération la meilleure possible pour être prêt pour la 3^{ème} étape.

Résumé étape 2 :

CLASSEMENT PRO	NOM - PRENOM	TEMPS	UISS MOY	W/kg
1 ^{er}	Stephen Küng	54min 31sec		
2 ^{ème}	Filippo Ganna	55min 18sec		
3 ^{ème}	Michael Matthews	55min 59sec		

CLASSEMENT FAN	NOM - PRENOM	TEMPS	UISS MOY	W/kg
1 ^{er}	HENNESSY Jacob	58min 37sec	386W	5,077
2 ^{ème}	KRUGER Hb	58min 54sec	382W	5,301
3 ^{ème}	PASQUALINI Fred	1h 00min 40sec	366W	4,308
18 ^{ème}	DURAND J-Christo	1h 05min 11sec	290W	4,334
142 ^{ème}	SANCHEZ David	1h 25min 05sec	193W	3,276

Course Etape 2 : Puissance (W/kg) et temps

#	User	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
1	  Stefan Kueng		DR	5.88	 23.04.2020	0:54:31.00	- 0:00:00.00	0:02:02.36	0:05:34.45	0:15:40.20	0:19:14.20	0:26:46.98
2	  Filippo Ganna		Wahoo KICKR 9CFD	5.581	 23.04.2020	0:55:18.00	- 0:00:47.00	0:02:10.89	0:05:44.67	0:15:56.48	0:19:34.54	0:27:15.30
3	  Michael Matthews		DIRETO X	6.16	 23.04.2020	0:55:59.00	- 0:01:28.00	0:02:03.81	0:05:38.48	0:15:54.81	0:19:35.17	0:27:20.80
4	  Greg Van Avermaet		SUITO	5.781	 23.04.2020	0:56:03.00	- 0:01:32.00	0:02:02.64	0:05:38.45	0:15:56.86	0:19:34.93	0:27:22.30
5	  matteodal-cin		Wahoo KICKR 7E05	5.431	 23.04.2020	0:56:55.00	- 0:02:24.00	0:02:12.86	0:05:54.73	0:16:24.11	0:20:09.90	0:28:12.19
6	  Stephen Bassett		KICKR CORE A859	5.322	 23.04.2020	0:57:02.00	- 0:02:31.00	0:02:18.57	0:06:07.45	0:16:52.37	0:20:38.95	0:28:35.52
7	  gradekamil		Wahoo KICKR 1B22	5.235	 23.04.2020	0:57:14.00	- 0:02:43.00	0:02:18.50	0:06:02.11	0:16:46.67	0:20:32.48	0:28:31.71
8	  Michi Schaer		Hammer 50349	5.458	 23.04.2020	0:57:18.00	- 0:02:47.00	0:02:15.52	0:05:58.34	0:16:35.87	0:20:21.19	0:28:19.83
9	  Mitchell Docker		Tacx Neo 46631	5.321	 23.04.2020	0:57:52.00	- 0:03:21.00	0:02:05.89	0:05:50.52	0:16:37.21	0:20:29.00	0:28:39.51
10	  Max Walscheid		Tacx Neo 2T 04394	4.535	 23.04.2020	0:58:01.00	- 0:03:30.00	0:02:19.54	0:06:11.33	0:17:00.42	0:20:51.70	0:28:54.37
11	  Patrick Gamper		Wahoo KICKR 9606	4.93	 23.04.2020	0:58:25.00	- 0:03:54.00	0:02:14.85	0:06:02.16	0:16:52.10	0:20:41.87	0:28:49.84
12	  jacobhennessy		Wahoo KICKR 9C50	5.077	 23.04.2020	0:58:37.00	- 0:04:06.00	0:02:23.91	0:06:15.38	0:17:14.43	0:21:04.16	0:29:13.80
13	  Frederik Frison		Tacx Neo 2 18267	4.923	 23.04.2020	0:58:42.00	- 0:04:11.00	0:02:20.28	0:06:15.41	0:17:16.96	0:21:10.21	0:29:24.87
14	  krugerhb		Tacx Neo 2 23517	5.301	 23.04.2020	0:58:54.00	- 0:04:23.00	0:02:13.32	0:06:05.63	0:17:11.50	0:21:02.79	0:29:15.90
15	  Nickolas Zukowsky		Wahoo KICKR 66C2	5.32	 23.04.2020	0:59:01.00	- 0:04:30.00	0:02:15.15	0:06:04.71	0:16:59.54	0:20:52.25	0:29:08.20
16	  Claudio Imhof		Wahoo KICKR C22F	4.886	 23.04.2020	0:59:03.00	- 0:04:32.00	0:02:08.72	0:05:52.64	0:16:48.95	0:20:48.35	0:29:09.29
17	  Florian Vermeersch		Tacx Neo 2T 17366	4.746	 23.04.2020	0:59:12.00	- 0:04:41.00	0:02:12.29	0:05:54.58	0:16:47.94	0:20:40.89	0:29:01.19
18	  Gijs Van Hoecke		Tacx Neo 11057	4.865	 23.04.2020	0:59:15.00	- 0:04:44.00	0:02:17.89	0:06:03.84	0:16:58.16	0:20:49.30	0:29:04.30
19	  edvald boasson-hagen		DR	5.085	 23.04.2020	0:59:29.00	- 0:04:58.00	0:02:19.10	0:06:02.61	0:16:50.50	0:20:45.42	0:29:03.90
20	  Jan Tratnik		DR	5.452	 23.04.2020	0:59:32.00	- 0:05:01.00	0:02:17.63	0:05:58.96	0:16:53.50	0:20:48.40	0:29:09.46

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
21	  johanjacobs			SUITO	4.948	 23.04.2020	0:59:34.00	- 0:05:03.00	0:02:16.19	0:06:03.94	0:16:59.47	0:20:55.17	0:29:14.47
22	  LukasPoestlberger			Wahoo KICKR 9705	5.278	 23.04.2020	0:59:35.00	- 0:05:04.00	0:02:20.20	0:06:13.49	0:17:06.50	0:20:59.70	0:29:17.86
23	  AlbertoDainese			DR	5.201	 23.04.2020	0:59:43.00	- 0:05:12.00	0:02:19.94	0:06:17.25	0:17:44.14	0:21:39.43	0:29:57.70
24	  bentrack			DI	5.356	 23.04.2020	0:59:45.00	- 0:05:14.00	0:02:00.98	0:05:44.49	0:16:49.70	0:20:42.61	0:29:09.87
25	  callumscotson			Tacx Neo 2T 61527	4.918	 23.04.2020	1:00:11.00	- 0:05:40.00	0:02:14.10	0:06:01.31	0:16:57.86	0:20:52.33	0:29:16.76
26	  S.Dillier			Wahoo KICKR A3C3	4.852	 23.04.2020	1:00:21.00	- 0:05:50.00	0:02:02.98	0:05:41.66	0:17:02.84	0:21:08.19	0:29:44.47
27	  EdwardTheuns			Hammer 22625	4.986	 23.04.2020	1:00:26.00	- 0:05:55.00	0:02:14.79	0:05:59.54	0:17:06.90	0:21:08.37	0:29:38.70
28	  mads.pedersen			Hammer 40342	4.861	 23.04.2020	1:00:33.00	- 0:06:02.00	0:02:14.88	0:05:58.79	0:17:34.62	0:21:42.20	0:30:04.43
29	  fredericp			Tacx Flux 57209	4.308	 23.04.2020	1:00:40.00	- 0:06:09.00	0:02:15.40	0:06:06.17	0:17:15.89	0:21:14.54	0:29:43.35
30	  nico.denz			DR	4.698	 23.04.2020	1:00:46.00	- 0:06:15.00	0:02:09.14	0:05:51.40	0:17:07.83	0:21:14.11	0:29:43.81
31	  FlorianMaitre			Tacx Neo 08890	5.011	 23.04.2020	1:01:06.00	- 0:06:35.00	0:02:17.13	0:06:09.74	0:17:21.69	0:21:20.46	0:29:53.44
32	  tom.terrettaz			Misuro B+	4.713	 23.04.2020	1:01:10.00	- 0:06:39.00	0:02:38.58	0:06:48.50	0:18:05.15	0:22:04.49	0:30:34.54
33	  MichaelHepburn91			Tacx Neo 2T 64821	4.634	 23.04.2020	1:01:22.00	- 0:06:51.00	0:02:17.98	0:06:07.47	0:17:18.99	0:21:18.93	0:29:54.52
34	  willymatute76			Hammer 32179	4.383	 23.04.2020	1:01:28.00	- 0:06:57.00	0:02:06.95	0:06:07.84	0:17:17.18	0:21:17.48	0:30:05.92
35	  MorenoHofland			Tacx Neo 64144	4.499	 23.04.2020	1:01:34.00	- 0:07:03.00	0:02:10.64	0:06:03.66	0:17:33.20	0:21:37.34	0:30:23.80
36	  RemiCav			Tacx Neo 00066	4.611	 23.04.2020	1:01:39.00	- 0:07:08.00	0:02:10.40	0:05:48.85	0:16:28.68	0:20:24.90	0:28:56.31
37	  J.DUVAL			DR	4.845	 23.04.2020	1:01:51.00	- 0:07:20.00	0:02:19.71	0:06:13.61	0:17:21.97	0:21:21.79	0:29:58.56
38	  FabianLienhard			Wahoo KICKR 9E1B	4.634	 23.04.2020	1:01:58.00	- 0:07:27.00	0:02:21.10	0:06:14.57	0:17:43.54	0:21:55.20	0:30:25.90
39	  amundgj			Tacx Neo 38839	4.327	 23.04.2020	1:02:06.00	- 0:07:35.00	0:02:13.55	0:06:08.30	0:17:38.86	0:21:46.91	0:30:44.36
40	  BennettSam			Tacx Neo 2 41245	4.475	 23.04.2020	1:02:16.00	- 0:07:45.00	0:02:19.59	0:06:13.10	0:17:43.46	0:21:46.71	0:30:26.42

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
41	 	JamesPiccoli		Wahoo KICKR CA05	5.028	 23.04.2020	1:02:25.00	- 0:07:54.00	0:02:15.92	0:06:06.32	0:17:21.14	0:21:29.24	0:30:18.77
42	 	drgroen		Tacx Flow 24368	4.422	 23.04.2020	1:02:28.00	- 0:07:57.00	0:02:16.39	0:06:06.55	0:17:17.86	0:21:18.60	0:29:53.60
43	 	mmorkov		Tacx Neo 25774	4.548	 23.04.2020	1:02:35.00	- 0:08:04.00	0:02:19.60	0:06:16.66	0:17:47.30	0:21:58.66	0:30:43.94
44	 	Romain_Cardis		Tacx Neo 08831	4.399	 23.04.2020	1:02:43.00	- 0:08:12.00	0:02:24.23	0:06:11.73	0:17:20.82	0:21:23.61	0:30:12.36
45	 	RickZabel		Tacx Neo 13908	4.207	 23.04.2020	1:03:11.00	- 0:08:40.00	0:02:12.58	0:06:05.69	0:17:59.10	0:22:14.72	0:31:17.47
46	 	meills		Hammer 25109	4.641	 23.04.2020	1:03:16.00	- 0:08:45.00	0:02:19.11	0:06:11.47	0:17:54.60	0:22:02.50	0:30:53.97
47	 	ryanterry		Wahoo KICKR 6FB7	4.475	 23.04.2020	1:03:17.00	- 0:08:46.00	0:02:12.92	0:06:06.77	0:17:46.65	0:21:59.40	0:30:59.34
48	 	desertor		EliteTrainer	4.219	 23.04.2020	1:03:18.00	- 0:08:47.00	0:02:26.83	0:06:28.47	0:17:59.53	0:22:08.70	0:31:16.53
49	 	stefan.bissegger		SUITO	4.161	 23.04.2020	1:03:35.00	- 0:09:04.00	0:02:16.40	0:06:03.31	0:17:18.15	0:21:18.89	0:30:17.51
50	 	hunterpronovost		Wahoo KICKR 681E	4.374	 23.04.2020	1:03:39.00	- 0:09:08.00	0:02:17.72	0:06:21.21	0:18:11.90	0:22:23.70	0:31:20.30
51	 	ish27		KICKR CORE 4E57	3.946	 23.04.2020	1:03:41.00	- 0:09:10.00	0:02:32.00	0:06:37.26	0:18:22.28	0:22:31.70	0:31:21.37
51	 	enriquef		Tacx Genius 06098	3.929	 23.04.2020	1:03:41.00	- 0:09:10.00	0:02:20.58	0:06:31.84	0:18:28.42	0:22:41.28	0:31:37.55
53	 	skywalker594		Hammer 02137	4.396	 23.04.2020	1:03:43.00	- 0:09:12.00	0:02:21.40	0:06:21.30	0:17:58.37	0:22:09.30	0:31:02.79
53	 	Albathecountdown		Tacx Neo 2T 56651	4.584	 23.04.2020	1:03:43.00	- 0:09:12.00	0:02:17.12	0:06:08.83	0:17:33.10	0:21:39.94	0:30:29.92
55	 	philbauhaus		DR	4.243	 23.04.2020	1:03:50.00	- 0:09:19.00	0:02:26.18	0:06:28.56	0:18:01.97	0:22:06.60	0:30:59.11
56	 	dominikw02		KICKR CORE A1BE	4.728	 23.04.2020	1:03:56.00	- 0:09:25.00	0:02:29.99	0:06:43.52	0:18:46.40	0:23:00.30	0:32:02.23
57	 	cimo89		Tacx Neo 2T 12824	4.327	 23.04.2020	1:04:08.00	- 0:09:37.00	0:02:26.68	0:06:34.27	0:18:21.14	0:22:31.44	0:31:24.10
58	 	delued		SUITO	3.688	 23.04.2020	1:04:15.00	- 0:09:44.00	0:02:30.33	0:06:46.77	0:18:43.91	0:23:02.54	0:32:07.85
59	 	GarciaG		Wahoo KICKR ACAE	4.906	 23.04.2020	1:04:20.00	- 0:09:49.00	0:02:19.72	0:06:22.19	0:18:26.69	0:22:45.92	0:31:40.13
60	 	galrompa		Stages 4381	4.001	 23.04.2020	1:04:22.00	- 0:09:51.00	0:02:49.00	0:07:18.48	0:19:23.50	0:23:32.19	0:32:15.72

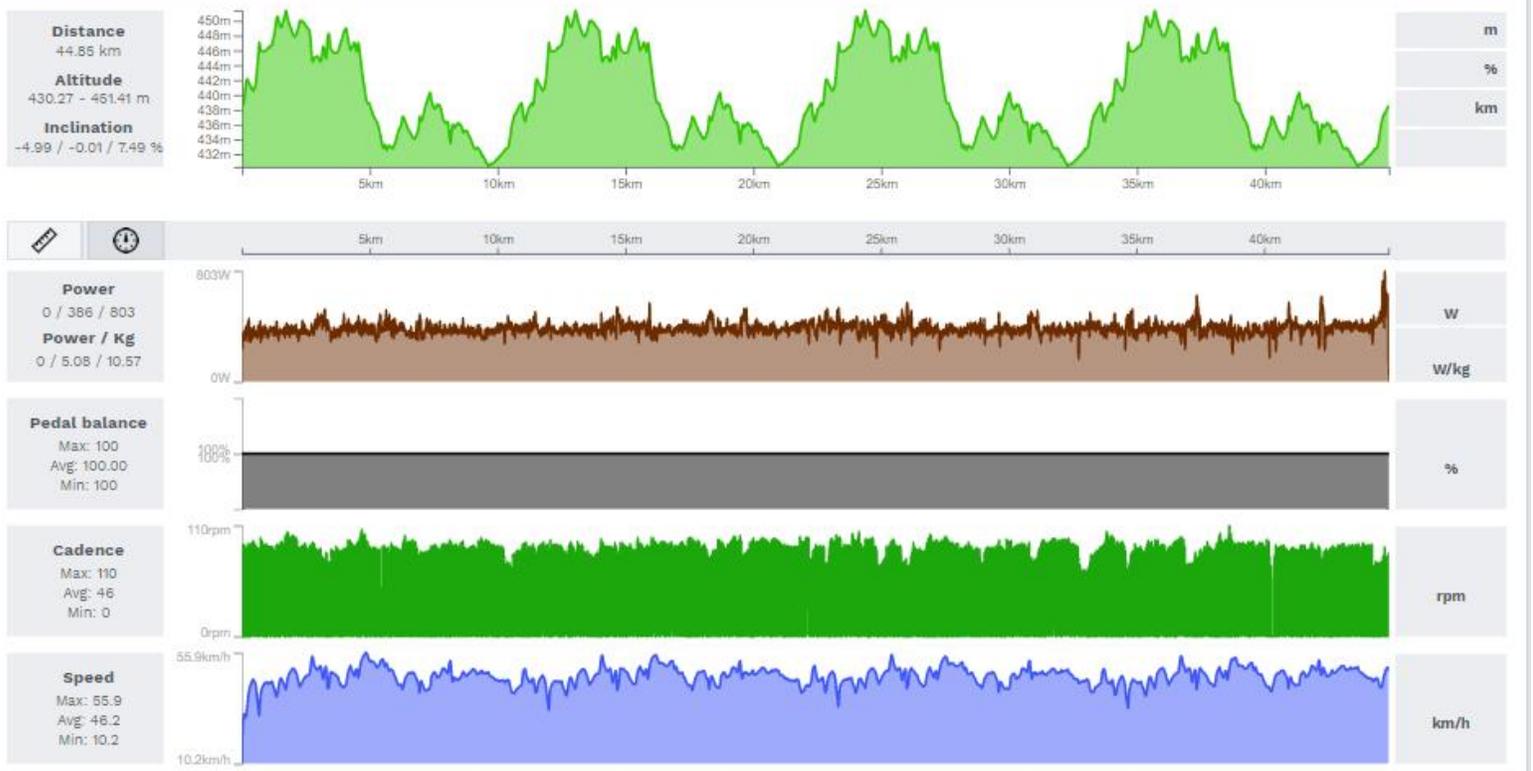
#	User	Enter usernam	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	SP LA
61	 	joseancarrasco		DIRETO X	4.143	 23.04.2020	1:04:39.00	- 0:10:08.00	0:02:17.40	0:06:16.43	0:18:11.49	0:22:23.77	0:31:21.50	0:34
62	 	VeriniAlfin		BKOOL / ZYCLE Smart Pro 2	5.382	 23.04.2020	1:04:45.00	- 0:10:14.00	0:02:40.10	0:07:02.66	0:18:37.24	0:22:40.25	0:31:23.97	0:34
63	 	f.bordeaux		Wahoo KICKR 9F6B	3.718	 23.04.2020	1:04:48.00	- 0:10:17.00	0:02:26.63	0:06:36.84	0:18:34.95	0:22:48.33	0:32:03.73	0:35
64	 	jfradette		Hammer 63309	4.196	 23.04.2020	1:04:59.00	- 0:10:28.00	0:02:37.94	0:06:50.82	0:18:40.64	0:22:54.48	0:31:56.13	0:35
65	 	barracuda79		DI	4.537	 23.04.2020	1:05:03.00	- 0:10:32.00	0:02:25.20	0:06:32.10	0:18:26.73	0:22:41.61	0:31:42.57	0:34
66	 	miketeunissen		Tacx Neo 2 41745	4.173	 23.04.2020	1:05:05.00	- 0:10:34.00	0:02:10.10	0:06:12.58	0:18:23.80	0:22:26.52	0:31:21.30	0:34
67	 	ttmadmatt		Tacx Neo 52214	4.266	 23.04.2020	1:05:11.00	- 0:10:40.00	0:02:12.16	0:06:06.87	0:17:49.64	0:22:03.23	0:31:13.68	0:34
67	 	jcdudu		DI	4.334	 23.04.2020	1:05:11.00	- 0:10:40.00	0:02:20.77	0:06:28.92	0:18:29.73	0:22:47.94	0:32:01.50	0:35
69	 	saimon		Wahoo KICKR AC08	4.502	 23.04.2020	1:05:14.00	- 0:10:43.00	0:02:37.12	0:06:55.22	0:19:03.10	0:23:18.45	0:32:21.34	0:35
70	 	MartinLaas		Wahoo KICKR 94B1	3.871	 23.04.2020	1:05:19.00	- 0:10:48.00	0:02:06.80	0:06:07.49	0:18:08.54	0:22:28.68	0:31:45.26	0:34
71	 	mitchellbell54		Wahoo KICKR B061	4.174	 23.04.2020	1:05:33.00	- 0:11:02.00	0:02:36.45	0:06:53.89	0:19:03.70	0:23:20.67	0:32:30.17	0:35
72	 	Ian.Stannard		Wahoo KICKR A217	3.571	 23.04.2020	1:05:45.00	- 0:11:14.00	0:02:20.17	0:06:22.17	0:18:09.74	0:22:14.65	0:31:10.35	0:34
73	 	michaelj10		Wahoo KICKR 243F	3.788	 23.04.2020	1:05:53.00	- 0:11:22.00	0:02:24.63	0:06:34.90	0:18:40.69	0:23:00.16	0:32:15.44	0:35
74	 	mtnroadie		DI	3.766	 23.04.2020	1:06:06.00	- 0:11:35.00	0:02:36.84	0:06:56.80	0:19:14.32	0:23:35.20	0:32:46.13	0:35
75	 	czejka		Wahoo KICKR 94FB	3.869	 23.04.2020	1:06:19.00	- 0:11:48.00	0:02:34.13	0:06:51.95	0:19:09.89	0:23:27.99	0:32:40.52	0:35
76	 	AndrMachado		Tacx Flow 38553	3.855	 23.04.2020	1:06:37.00	- 0:12:06.00	0:02:26.87	0:06:38.62	0:18:57.55	0:23:16.45	0:32:30.41	0:35
77	 	Jan_Adamik		DR	3.991	 23.04.2020	1:06:45.00	- 0:12:14.00	0:02:15.10	0:06:28.40	0:18:39.59	0:23:05.20	0:32:27.36	0:35
78	 	tweeks71		Wahoo KICKR C36A	3.721	 23.04.2020	1:06:49.00	- 0:12:18.00	0:03:01.58	0:07:28.94	0:20:02.72	0:24:24.25	0:33:35.74	0:36
79	 	benekecalvin		DI	3.696	 23.04.2020	1:07:03.00	- 0:12:32.00	0:02:27.61	0:06:41.77	0:19:07.27	0:23:34.77	0:32:49.32	0:36
80	 	johnybravo		DI	3.619	 23.04.2020	1:07:11.00	- 0:12:40.00	0:02:30.59	0:06:49.59	0:19:12.96	0:23:37.48	0:33:07.55	0:36

(données pro plus accessibles bloquées, tient donc...)



VIRTUES™ - GRAPH

- Altitude
- Power
- Pedal balance
- Cadence
- Speed



88
rpm

45.69
km/h

382
W

451.4
m

1348
KJ

234.2
m

VIRTUES™ - GRAPH

- Altitude
- Power
- Cadence
- Speed

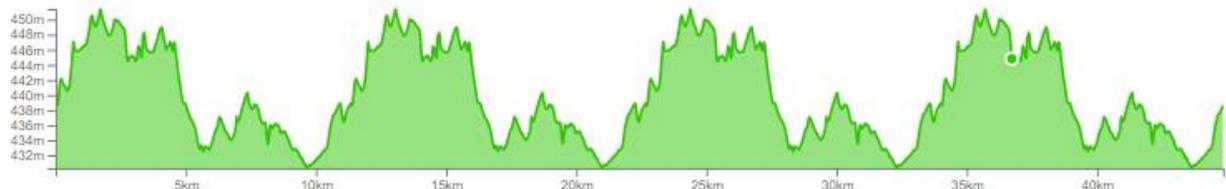
Plan Satellite



Distance
44.85 km

Altitude
430.27 - 451.42 m

Inclination
-5 / -0.01 / 7.47 %



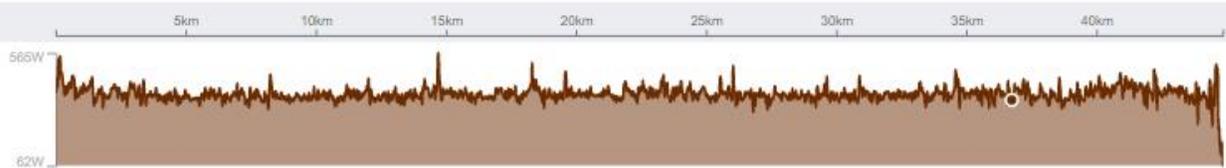
444.82 m

-2.76 %

36.73 km

00:48:25

Power



355 W

4.93 W/kg

Cadence
Max: 106
Avg: 88
Min: 57



85 rpm

Speed
Max: 54.5
Avg: 45.9
Min: 11.8



54.5 km/h

168
bpm

109
rpm

44.36
km/h

366
W

451.4
m

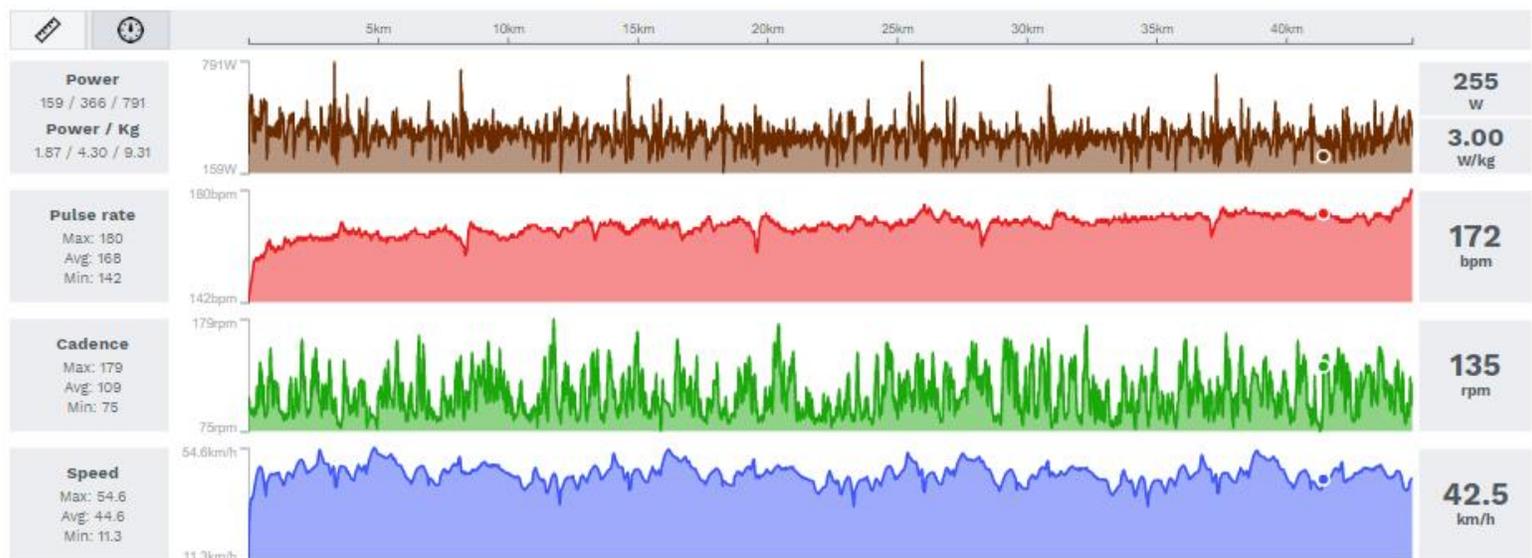
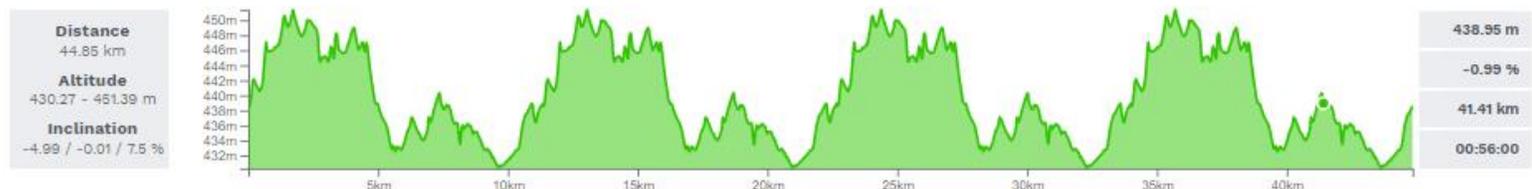
1332
KJ

234.5
m

VIRTUES™ - GRAPH

Altitude Power Pulse rate Cadence Speed

Plan **Satellite**



165
bpm

74
rpm

41.28
km/h

290
W

451.4
m

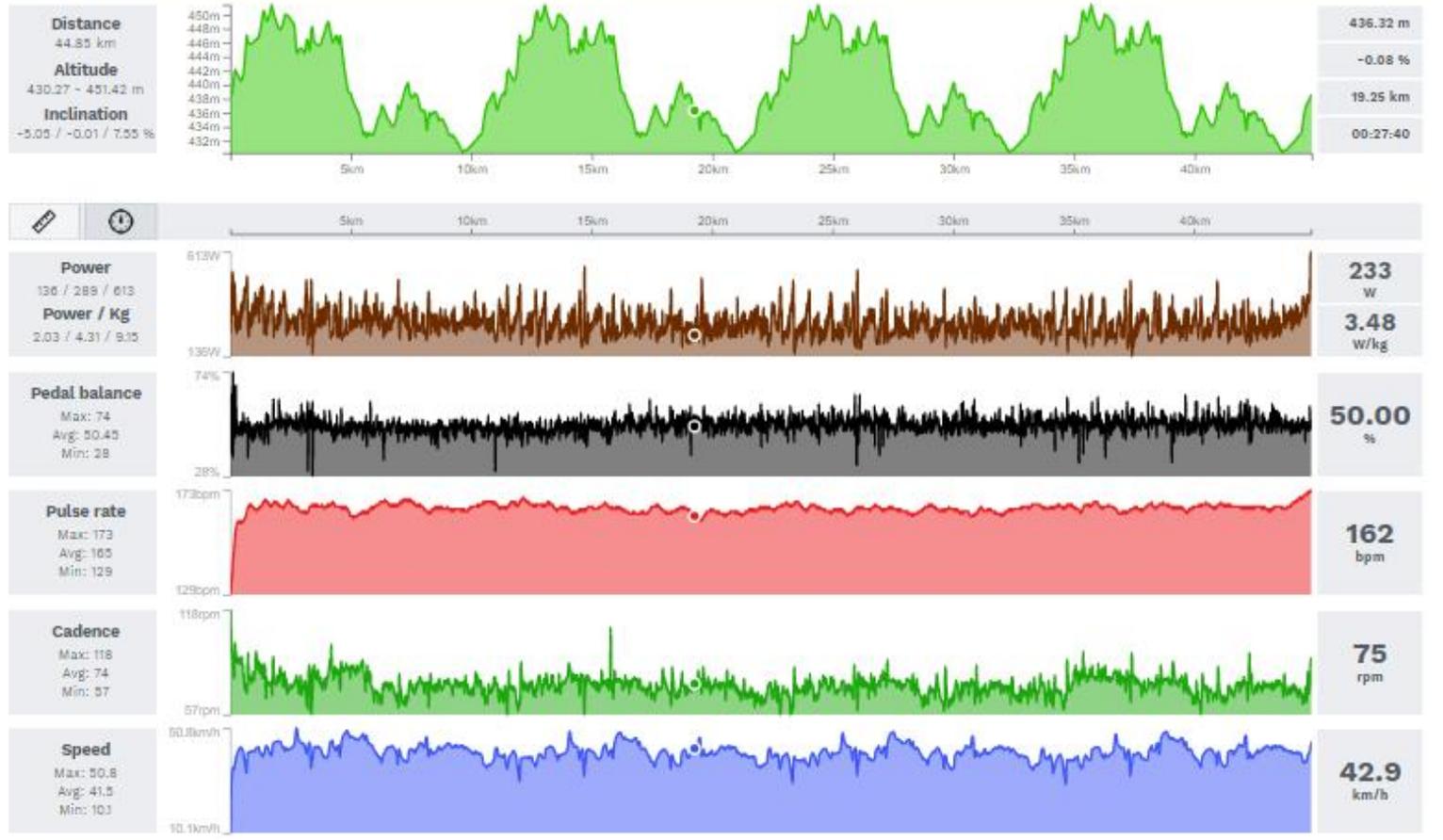
1135
KJ

234.6
m

VIRTUES™ - GRAPH

Altitude
 Power
 Pedal balance
 Pulse rate
 Cadence
 Speed

Plan Satellite



74
rpm

31.63
km/h

193
W

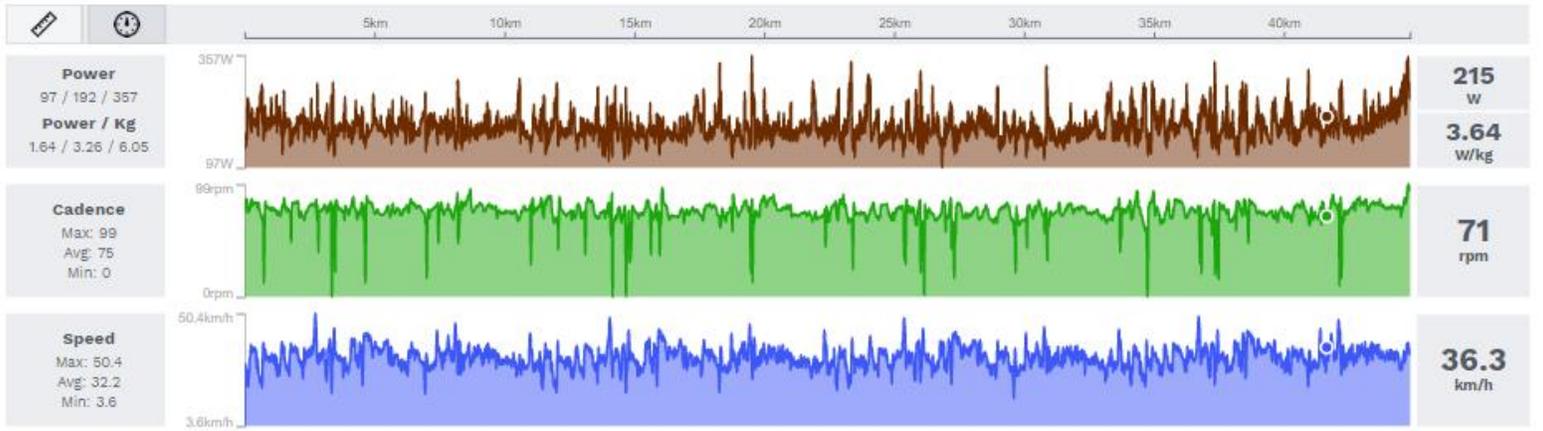
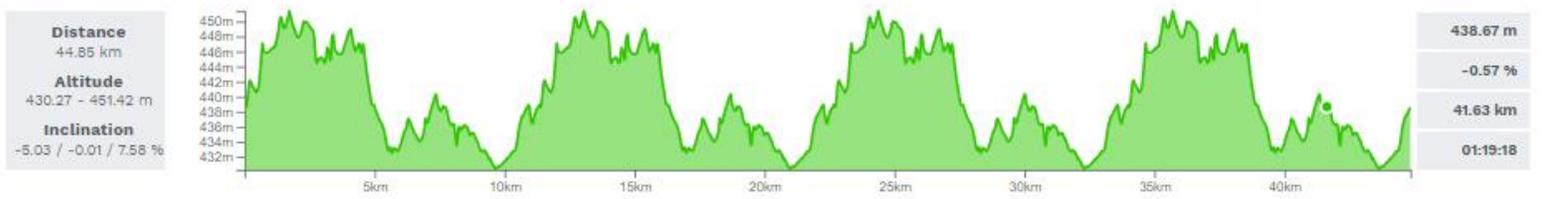
MAX 451.4
m

986
KJ

235.5
m

VIRTUES™ - GRAPH

- Altitude
- Power
- Cadence
- Speed

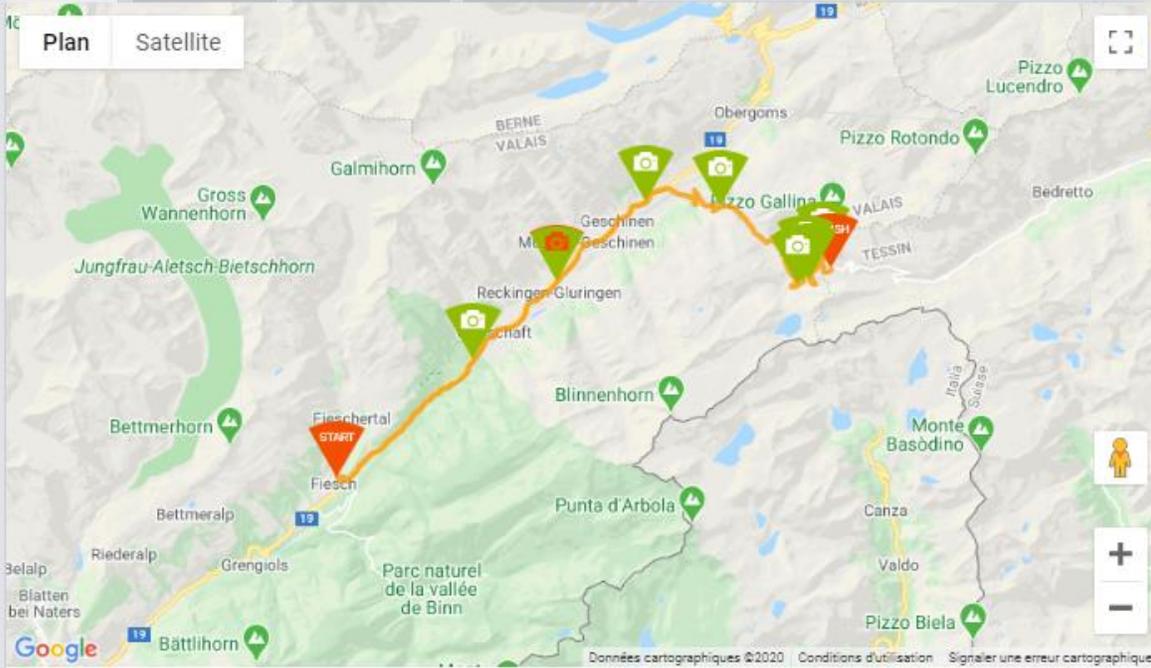


Virtual route - TDS5 | Race 3 | FIESCH - NUFENENPASS

#Tour de Suisse #My favorite

MAP VIDEO SPLITS PLACES

Plan Satellite



Remove from my favourites



Author **ROUVY**
Country **Switzerland**
Distance **33.54 km**
AVG grade **4 %**
Ascended **1565 m**
Max grade **25 %**
Rating **★★★★☆ (87x)**

route's properties **HD AR**

Current version number: 1
Last update of route: 14.04.2020

SHARING AND EXPORT

Export route
export to GPX

Share route



3ème étape : FIESCH – NUFENENPASS, 33,53km pour 1490 m D+

Les Pro viennent d'en finir avec le meilleur temps pour Nicolas Roche en 01h 12min 11sec puis Ilnur Zakarin et enfin Lary Warbasse. Le 1^{er} Français Valentin Madouas arrive 11^{ème} en 01h 15min 48sec.

La course de Fan débute comme d'habitude à bloc afin de passer les 2 1^{er} km d'une bosse à 6% pour un effort de 5min à 330W de moyenne. Légèrement échauffé, le départ est indigeste mais cette étape je l'avais déjà faite.

Il fallait démarrer à bloc pour espérer être dans les 20 premiers et tenir coute que coute en espérant avoir encore de la force pour pouvoir escalader le col de 13km à 8% de moyenne. C'est le plus haut col de Suisse nous dit on sur la chaine l'Equipe21.

Les 9 1^{er} km j'arrive à tenir 305W moyen puis jusqu'au 20^{ème} km c'est plus laconique avec 271W moyen. Je faibli, me fait dépasser et lorsque j'attaque les 1ères pentes je dois emmener un gros braquer parce que la fatigue me gagne et je n'ai plus de vélocité... Au courage j'arrive à maintenir un petit 277W moyen sur tout le col et je termine en grosse souffrance.

C'était la grosse étape de ce tour de Suisse et je l'ai payé de ma personne. Je suis littéralement cassé en deux, le bas du dos est HS.

Mon temps : 1h34 et 23^{ème} des amateurs

Je ne peux pas avoir le même rendement que lors de la 1^{ère} étape, je ne suis plus frais et il faut composer avec d'autres concurrents frais qui ne disputent pas systématiquement l'ensemble des étapes.

Mais c'est aussi ça l'exercice de la semaine, voir comment on peut encaisser des efforts violents chaque jour et ce qu'on est encore capable de fournir en phase de fatigue.

Un peu déçu mais cohérent avec la forme du moment. Je ne pouvais guère faire mieux.

Je compte sur l'étape de demain pour "récupérer" un peu parce que le profil descendant devrait permettre de soulager quelque peu le bas du dos qui est à ce moment-là un vrai bout de bois.

Résumé étape 3 :

CLASSEMENT PRO	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	Nicolas Roche	1h 12min 12sec		
2 ^{ème}	Ilnur Zakarin	1h 13min 22sec		
3 ^{ème}	Lary Warbasse	1h 13min 30sec		

CLASSEMENT FAN	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	DESPRES Guy	1h 16min 16sec	401W	5,335
2 ^{ème}	MAIN Kent	1h 17min 39sec	360W	5,299
3 ^{ème}	BASSON Gustav	1h 17min 50sec	374W	5,348
23 ^{ème}	DURAND J-Christo	1h 33min 47sec	281W	4,195
89 ^{ème}	SANCHEZ David	1h 58min 07sec	195W	3,300

Course Etape 3 : Puissance (W/kg) et temps

#	User	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
1	nicholas.roche		DI	N/A	24.04.2020	1:12:12.00	- 0:00:00.00	0:13:46.30	0:20:38.62	0:27:42.34	0:38:15.13	0:54:17.52
2	Zakarin		Tacx Neo 09295	N/A	24.04.2020	1:13:22.00	- 0:01:10.00	0:14:16.30	0:21:27.20	0:28:44.37	0:39:34.90	0:55:55.78
3	L.Warbasse		Hammer 20929	N/A	24.04.2020	1:13:30.00	- 0:01:18.00	0:14:12.48	0:21:21.00	0:28:37.57	0:39:31.67	0:56:09.25
4	Chris.Hamilton		DR	N/A	24.04.2020	1:13:52.00	- 0:01:40.00	0:14:26.69	0:21:44.87	0:29:04.41	0:40:14.15	0:56:53.36
5	ReinTaaramaee		Tacx Neo 2 09950	N/A	24.04.2020	1:13:54.00	- 0:01:42.00	0:14:20.99	0:21:34.49	0:28:57.29	0:40:10.64	0:56:40.50
6	JimmyWhelan		Tacx Neo 24756	N/A	24.04.2020	1:14:03.00	- 0:01:51.00	0:13:52.19	0:21:21.16	0:28:54.99	0:40:37.47	0:57:31.71
7	Michał.Kwiatkowski		Wahoo KICKR 4797	N/A	24.04.2020	1:14:17.00	- 0:02:05.00	0:14:13.36	0:21:23.69	0:28:42.86	0:39:41.25	0:56:26.11
8	PernsteinerHermann		DIRETO X	N/A	24.04.2020	1:14:43.00	- 0:02:31.00	0:14:47.35	0:22:15.66	0:29:57.55	0:41:04.51	0:57:27.75
9	LouisMeintjes		DI	N/A	24.04.2020	1:15:06.00	- 0:02:54.00	0:14:47.32	0:22:20.46	0:30:00.99	0:41:13.59	0:57:49.70
10	Gavin.Mannion		Wahoo KICKR 9DFC	N/A	24.04.2020	1:15:37.00	- 0:03:25.00	0:15:03.65	0:22:43.14	0:30:28.33	0:41:39.37	0:58:17.22
11	valentinmadouas		Tacx Neo 07151	N/A	24.04.2020	1:15:48.00	- 0:03:36.00	0:14:55.61	0:22:18.54	0:29:44.30	0:41:02.85	0:58:23.69
12	user_122571		DIRETO X	5.335	24.04.2020	1:16:16.00	- 0:04:04.00	0:14:13.83	0:21:37.60	0:29:00.20	0:39:50.66	0:57:10.66
13	JonasVingegaard		Tacx Neo 60883	N/A	24.04.2020	1:16:51.00	- 0:04:39.00	0:14:33.20	0:21:55.80	0:29:30.98	0:40:19.34	0:57:30.74
14	EmanuelBuchmann		Wahoo KICKR 95E4	N/A	24.04.2020	1:17:05.00	- 0:04:53.00	0:14:51.40	0:22:32.69	0:30:25.45	0:42:12.91	0:58:50.20
15	MatteoBadilatti		DI	N/A	24.04.2020	1:17:18.00	- 0:05:06.00	0:14:28.21	0:22:00.20	0:29:40.49	0:41:14.84	0:58:58.60
16	mainkent		KICKR CORE A5FF	5.299	24.04.2020	1:17:40.00	- 0:05:28.00	0:15:25.19	0:23:10.83	0:31:13.33	0:42:55.90	1:00:10.75
17	bassongustav		Tacx Flux 27872	5.348	24.04.2020	1:17:51.00	- 0:05:39.00	0:15:04.88	0:22:33.31	0:30:09.30	0:41:41.32	0:59:22.50
18	SeppKuss		Tacx Neo 11067	N/A	24.04.2020	1:18:30.00	- 0:06:18.00	0:15:27.47	0:23:13.99	0:30:58.50	0:42:40.66	0:59:56.25
19	simonyates		Tacx Neo 2T 64042	N/A	24.04.2020	1:18:46.00	- 0:06:34.00	0:15:37.31	0:23:25.86	0:31:22.18	0:42:49.18	1:00:05.84
20	jorgearcas		DR	N/A	24.04.2020	1:18:50.00	- 0:06:38.00	0:14:50.26	0:22:14.93	0:29:54.58	0:41:34.83	0:59:29.58

#	User	Enter username.	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	S
21		S.Dillier		Wahoo KICKR A3C3	N/A	24.04.2020	1:19:05.00	- 0:06:53.00	0:14:27.31	0:21:42.31	0:29:05.81	0:40:46.27	0:59:32.42	1:0
22		CarlFredrikHagen		Tacx Neo 2T 83350	N/A	24.04.2020	1:19:08.00	- 0:06:56.00	0:15:37.83	0:23:13.18	0:30:56.97	0:42:44.40	1:00:46.62	1:0
23		AndreaBaglioli		Tacx Neo 06037	N/A	24.04.2020	1:19:21.00	- 0:07:09.00	0:15:01.82	0:22:46.77	0:30:51.72	0:42:33.90	1:00:41.96	1:0
24		M.Frank		Hammer 50349	N/A	24.04.2020	1:19:23.00	- 0:07:11.00	0:14:49.37	0:22:08.64	0:29:45.99	0:41:07.42	0:58:36.69	1:0
25		WilcoKelderman		DR	N/A	24.04.2020	1:19:29.00	- 0:07:17.00	0:14:51.58	0:22:19.12	0:29:56.50	0:42:07.71	1:00:56.83	1:0
26		WilliamBarta		Hammer 54503	N/A	24.04.2020	1:19:37.00	- 0:07:25.00	0:15:31.57	0:23:18.30	0:31:00.88	0:42:54.61	1:00:44.35	1:0
27		josejoaquinrojas		DIRETO X	N/A	24.04.2020	1:19:38.00	- 0:07:26.00	0:14:25.40	0:21:46.40	0:29:18.60	0:40:58.78	0:59:23.16	1:0
28		romank86		Tacx Neo 40290	N/A	24.04.2020	1:20:15.00	- 0:08:03.00	0:14:56.46	0:22:29.43	0:30:14.74	0:42:37.84	1:01:32.31	1:0
29		LucasHamilton		Tacx Neo 2T 61550	5.15	24.04.2020	1:20:19.00	- 0:08:07.00	0:15:15.33	0:23:16.40	0:31:11.75	0:43:12.83	1:01:50.42	1:0
30		Nino.Schurter		Tacx Neo 2T 56386	N/A	24.04.2020	1:20:22.00	- 0:08:10.00	0:14:35.30	0:22:04.19	0:29:44.40	0:41:40.13	1:00:21.57	1:0
31		byrielasmus		Tacx Neo 2T 01291	N/A	24.04.2020	1:20:27.00	- 0:08:15.00	0:14:48.21	0:22:32.52	0:30:09.23	0:42:25.40	1:01:25.63	1:0
32		ryanmullen		Hammer 02014	N/A	24.04.2020	1:20:40.00	- 0:08:28.00	0:14:44.74	0:22:02.25	0:29:26.20	0:41:07.90	1:00:18.90	1:0
33		Carlos.Rodriguez		Wahoo KICKR A6AE	N/A	24.04.2020	1:21:04.00	- 0:08:52.00	0:15:38.66	0:23:22.48	0:31:17.77	0:43:24.47	1:02:04.56	1:0
34		SicardRomain		Tacx Neo 52663	N/A	24.04.2020	1:21:25.00	- 0:09:13.00	0:14:51.89	0:22:29.94	0:30:21.43	0:42:29.70	1:01:16.80	1:0
35		LachlanMorton		Wahoo KICKR 0D93	N/A	24.04.2020	1:21:34.00	- 0:09:22.00	0:15:35.30	0:23:26.73	0:31:29.50	0:43:30.41	1:02:03.39	1:0
36		niklaseg		Hammer 55001	N/A	24.04.2020	1:21:50.00	- 0:09:38.00	0:15:30.39	0:23:25.85	0:31:22.49	0:43:34.63	1:02:08.28	1:0
37		DELAPARTE		SUITO	N/A	24.04.2020	1:22:04.00	- 0:09:52.00	0:15:12.77	0:22:55.28	0:31:01.23	0:43:33.20	1:02:18.37	1:0
38		SteffCras		Tacx Neo 2T 17368	N/A	24.04.2020	1:22:12.00	- 0:10:00.00	0:15:30.52	0:23:16.17	0:31:14.26	0:43:19.69	1:02:10.50	1:0
39		denisrossin		Rotor	5.54	24.04.2020	1:22:18.84	- 0:10:06.84	0:16:42.71	0:25:32.93	0:34:25.92	0:46:56.96	1:04:32.62	1:0
40		TomHanlon181		Tacx Neo 2 12744	4.939	24.04.2020	1:22:25.00	- 0:10:13.00	0:15:44.72	0:23:39.15	0:31:41.76	0:44:00.00	1:03:04.91	1:0

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4
41	 	BenKing		Hammer 20402	N/A	 24.04.2020	1:22:31.00	- 0:10:19.00	0:14:57.37	0:22:34.76	0:30:06.34	0:41:49.80
42	 	roygilling		Tacx Flux 22416	5.123	 24.04.2020	1:22:32.00	- 0:10:20.00	0:16:13.57	0:24:04.88	0:32:09.49	0:44:14.74
43	 	AdamYates		Wahoo KICKR B072	N/A	 24.04.2020	1:23:04.00	- 0:10:52.00	0:15:38.54	0:23:20.86	0:31:14.16	0:42:58.87
44	 	AlexisRenard		SUITO	N/A	 24.04.2020	1:23:17.00	- 0:11:05.00	0:15:03.34	0:22:37.74	0:30:30.17	0:43:18.83
45	 	Filippo_Colombo		Tacx Neo 2T 10156	N/A	 24.04.2020	1:23:41.00	- 0:11:29.00	0:15:06.48	0:22:49.78	0:30:37.62	0:43:07.80
46	 	jp.lloyd		KICKR SNAP 4F5A	4.893	 24.04.2020	1:24:02.00	- 0:11:50.00	0:14:42.93	0:22:18.20	0:29:55.68	0:41:43.86
47	 	Grellier-Fabien		Tacx Neo 08892	N/A	 24.04.2020	1:24:13.00	- 0:12:01.00	0:16:01.87	0:23:58.13	0:31:59.91	0:44:29.63
48	 	BobJungels		Tacx Neo 2 01944	N/A	 24.04.2020	1:24:32.00	- 0:12:20.00	0:15:25.87	0:23:32.73	0:31:30.24	0:44:13.28
49	 	TobiasLudvigsson		WattbikeAtom26001681	N/A	 24.04.2020	1:24:42.00	- 0:12:30.00	0:15:25.84	0:22:51.16	0:30:28.48	0:42:47.83
50	 	jacobhennessy		Wahoo KICKR 9C50	4.649	 24.04.2020	1:25:13.00	- 0:13:01.00	0:15:49.52	0:23:27.45	0:31:14.21	0:43:29.68
51	 	travisbarrett1		Wahoo KICKR 301A	4.835	 24.04.2020	1:25:19.00	- 0:13:07.00	0:15:53.74	0:23:54.38	0:32:05.91	0:44:52.58
52	 	nikconci		Hammer 36037	N/A	 24.04.2020	1:25:34.00	- 0:13:22.00	0:15:21.70	0:23:15.42	0:31:22.15	0:44:11.21
53	 	simonhahnenbruch		Tacx Neo 18075	4.557	 24.04.2020	1:26:06.00	- 0:13:54.00	0:16:02.55	0:23:46.26	0:31:47.90	0:44:53.98
54	 	PatrickKonrad		Wahoo KICKR 9772	N/A	 24.04.2020	1:26:15.00	- 0:14:03.00	0:18:47.97	0:26:54.14	0:35:10.30	0:47:27.68
55	 	MatteoFabbro		Wahoo KICKR 9700	N/A	 24.04.2020	1:26:16.00	- 0:14:04.00	0:14:57.20	0:22:51.19	0:30:58.57	0:43:48.95
56	 	ttmadmatt		Tacx Neo 52214	4.572	 24.04.2020	1:27:28.00	- 0:15:16.00	0:16:08.99	0:24:14.66	0:32:28.77	0:45:17.42
57	 	Eros_Capecchi		DR	N/A	 24.04.2020	1:28:11.00	- 0:15:59.00	0:15:45.22	0:23:43.27	0:32:12.74	0:45:54.99
58	 	dominikw02		KICKR CORE A1BE	4.551	 24.04.2020	1:29:00.00	- 0:16:48.00	0:17:00.39	0:25:17.38	0:33:41.69	0:47:11.50
59	 	NateBrown07		Wahoo KICKR AE53	N/A	 24.04.2020	1:29:02.00	- 0:16:50.00	0:14:29.50	0:21:58.51	0:29:43.43	0:42:12.11
60	 	DanMartin86		DI	N/A	 24.04.2020	1:29:12.00	- 0:17:00.00	0:15:44.81	0:23:49.91	0:31:53.46	0:44:46.93

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
61	  drgroen			Tacx Flow 24368	4.34	 24.04.2020	1:29:28.00	- 0:17:16.00	0:16:14.90	0:24:12.74	0:32:28.39	0:46:08.20	1:07:12.81
62	  GarciaG			Wahoo KICKR ACAE	4.534	 24.04.2020	1:30:35.00	- 0:18:23.00	0:16:34.86	0:25:00.60	0:33:39.81	0:47:27.51	1:08:42.7
63	  fredericp			Tacx Flux 57209	4.122	 24.04.2020	1:30:48.00	- 0:18:36.00	0:16:44.59	0:24:45.24	0:33:04.76	0:46:49.00	1:08:39.00
64	  oscarmiron			KICKR SNAP OAAB	6.835	 26.04.2020	1:31:36.00	- 0:19:24.00	0:12:55.37	0:19:19.68	0:25:52.58	0:38:15.14	1:03:57.45
65	  Dutch-Mountain-Goat			Tacx Neo 14218	4.289	 24.04.2020	1:32:31.00	- 0:20:19.00	0:16:54.50	0:25:26.22	0:34:11.15	0:47:45.67	1:09:06.15
66	  AndrMachado			Tacx Flow 38553	4.127	 24.04.2020	1:32:50.00	- 0:20:38.00	0:16:57.48	0:25:14.74	0:33:57.30	0:47:58.55	1:10:11.60
67	  stescala84			Tacx Neo 2T 00225	4.308	 24.04.2020	1:33:08.00	- 0:20:56.00	0:17:58.36	0:26:39.34	0:35:22.14	0:49:31.11	1:11:13.37
68	  TakisXouris			Wahoo KICKR A3A9	4.555	 24.04.2020	1:33:11.00	- 0:20:59.00	0:18:10.78	0:27:42.14	0:37:03.36	0:50:50.16	1:11:38.97
69	  cyclingjan			Tacx Flux 33095	4.381	 24.04.2020	1:33:21.00	- 0:21:09.00	0:17:19.45	0:26:12.21	0:35:12.99	0:49:20.62	1:11:02.83
70	  cookerosfc			Wahoo KICKR	4.189	 24.04.2020	1:33:25.00	- 0:21:13.00	0:17:23.38	0:25:50.27	0:34:38.25	0:49:18.40	1:10:55.81
71	  tire			DR	4.336	 24.04.2020	1:33:39.00	- 0:21:27.00	0:16:37.82	0:25:11.70	0:33:51.97	0:48:11.53	1:10:17.70
72	  saimon			Wahoo KICKR AC08	4.156	 24.04.2020	1:33:42.00	- 0:21:30.00	0:18:20.69	0:27:26.64	0:36:37.30	0:50:32.30	1:11:32.50
73	  jvrs			Tacx Bushido 07773	3.862	 24.04.2020	1:33:43.00	- 0:21:31.00	0:15:52.10	0:23:48.69	0:31:55.86	0:45:24.60	1:09:51.96
74	  jcdudu			DI	4.195	 24.04.2020	1:33:48.00	- 0:21:36.00	0:16:56.27	0:25:21.30	0:34:05.44	0:48:15.18	1:10:39.20
75	  Matt.flury			Tacx Neo 26737	4.151	 24.04.2020	1:34:09.00	- 0:21:57.00	0:17:03.56	0:25:46.52	0:34:41.65	0:49:12.81	1:11:26.80
76	  steve.morabito.valais			Tacx Neo 08239	3.947	 24.04.2020	1:35:30.00	- 0:23:18.00	0:19:42.96	0:28:26.68	0:37:12.98	0:50:53.53	1:12:11.55
77	  slartybartfarst			CycleOps PowerBeam Pro	4.103	 24.04.2020	1:35:50.55	- 0:23:38.55	0:17:39.20	0:26:32.49	0:35:47.98	0:50:11.20	1:12:02.70
78	  juergschoch			Tacx Flux 17151	4.044	 24.04.2020	1:36:40.00	- 0:24:28.00	0:17:51.89	0:26:50.97	0:35:58.11	0:50:20.43	1:12:02.91
79	  yannickreih			Tacx Neo 2T 47352	4.098	 24.04.2020	1:36:50.00	- 0:24:38.00	0:18:42.80	0:27:33.31	0:37:59.12	0:52:43.65	1:14:10.13
80	  maniakm3			DIRETO X	4.12	 24.04.2020	1:37:13.00	- 0:25:01.00	0:17:54.93	0:27:04.37	0:36:29.97	0:51:13.43	1:13:30.20

(données pro complètement inaccessibles même les W/kg...)

73
rpm

26.39
km/h

401
W

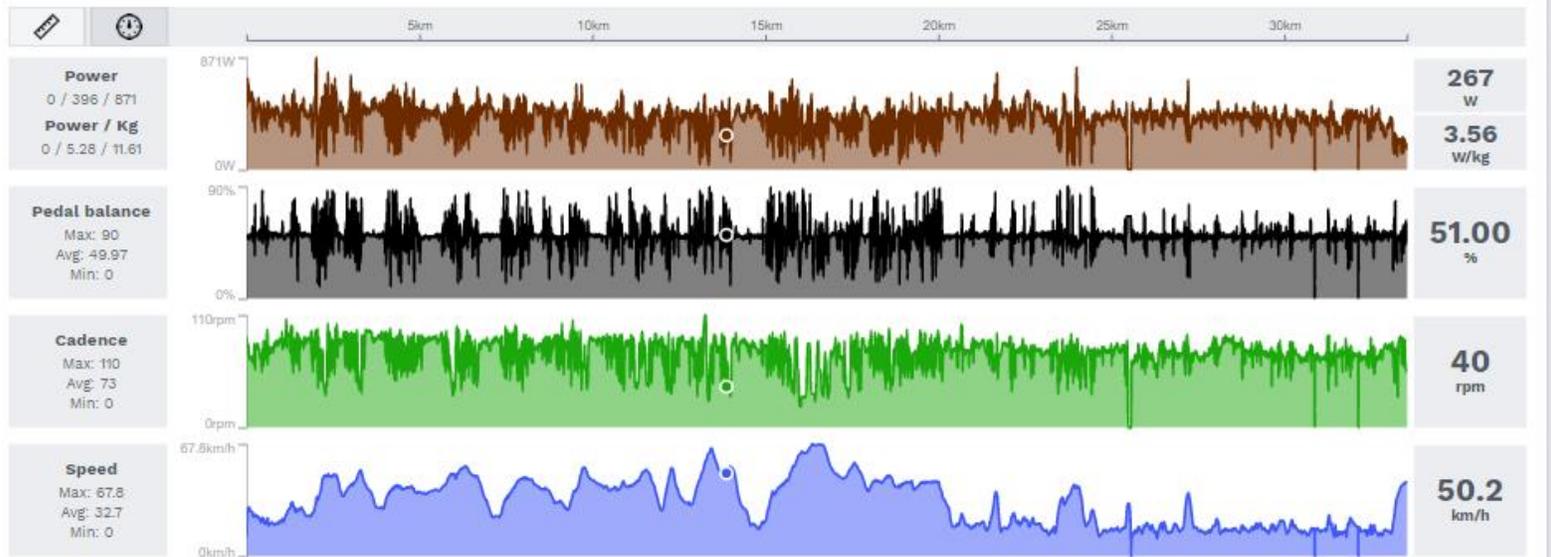
2426.8
m

1831
KJ

1490
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed



90
rpm

25.91
km/h

360
W

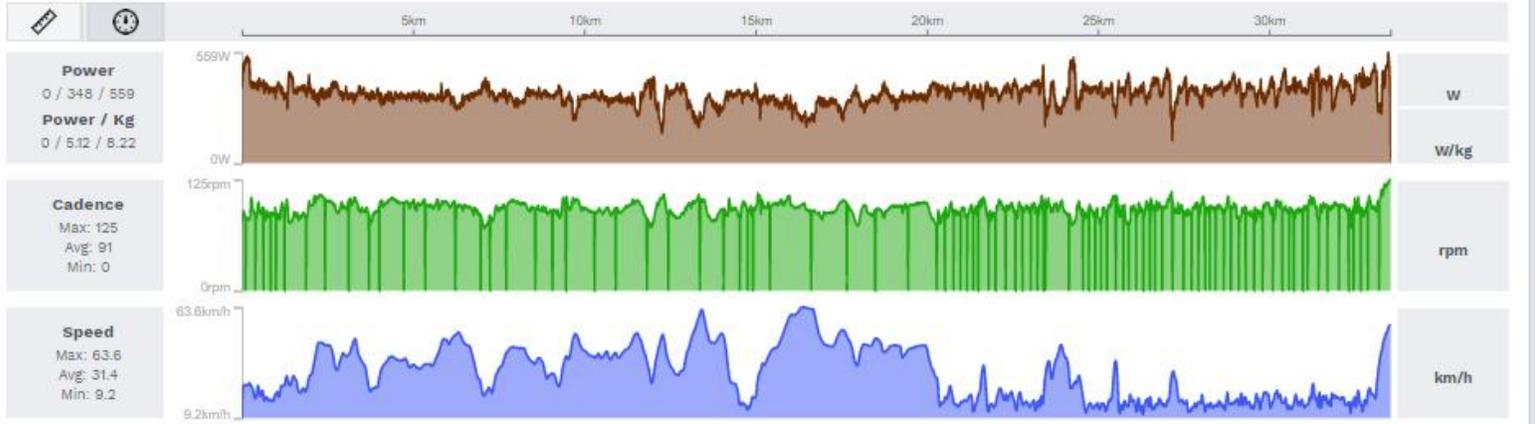
2426.8
m

1679
KJ

1490
m

VIRTUES™ - GRAPH

Altitude Power Cadence Speed



61
rpm

25.85
km/h

374
W

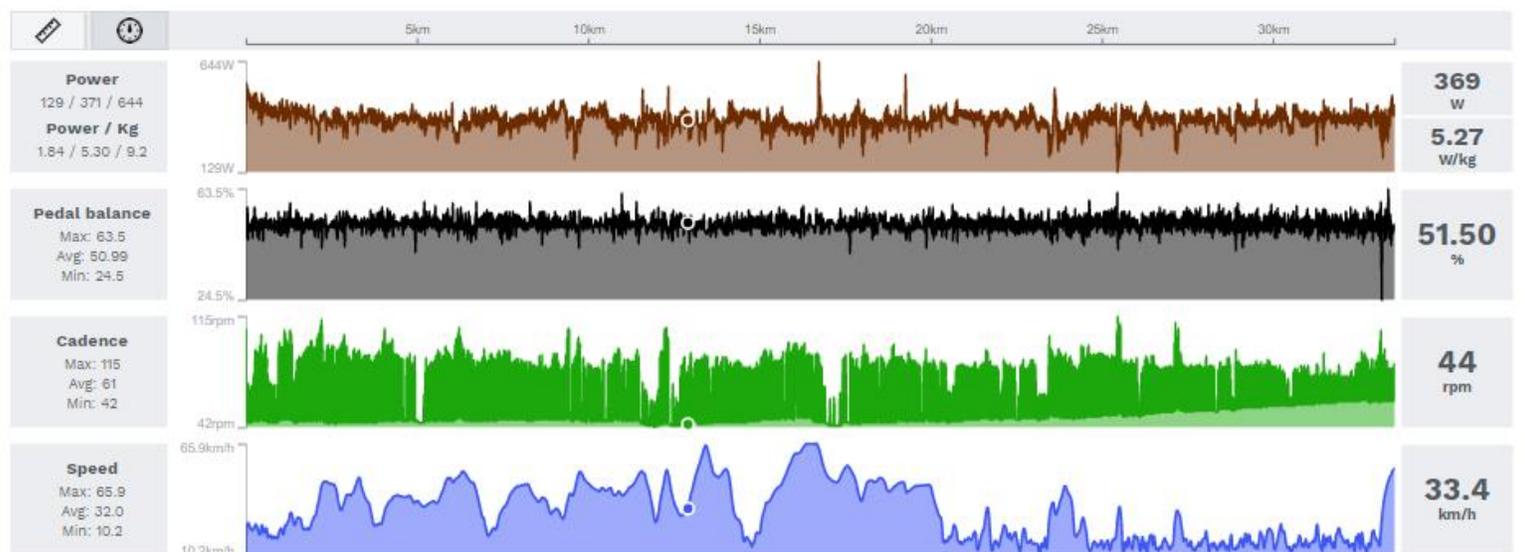
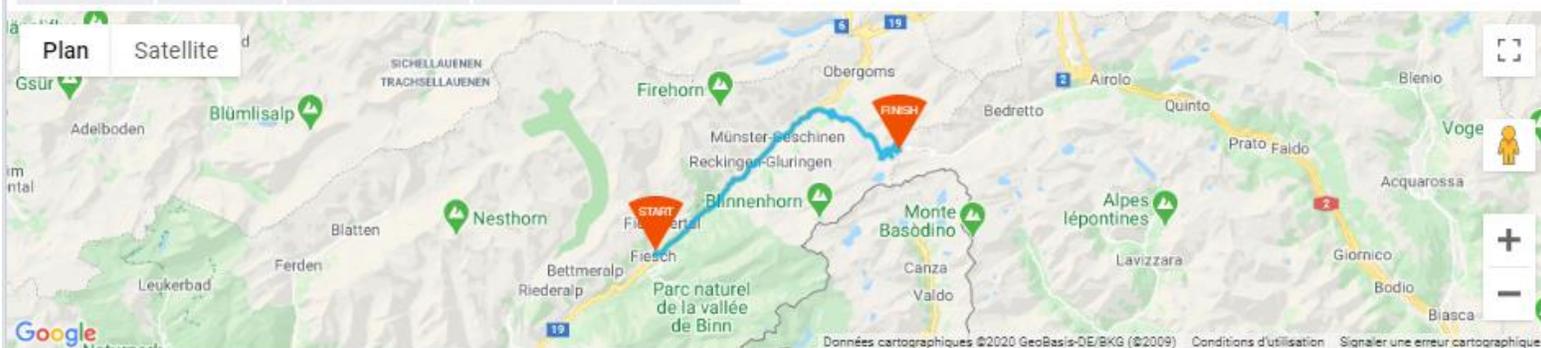
2426.8
m

1748
KJ

1490.1
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed



164
bpm

65
rpm

21.45
km/h

281
W

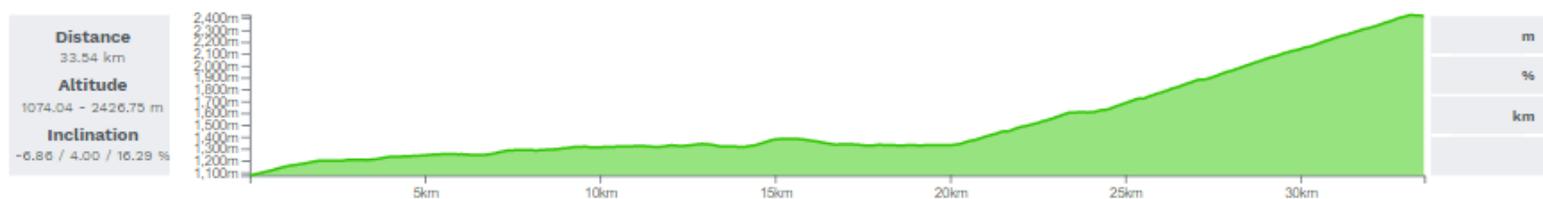
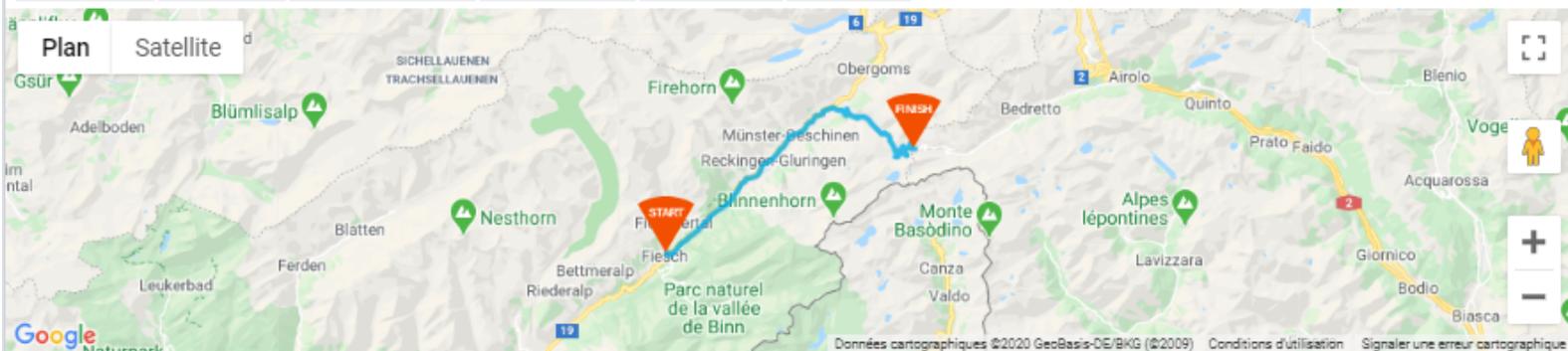
2426.8
m

1581
KJ

1490.1
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Pulse rate Cadence Speed



5km 10km 15km 20km 25km 30km



71
rpm

17.04
km/h

195
W

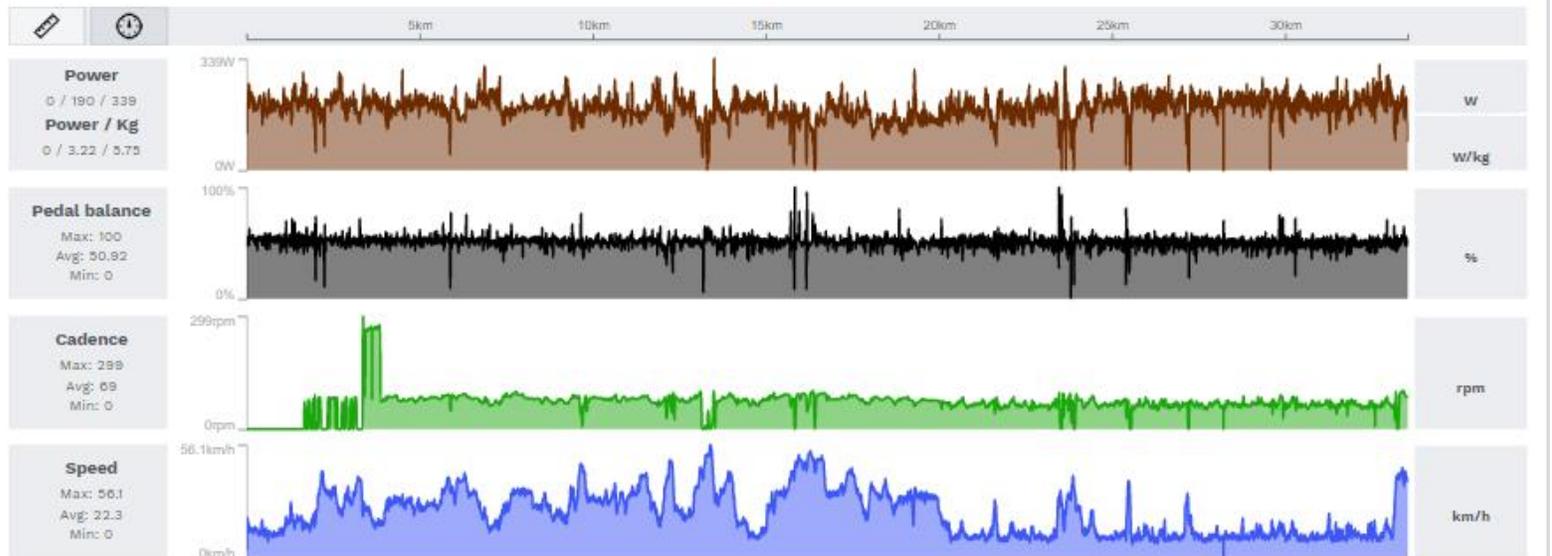
2426.8
m

1380
KJ

1490.3
m

VIRTUES™ - GRAPH

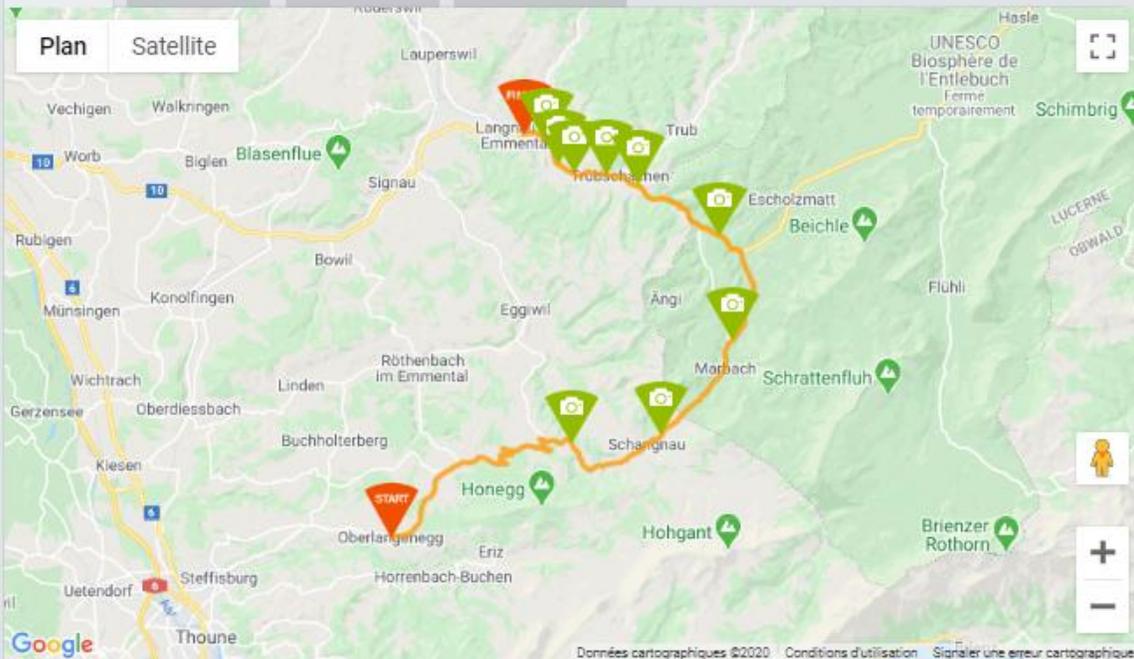
Altitude Power Pedal balance Cadence Speed



Virtual route - TDS5 | Race 4 | OBERLANGENEGG - LANGNAU

#Alps #AR Routes #Tour de Suisse #TORTOUR #My favorite

MAP VIDEO SPLITS PLACES



Remove from my favourites



Author **ROUVY**

Country **Switzerland**

Distance **36.76 km**

AVG grade **1 %**

Ascended **444 m**

Max grade **10 %**

Rating **★★★★★ (1211x)**

route's properties **HD AR**

Current version number: 2
Last update of route: 02.10.2019

SHARING AND EXPORT

Export route

export to GPX

Share route



4ème étape : OBERLANGENEGG – LANGNAU, 36,76km pour 443 m D+

Les Pro viennent d'en finir avec le meilleur temps pour Stephen Küng en 46min 04sec puis Michael Matthews et enfin Ethan Hayter. Le 1^{er} Français Dorian Godon arrive 12^{ème} en 48min 32sec.

Vue le profil, cette étapes était la 2^{ème} la moins intéressantes mais c'est pourtant celle-ci qui aura permis de voir une joute mémorable entre Matthews et Küng dont les 3 derniers km d'anthologie ou Küng aura fait plier Matthews pourtant très méritant puisque leader de l'étape de bout en bout.

Le départ en descente me booste et je fais les 5 1^{er} km en boulet de canon en 316W moy, j'ai retrouvé une bonne cadence et la 1^{ère} bosse de 7% - 3,5km j'arrive à l'avaler en force en 305W moyen.

La 2^{ème} descente je la fais plus tranquillement car j'arrive à plafonner à 72km/h pendant 1min 30sec et je peux récupérer et faire baisser le rythme cardiaque.

La 2^{ème} bosses au km 15 je la monte moins bien à 292W moyen mais toutefois avec une cadence plus élevée. La route est encore longue et le faux plat descendant semble propice aux gros rouleurs parce qu'il faut en garder pour pouvoir appuyer de plus belle sur les pédales car plus question d'atteindre 72km/h !

Le dernier km je le fais à bloc en 324W, il est entièrement plat ascendant.

Mon temps : 56min 08sec et 18^{ème} des amateurs

Je suis physiquement bien et étonné d'avoir pu déployer cette puissance sur ce type de parcours.

Résumé étape 4 :

CLASSEMENT PRO	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	Stephen Küng	46min 03sec		
2 ^{ème}	Filippo Ganna	46min 10sec		
3 ^{ème}	Michael Matthews	46min 47sec		

CLASSEMENT FAN	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	HENNESSY Jacob	49min 30sec	382W	5,028
2 ^{ème}	LLOYD Jean-Pierre	51min 09sec	371W	5,157
3 ^{ème}	MATUTE Willy	51min 24sec	362W	4,531
18 ^{ème}	DURAND J-Christo	56min 08sec	284W	4,241
142 ^{ème}	SANCHEZ David	1h 03min 25sec	210W	3,565

Course Etape 4 : Puissance (W/kg) et temps

#	User	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4
1	 Stefankueng		DR	N/A	 25.04.2020	0:46:04.00	- 0:00:00.00	0:17:18.67	0:25:07.88	0:30:53.49	0:35:37.88
2	 Michael Matthews		DIRETO X	N/A	 25.04.2020	0:46:11.00	- 0:00:07.00	0:16:51.31	0:24:27.13	0:30:25.54	0:35:20.16
3	 Ethan Hayter		Wahoo KICKR A6BF	N/A	 25.04.2020	0:46:48.00	- 0:00:44.00	0:17:10.83	0:24:49.89	0:30:48.79	0:35:53.24
4	 Greg Van Avermaet		SUITO	N/A	 25.04.2020	0:47:02.00	- 0:00:58.00	0:17:27.53	0:25:22.80	0:31:22.85	0:36:14.28
5	 Michael Gogl		Hammer 36426	N/A	 25.04.2020	0:47:04.00	- 0:01:00.00	0:17:18.50	0:25:04.28	0:31:06.87	0:36:08.52
6	 S. Dillier		Wahoo KICKR A3C3	N/A	 25.04.2020	0:47:46.00	- 0:01:42.00	0:17:16.34	0:25:18.46	0:31:31.68	0:36:35.13
7	 Stephen Bassett		KICKR CORE A859	N/A	 25.04.2020	0:47:59.00	- 0:01:55.00	0:18:02.75	0:26:10.47	0:32:16.73	0:37:10.80
8	 Tobias Ludvigsson		Wattbike Atom26001681	N/A	 25.04.2020	0:48:01.00	- 0:01:57.00	0:17:41.63	0:25:56.64	0:32:07.67	0:37:03.25
9	 nvhooydonck		Wahoo KICKR 9F19	N/A	 25.04.2020	0:48:05.00	- 0:02:01.00	0:17:34.60	0:25:53.70	0:32:05.35	0:37:03.68
10	 Toms Skujins		Hammer 04147	N/A	 25.04.2020	0:48:30.00	- 0:02:26.00	0:17:58.56	0:25:58.36	0:32:12.30	0:37:16.87
11	 jasper de buyst		Wahoo KICKR 91D3	N/A	 25.04.2020	0:48:32.00	- 0:02:28.00	0:18:07.10	0:26:13.47	0:32:23.80	0:37:27.21
11	 dorian godon		Wahoo KICKR AF7B	N/A	 25.04.2020	0:48:32.00	- 0:02:28.00	0:17:49.30	0:25:59.40	0:32:16.96	0:37:23.32
13	 toshvds		Nero	N/A	 25.04.2020	0:48:35.00	- 0:02:31.00	0:17:55.74	0:26:00.19	0:32:07.81	0:37:17.23
14	 Jan Tratnik		DR	N/A	 25.04.2020	0:48:48.00	- 0:02:44.00	0:17:45.60	0:25:58.80	0:32:13.83	0:37:21.90
15	 victor Campenaerts		Tacx Neo 50154	N/A	 25.04.2020	0:48:52.00	- 0:02:48.00	0:17:34.97	0:25:35.44	0:32:04.90	0:37:18.76
16	 o.naesen		DI	N/A	 25.04.2020	0:48:56.00	- 0:02:52.00	0:17:48.34	0:25:53.43	0:32:23.29	0:37:33.86
17	 will clarke 85		Hammer 51681	5.348	 25.04.2020	0:48:57.00	- 0:02:53.00	0:18:10.71	0:26:41.15	0:32:58.32	0:37:54.27
18	 matteodal-cin		Wahoo KICKR 7E05	N/A	 25.04.2020	0:49:02.00	- 0:02:58.00	0:17:37.68	0:25:58.64	0:32:14.52	0:37:22.70
19	 jonas rutsch		Tacx Neo 50419	N/A	 25.04.2020	0:49:03.00	- 0:02:59.00	0:17:49.23	0:26:29.28	0:32:47.10	0:37:47.63
20	 Magnus Cort		Tacx Neo 25967	N/A	 25.04.2020	0:49:05.00	- 0:03:01.00	0:17:52.70	0:26:05.45	0:32:30.93	0:37:43.31

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5		
21			AndreGreipel		DR	N/A		25.04.2020	0:49:05.00	- 0:03:01.00	0:18:16.47	0:27:04.17	0:33:20.20	0:38:13.53	0:42:40.53
22			GijsVanHoecke		Tacx Neo 11057	N/A		25.04.2020	0:49:13.00	- 0:03:09.00	0:18:10.65	0:26:42.79	0:32:54.92	0:37:56.54	0:42:33.95
23			jack.bauer		Tacx Neo 2T 64589	5.139		25.04.2020	0:49:17.00	- 0:03:13.00	0:18:04.91	0:26:24.82	0:32:55.83	0:37:59.52	0:42:36.73
24			jacobhennessy		Wahoo KICKR 9C50	5.028		25.04.2020	0:49:31.00	- 0:03:27.00	0:18:22.48	0:26:47.68	0:33:08.84	0:38:14.71	0:42:51.58
25			edvaldboasson-hagen		DR	N/A		25.04.2020	0:49:35.00	- 0:03:31.00	0:18:22.94	0:26:46.25	0:33:05.13	0:38:09.41	0:42:50.10
26			DarylImpey		Tacx Neo 2T 64383	N/A		25.04.2020	0:49:38.00	- 0:03:34.00	0:18:29.71	0:26:52.58	0:33:10.92	0:38:18.36	0:42:58.36
27			Ben.Swift		Wahoo KICKR 9D09	N/A		25.04.2020	0:49:46.00	- 0:03:42.00	0:18:30.53	0:26:58.84	0:33:21.29	0:38:28.13	0:43:05.80
28			TimDeClercq		Tacx Neo 25758	N/A		25.04.2020	0:49:49.00	- 0:03:45.00	0:18:22.74	0:27:01.12	0:33:21.54	0:38:26.58	0:43:07.47
29			johanjacobs		SUITO	N/A		25.04.2020	0:50:10.00	- 0:04:06.00	0:18:43.86	0:27:13.31	0:33:49.37	0:38:55.15	0:43:32.24
30			ClaudioImhof		Wahoo KICKR C22F	N/A		25.04.2020	0:50:18.00	- 0:04:14.00	0:18:44.80	0:27:38.39	0:34:02.81	0:39:05.63	0:43:44.22
31			MatthieuLadagnous		DI	N/A		25.04.2020	0:50:21.00	- 0:04:17.00	0:18:44.74	0:27:29.93	0:33:50.52	0:38:54.82	0:43:36.25
32			Stybar1985		Tacx Neo 04868	N/A		25.04.2020	0:50:23.00	- 0:04:19.00	0:18:44.49	0:27:18.91	0:33:42.16	0:38:51.89	0:43:37.64
33			LukasPoestlberger		Wahoo KICKR 9705	N/A		25.04.2020	0:50:28.00	- 0:04:24.00	0:18:08.47	0:27:02.70	0:33:34.44	0:38:47.60	0:43:36.48
34			GabrielCullaigh		SUITO	4.72		25.04.2020	0:50:31.00	- 0:04:27.00	0:18:29.17	0:27:18.48	0:33:48.60	0:38:54.48	0:43:41.94
35			SeanBennett		Tacx Neo 2T 10683	N/A		25.04.2020	0:50:40.00	- 0:04:36.00	0:18:36.75	0:27:13.36	0:33:41.53	0:38:58.23	0:43:47.96
36			AlbertoDainese		DR	N/A		25.04.2020	0:50:46.00	- 0:04:42.00	0:19:02.13	0:28:04.10	0:34:24.86	0:39:27.76	0:44:06.36
37			amundgj		Tacx Neo 38839	N/A		25.04.2020	0:50:52.00	- 0:04:48.00	0:18:44.86	0:27:26.88	0:33:53.48	0:39:13.59	0:44:00.78
38			Grega_Bole		SUITO	N/A		25.04.2020	0:50:53.00	- 0:04:49.00	0:18:48.62	0:27:26.68	0:33:55.11	0:39:11.56	0:43:59.18
39			K_Asgreen		Tacx Neo 08384	N/A		25.04.2020	0:51:06.00	- 0:05:02.00	0:18:35.82	0:27:35.56	0:34:11.62	0:39:21.30	0:44:09.50
40			jp.lloyd		KICKR SNAP 4F6A	5.157		25.04.2020	0:51:10.00	- 0:05:06.00	0:18:44.22	0:27:29.39	0:34:11.91	0:39:22.34	0:44:11.60

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
41	 	SimonJulien		Tacx Neo 09139	N/A	 25.04.2020	0:51:21.00	- 0:05:17.00	0:19:08.66	0:27:53.92	0:34:24.22	0:39:41.78	0:44:23.61
42	 	willymatute76		Hammer 32179	4.531	 25.04.2020	0:51:25.00	- 0:05:21.00	0:19:08.89	0:28:06.68	0:34:39.39	0:39:47.86	0:44:31.30
43	 	nico.denz		DR	N/A	 25.04.2020	0:51:51.00	- 0:05:47.00	0:19:36.11	0:28:19.42	0:34:53.56	0:40:08.30	0:44:51.32
44	 	NikolasMaes		Wahoo KICKR 869E	N/A	 25.04.2020	0:51:59.00	- 0:05:55.00	0:19:44.70	0:28:52.83	0:35:22.28	0:40:29.70	0:45:13.80
45	 	quartermanc		Hammer 28327	N/A	 25.04.2020	0:52:07.00	- 0:06:03.00	0:19:40.51	0:28:46.26	0:35:23.40	0:40:32.49	0:45:15.30
45	 	jvrs		Tacx Bushido 07773	5.995	 25.04.2020	0:52:07.00	- 0:06:03.00	0:20:03.16	0:29:07.76	0:35:30.62	0:40:39.38	0:45:19.33
47	 	drgroen		Tacx Flow 24368	4.543	 25.04.2020	0:52:13.00	- 0:06:09.00	0:19:23.10	0:28:26.46	0:35:15.36	0:40:33.80	0:45:22.31
48	 	rida		DI	4.711	 25.04.2020	0:52:17.00	- 0:06:13.00	0:19:34.62	0:28:44.59	0:35:27.24	0:40:39.81	0:45:28.53
49	 	felixhw		SUITO	4.24	 18.04.2020	0:52:20.00	- 0:06:16.00	---	---	---	---	---
50	 	Albathecountdown		Tacx Neo 2T 56651	N/A	 25.04.2020	0:52:21.00	- 0:06:17.00	0:18:44.15	0:27:56.78	0:34:42.54	0:40:06.16	0:45:05.92
51	 	skywalker594		Hammer 02137	4.828	 25.04.2020	0:52:22.00	- 0:06:18.00	0:19:33.88	0:28:41.00	0:35:19.58	0:40:36.83	0:45:27.66
52	 	AlexanderCataford		Wahoo KICKR ACT2	N/A	 25.04.2020	0:52:25.00	- 0:06:21.00	0:19:29.60	0:28:31.81	0:35:12.63	0:40:32.58	0:45:25.99
53	 	TomHanlon181		Tacx Neo 2 12744	4.719	 25.04.2020	0:52:27.00	- 0:06:23.00	0:19:20.63	0:28:09.68	0:34:50.83	0:40:18.10	0:45:17.37
54	 	ttmadmatt		Tacx Neo 52214	4.688	 25.04.2020	0:52:30.00	- 0:06:26.00	0:19:13.52	0:28:20.98	0:35:00.98	0:40:24.56	0:45:19.83
55	 	fredericp		Tacx Flux 57209	4.234	 25.04.2020	0:52:35.00	- 0:06:31.00	0:19:54.53	0:29:22.68	0:35:54.81	0:40:59.72	0:45:43.13
56	 	dominikw02		KICKR CORE AIBE	4.913	 25.04.2020	0:52:36.00	- 0:06:32.00	0:19:22.93	0:28:18.32	0:35:03.83	0:40:29.32	0:45:31.57
56	 	manolohc		Misuro B+	4.501	 25.04.2020	0:52:36.00	- 0:06:32.00	0:20:49.33	0:29:19.73	0:35:26.76	0:40:33.60	0:45:28.22
58	 	travisbarrett1		Wahoo KICKR 301A	5.115	 25.04.2020	0:52:38.00	- 0:06:34.00	0:19:32.36	0:28:30.17	0:35:10.60	0:40:32.73	0:45:31.98
59	 	JuanPabloRendon		Stages Power Stages Power	5.541	 05.04.2020	0:52:42.00	- 0:06:38.00	---	---	---	---	---
60	 	armirail		DI	N/A	 25.04.2020	0:53:00.00	- 0:06:56.00	0:19:03.30	0:28:28.50	0:35:28.65	0:40:48.88	0:45:49.60

#	User	Enter username.	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
61		 GuyNiv		DI	N/A	 25.04.2020	0:53:04.00	- 0:07:00.00	0:19:43.79	0:28:41.72	0:35:18.39	0:40:50.59	0:45:55.52
62		 rorygilling		Tacx Flux 22416	4.858	 25.04.2020	0:53:45.00	- 0:07:41.00	0:20:18.87	0:29:08.18	0:35:53.28	0:41:21.68	0:46:27.95
63		 desertor		EliteTrainer	4.308	 25.04.2020	0:53:54.00	- 0:07:50.00	0:20:36.86	0:29:50.29	0:36:28.54	0:41:39.56	0:46:45.50
64		 nelsonoliveira_89		Wahoo KICKR C252	N/A	 25.04.2020	0:54:04.00	- 0:08:00.00	0:19:11.86	0:29:04.15	0:36:18.83	0:41:50.64	0:47:01.10
65		 MorningRunner		DI	N/A	 25.04.2020	0:54:08.00	- 0:08:04.00	0:20:00.33	0:29:34.34	0:36:30.22	0:41:57.33	0:46:58.42
66		 saimon		Wahoo KICKR AC08	4.564	 25.04.2020	0:54:11.00	- 0:08:07.00	0:20:06.83	0:29:20.58	0:36:17.74	0:41:50.37	0:46:53.90
67		 joseancarrasco		DIRETO X	4.259	 25.04.2020	0:54:16.00	- 0:08:12.00	0:20:05.46	0:29:41.91	0:36:40.94	0:42:07.46	0:47:06.98
68		 PimLigthart		Tacx Neo 2T 06069	N/A	 25.04.2020	0:54:46.00	- 0:08:42.00	0:19:30.24	0:28:54.66	0:35:53.67	0:41:30.86	0:46:48.33
69		 tom.terrettaz		Misuro B+	4.359	 25.04.2020	0:54:52.00	- 0:08:48.00	0:22:02.85	0:31:23.51	0:37:56.61	0:43:09.10	0:47:57.54
70		 destructor		ELITE Qubo Fluid	5.824	 25.03.2020	0:55:13.79	- 0:09:09.79	---	---	---	---	---
71		 barracuda79		DI	4.586	 25.04.2020	0:55:17.00	- 0:09:13.00	0:20:48.23	0:30:34.89	0:37:26.44	0:42:55.89	0:47:59.47
72		 tds-ff		DIRETO X	4.316	 25.04.2020	0:55:20.00	- 0:09:16.00	0:20:33.90	0:30:32.54	0:37:35.48	0:42:58.84	0:48:02.31
73		 mitchellbell64		Wahoo KICKR B061	4.22	 25.04.2020	0:55:23.00	- 0:09:19.00	0:20:47.47	0:30:34.58	0:37:26.73	0:42:55.56	0:47:59.92
74		 MartinLaas		Wahoo KICKR 94B1	N/A	 25.04.2020	0:55:31.00	- 0:09:27.00	0:20:46.24	0:30:50.56	0:37:48.27	0:43:11.18	0:48:10.40
75		 yanndtdo_tiger		Tacx Flow 01187	3.685	 26.04.2020	0:55:57.00	- 0:09:53.00	0:21:42.59	0:31:22.52	0:38:10.96	0:43:36.98	0:48:43.33
76		 jedudu		DI	4.241	 25.04.2020	0:56:09.00	- 0:10:05.00	0:20:49.20	0:30:56.40	0:38:01.96	0:43:36.10	0:48:43.41
77		 enriquef		Tacx Genius 06098	3.961	 25.04.2020	0:56:16.00	- 0:10:12.00	0:21:56.24	0:32:47.18	0:39:34.84	0:44:43.80	0:49:24.50
78		 debonico		Tacx Flux	N/A	 25.04.2020	0:56:26.00	- 0:10:22.00	0:21:43.67	0:31:42.34	0:38:33.97	0:44:01.70	0:49:05.40
79		 ryan.anderson		DIRETO X	N/A	 25.04.2020	0:56:35.00	- 0:10:31.00	0:20:57.62	0:31:27.87	0:38:29.81	0:43:59.37	0:49:14.00
80		 f.bordeaux		Wahoo KICKR 9F6B	3.684	 25.04.2020	0:56:37.00	- 0:10:33.00	0:21:39.61	0:32:18.75	0:39:15.83	0:44:32.00	0:49:26.99

47
rpm

44.55
km/h

382
W

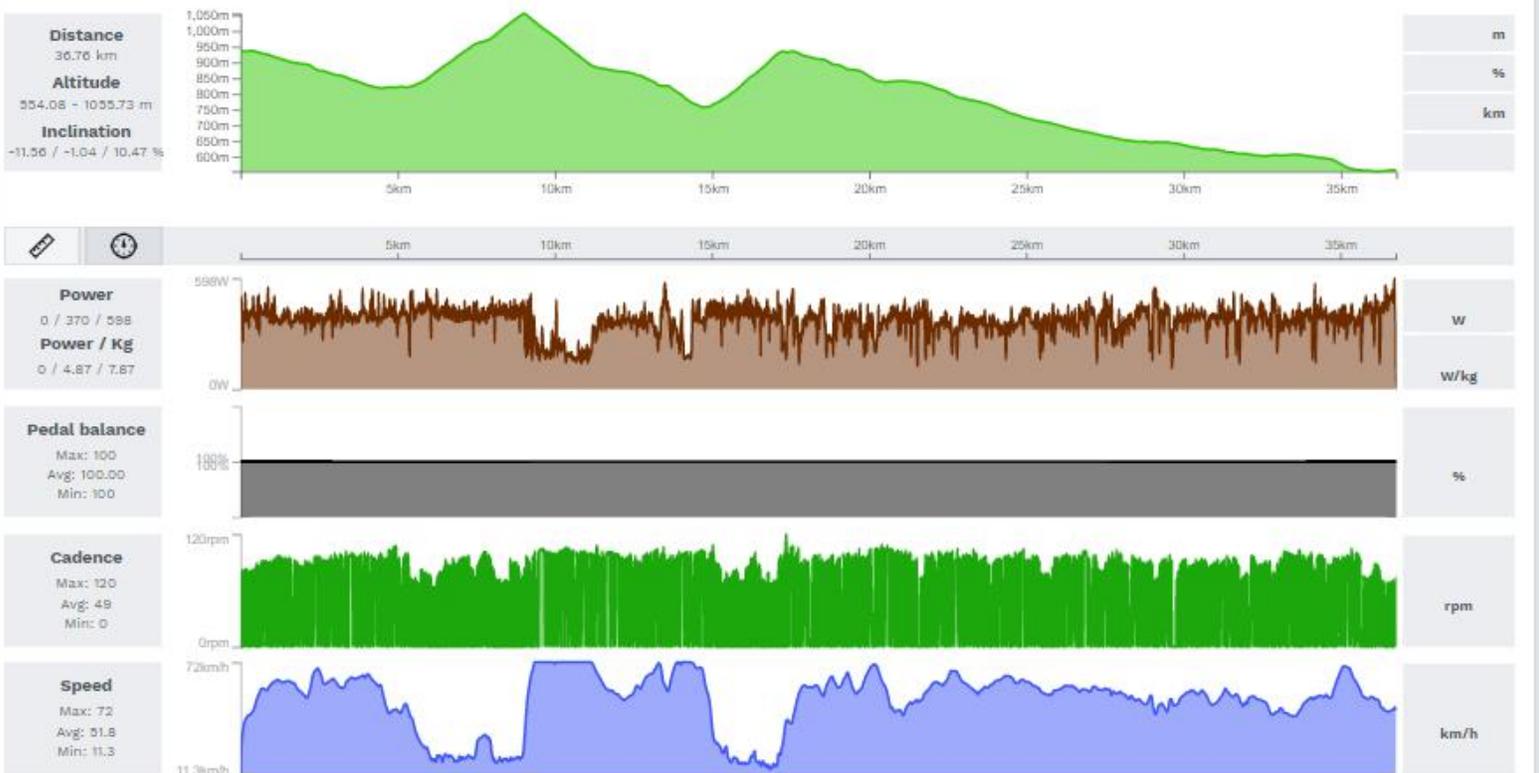
1055.7
m

1135
KJ

443.5
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed



184
bpm

73
rpm

43.11
km/h

371
W

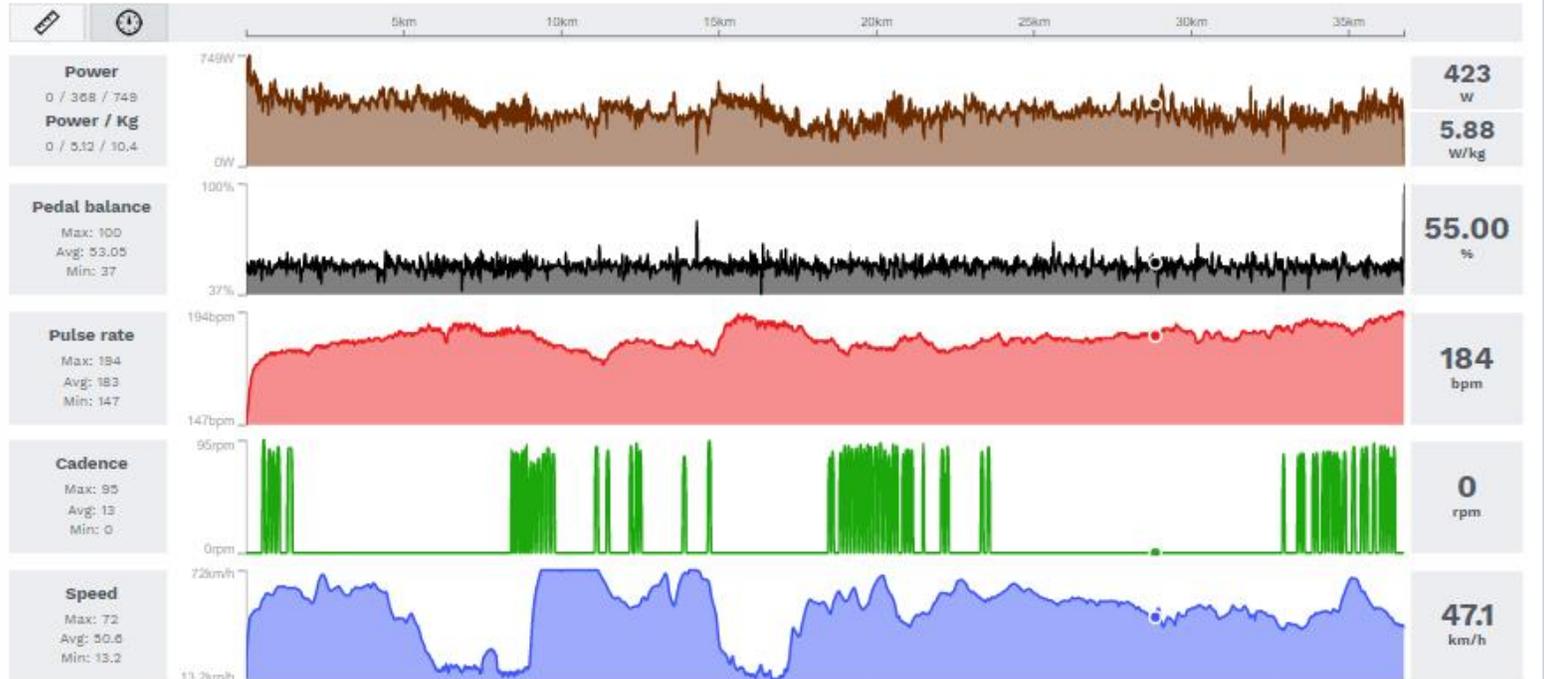
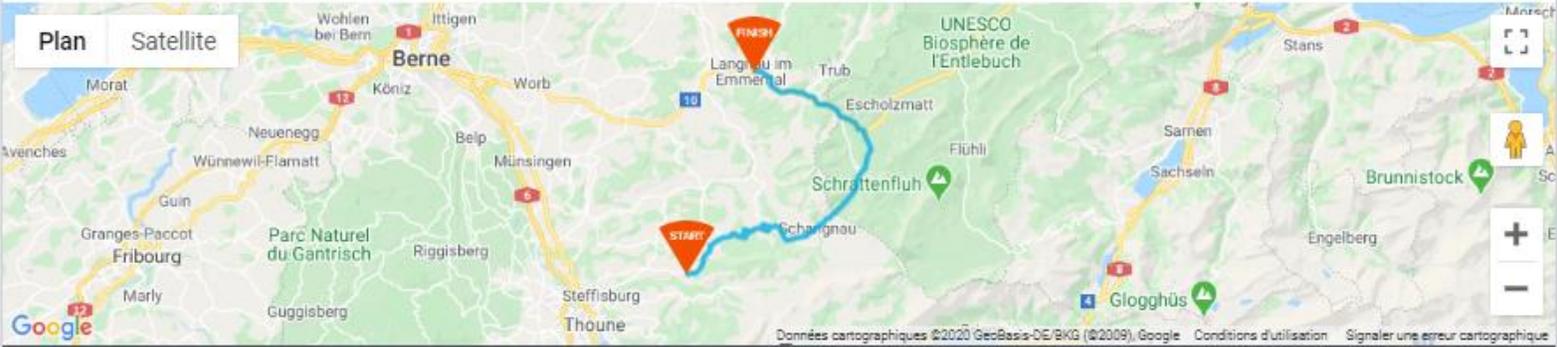
1055.7
m

1139
KJ

443.4
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Pulse rate Cadence Speed



 **86**
rpm

 **42.9**
km/h

 **362**
W

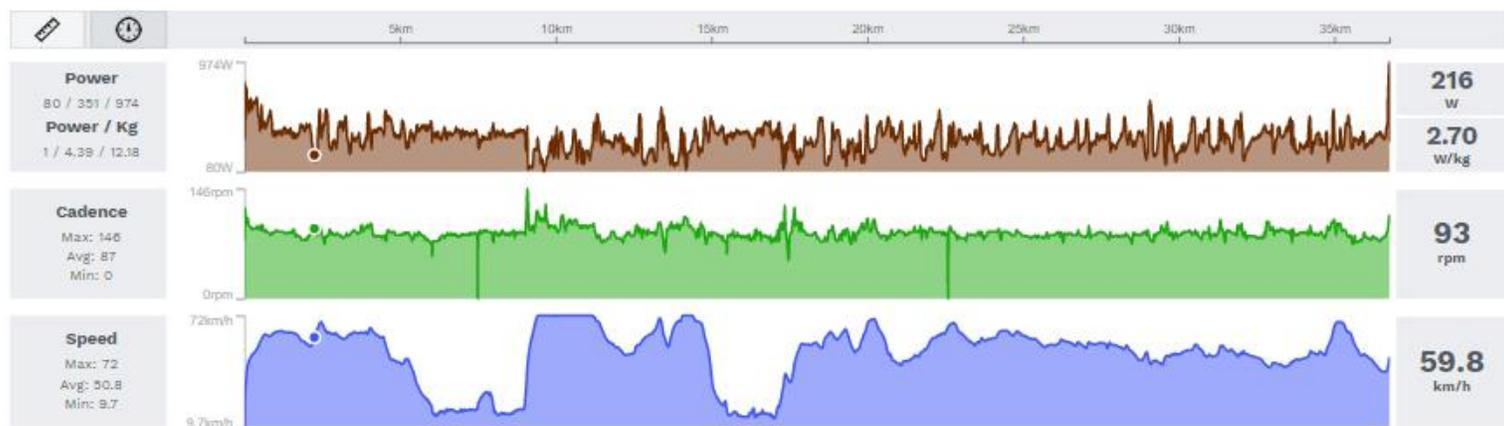
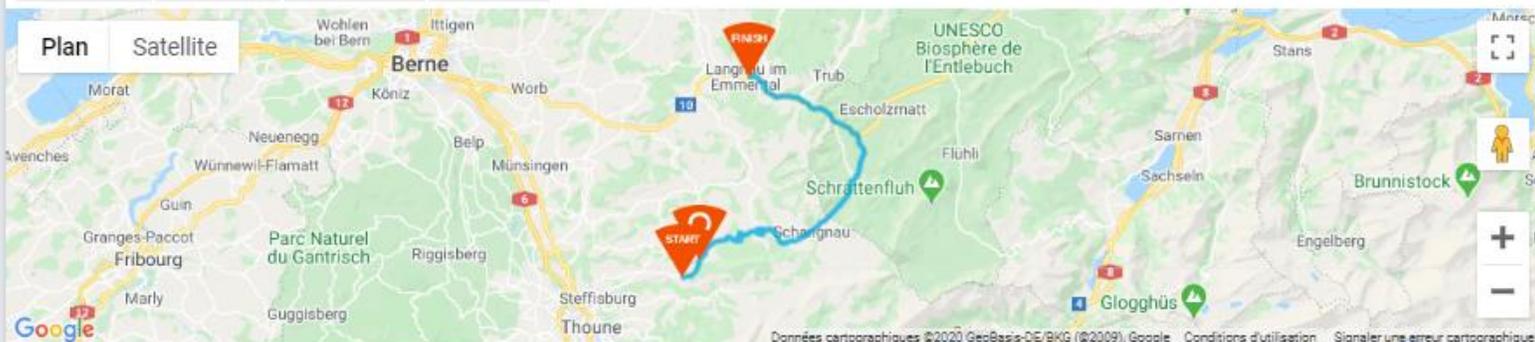
 **1055.7**
m

 **1118**
KJ

 **443.3**
m

VIRTUES™ - GRAPH

Altitude Power Cadence Speed



164
bpm

69
rpm

39.28
km/h

284
W

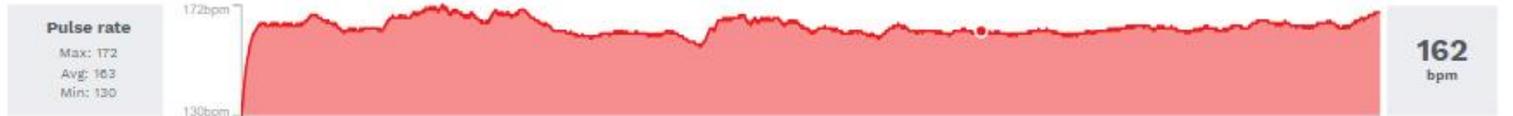
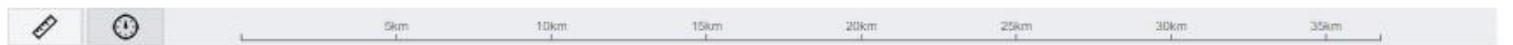
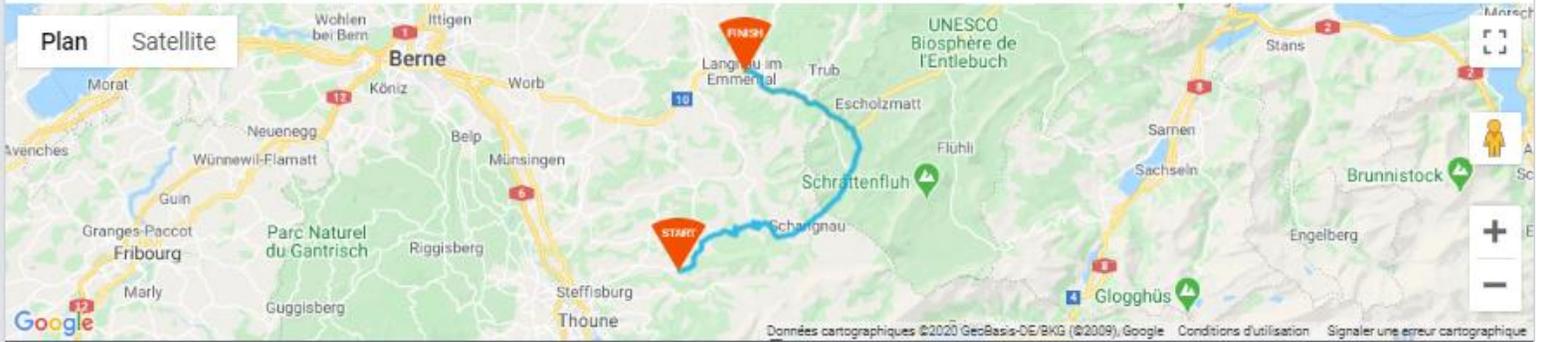
1055.7
m

957
KJ

443.4
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Pulse rate Cadence Speed



86
rpm

34.77
km/h

210
W

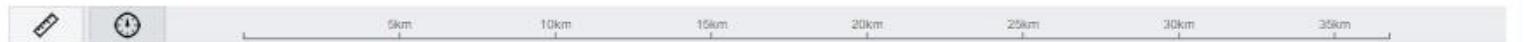
MAX 1055.7
m

800
KJ

443.5
m

VIRTUES™ - GRAPH

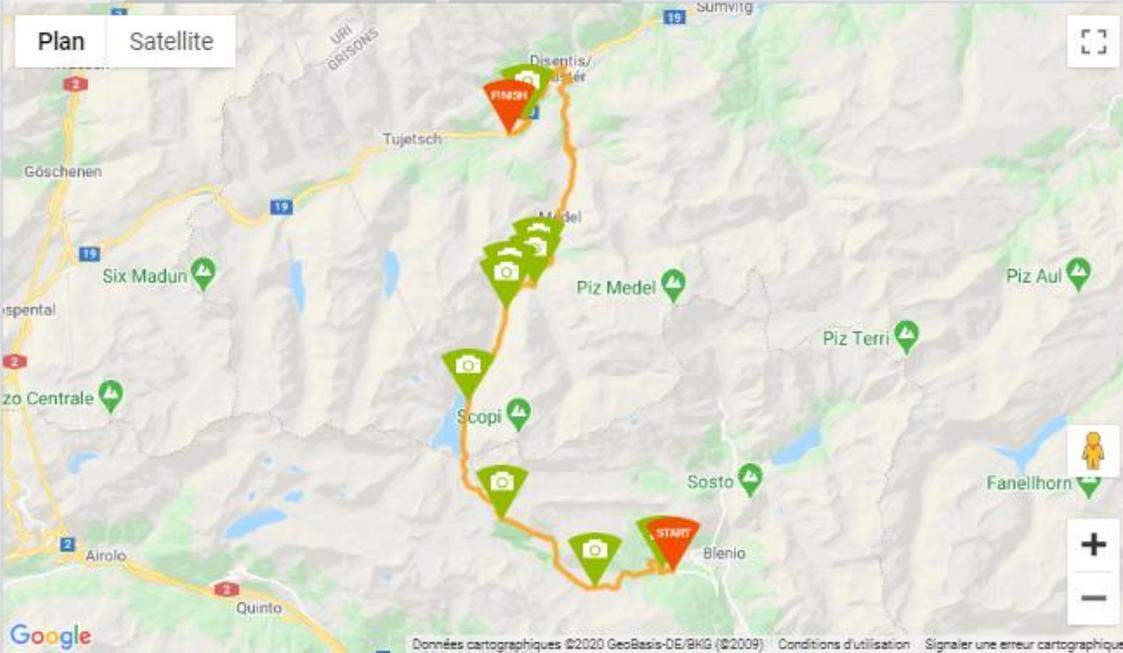
Altitude Power Pedal balance Cadence Speed



Virtual route - TDS5 | Race 5 | CAMPERIO – DISENTIS-SEDRUN

#Tour de Suisse #My favorite

MAP VIDEO SPLITS PLACES



Remove from my favourites



Author **ROUVY**
Country **Switzerland**
Distance **37.82 km**
AVG grade **3 %**
Ascended **1089 m**
Max grade **25 %**
Rating **★★★★☆ (79x)**

route's properties **HD AR**

Current version number: 2
Last update of route: 14.04.2020

SHARING AND EXPORT

Export route
export to GPX

Share route
f t e

5ème étape : CAMPERIO – DISENTIS-SEDRUN, 37,81km pour 974 m D+

Les Pro viennent d'en finir avec encore une fois le meilleur temps pour Rohan Dennis en 59min 28sec puis Nicolas Roche et enfin Jonas Vingegaard. Le 1^{er} Français Mickaël Cherel arrive 15^{ème} en 1h 02min 19sec. Beaucoup plus incertaine, cette étape a vu Roche aller au bout de lui-même mais ne pas avoir les moyen de prendre l'ascendant sur Dennis.

Dernière étape et clairement les jambes sont fatiguées et le bas du dos douloureux sans même avoir commencé. Ça va être dur et d'une certaine manière contant que ça se termine enfin cette épreuve The Digital Swiss 5 !

Départ à froid directement par une bosse d'abord de 3km à 7% que j'ai pu entamer avec 327W moy puis un replat de 700m pour récupérer à 260W moyen, une seconde rampe de 6km à 6% effectuée en 296W moy, un second replat faux plat de 1km à 282W moy et enfin la dernière rampe de 4km à 3% effectuée à 287W moyen... Dur dur de tenir le rythme.

14km de descente majoritaire avec quelques ruptures qui nécessitent de relancer souvent pour ne pas se faire rappeler à l'ordre. 243W moyen. Je faibli mais ne rompe pas ! Dans cette descente j'arrive à rattraper du monde et profite de 2 passages à +de 72km/h pour récupérer quelque peu.

Mais la dernière montée de 6km à 4% sera très difficile à négocier car plus beaucoup de carburant dans le moteur et toujours cette barre dans le bas du dos... Moyenne 289W sur cette dernière portion ou quelques unités m'auront rattrapés.

Mon temps : 1h 13min 15sec et 26^{ème} des amateurs

Je termine exténué et je pense qu'une étape de plus n'aurai pas été possible, en tout cas pas à ce rythme-là...

Résumé étape 5 :

CLASSEMENT PRO	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	Rohan Dennis	59min 28sec		
2 ^{ème}	Nicolas Roche	59min 40sec		
3 ^{ème}	Jonas Vingegaard	1h 00min 06sec		

CLASSEMENT FAN	NOM - PRENOM	TEMPS	PUISS MOY	W/kg
1 ^{er}	DESPRES Guy	1h 00min 46sec	396W	5,335
2 ^{ème}	WYSS Marcel	1h 03min 27sec	343W	5,299
3 ^{ème}	KRUGER Hb	1h 04min 08sec	367W	5,348
26 ^{ème}	DURAND J-Christo	1h 13min 15sec	284W	4,195
89 ^{ème}	SANCHEZ David	1h 25min 46sec	205W	3,472

Course Etape 5 : Puissance (W/kg) et temps

#	User	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5
1	Rohan.Dennis		Wahoo KICKR AF15	N/A	26.04.2020	0:59:29.00	- 0:00:00.00	0:01:14.76	0:11:20.37	0:23:18.54	0:32:42.23	0:36:57.42
2	nicholas.roche		DI	N/A	26.04.2020	0:59:41.00	- 0:00:12.00	0:01:13.73	0:11:29.62	0:23:49.67	0:33:09.89	0:37:23.46
3	JonasVingegaard		Tacx Neo 60883	N/A	26.04.2020	1:00:06.00	- 0:00:37.00	0:01:13.41	0:11:30.20	0:23:36.26	0:33:01.72	0:37:23.29
4	Chris.Hamilton		DR	N/A	26.04.2020	1:00:14.00	- 0:00:45.00	0:01:12.24	0:11:38.22	0:24:11.82	0:33:44.31	0:38:01.36
5	MaximilianSchachmann		Wahoo KICKR 9485	N/A	26.04.2020	1:00:18.00	- 0:00:49.00	0:01:14.70	0:11:21.55	0:23:30.77	0:33:01.69	0:37:20.41
6	jai_hindley		DI	N/A	26.04.2020	1:00:19.00	- 0:00:50.00	0:01:10.26	0:11:28.15	0:23:46.68	0:33:12.29	0:37:29.84
7	Benocconnor		DI	N/A	26.04.2020	1:00:28.00	- 0:00:59.00	0:01:16.15	0:11:38.72	0:24:11.44	0:33:49.70	0:38:06.64
8	Zakarin		Tacx Neo 09295	N/A	26.04.2020	1:00:39.00	- 0:01:10.00	0:01:08.64	0:11:20.32	0:23:53.30	0:33:30.45	0:37:50.71
9	NickSchultz		Tacx Neo 00204	N/A	26.04.2020	1:00:45.00	- 0:01:16.00	0:01:16.91	0:11:32.84	0:24:28.23	0:34:02.93	0:38:19.79
10	user_122571		DIRETO X	5.274	26.04.2020	1:00:46.00	- 0:01:17.00	0:01:06.41	0:11:15.23	0:23:37.85	0:33:32.54	0:37:54.66
11	M.Frank		DIRETO X	N/A	26.04.2020	1:01:00.00	- 0:01:31.00	0:01:21.82	0:12:03.33	0:24:40.93	0:34:14.80	0:38:30.40
12	domenico.82		DI	N/A	26.04.2020	1:01:02.00	- 0:01:33.00	0:01:14.74	0:11:29.55	0:23:50.60	0:33:24.98	0:37:49.33
13	JimmyWhelan		Tacx Neo 24756	N/A	26.04.2020	1:01:22.00	- 0:01:53.00	0:01:07.23	0:11:13.43	0:23:52.10	0:34:00.13	0:38:25.43
14	JamesPiccoli		Wahoo KICKR CA05	N/A	26.04.2020	1:01:41.00	- 0:02:12.00	0:01:20.83	0:11:54.59	0:24:27.54	0:34:26.42	0:38:50.10
15	B.Gastauer		SUITO	N/A	26.04.2020	1:01:54.00	- 0:02:25.00	0:01:09.89	0:11:40.95	0:24:43.21	0:34:33.10	0:38:51.11
16	CherelMikael		Wahoo KICKR 8DE6	N/A	26.04.2020	1:02:20.00	- 0:02:51.00	0:01:20.95	0:12:13.34	0:25:07.24	0:35:01.48	0:39:20.78
17	valentinmadouas		Tacx Neo 07151	N/A	26.04.2020	1:02:30.00	- 0:03:01.00	0:01:13.47	0:11:58.47	0:25:02.51	0:35:01.10	0:39:21.45
18	Gavin.Mannion		Wahoo KICKR 9DFC	N/A	26.04.2020	1:02:39.00	- 0:03:10.00	0:01:21.21	0:12:07.76	0:24:52.52	0:34:43.65	0:39:13.53
19	sebastien1989		DR	N/A	26.04.2020	1:03:21.00	- 0:03:52.00	0:01:13.97	0:11:58.50	0:25:01.48	0:35:04.77	0:39:28.00
20	wyss-training		Tacx Neo 2T 60937	5.284	26.04.2020	1:03:27.00	- 0:03:58.00	0:01:18.20	0:12:17.43	0:25:28.39	0:35:37.64	0:40:03.50

#	User	Enter username	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	
21		AttilaValter		Wahoo KICKR 9615	N/A	26.04.2020	1:04:07.00	- 0:04:38.00	0:01:20.23	0:12:11.92	0:25:42.80	0:36:02.10	0:40:24.90	0
22		krugerhb		Tacx Neo 2 23517	5.092	26.04.2020	1:04:09.00	- 0:04:40.00	0:01:18.18	0:12:18.46	0:25:47.20	0:36:02.70	0:40:24.28	0
23		NateBrown07		Wahoo KICKR AE53	N/A	26.04.2020	1:04:11.00	- 0:04:42.00	0:01:16.82	0:12:14.40	0:25:29.25	0:35:50.18	0:40:17.37	0
24		RemiCav		Tacx Neo 00066	N/A	26.04.2020	1:04:15.00	- 0:04:46.00	0:01:15.95	0:11:44.67	0:25:28.50	0:35:45.48	0:40:05.94	0
25		MatteoBadilatti		DI	N/A	26.04.2020	1:04:24.00	- 0:04:55.00	0:01:15.80	0:11:59.64	0:25:44.46	0:35:58.31	0:40:28.42	0
25		bassongustav		Tacx Flux 27872	5.236	26.04.2020	1:04:24.00	- 0:04:55.00	0:01:10.70	0:12:00.48	0:26:07.80	0:36:19.20	0:40:39.53	0
27		jonasrutsch		Tacx Neo 50419	N/A	26.04.2020	1:04:36.00	- 0:05:07.00	0:01:18.73	0:12:23.34	0:26:07.83	0:36:33.76	0:40:53.76	0
28		c.chevrier		KICKR CORE BE9A	N/A	26.04.2020	1:04:42.00	- 0:05:13.00	0:01:20.32	0:12:26.98	0:25:59.92	0:36:15.57	0:40:45.51	0
29		Carlos.Rodriguez		Wahoo KICKR A6AE	N/A	26.04.2020	1:04:46.00	- 0:05:17.00	0:01:23.84	0:12:46.80	0:26:16.53	0:36:40.56	0:41:07.48	0
30		SoupeGeoffrey		Tacx Neo 09075	N/A	26.04.2020	1:04:50.00	- 0:05:21.00	0:01:26.71	0:12:47.90	0:26:21.22	0:36:37.84	0:40:58.44	0
31		giulioiccoti		Hammer 16381	N/A	26.04.2020	1:05:06.00	- 0:05:37.00	0:01:16.00	0:12:00.76	0:25:34.69	0:36:13.70	0:40:43.75	0
32		BaukeMollema		Hammer 41078	N/A	26.04.2020	1:05:09.00	- 0:05:40.00	0:01:26.70	0:13:01.27	0:26:38.55	0:36:48.70	0:41:13.11	0
33		jacobhennessy		Wahoo KICKR 9050	4.872	26.04.2020	1:05:20.00	- 0:05:51.00	0:01:27.12	0:12:55.56	0:26:48.10	0:37:12.50	0:41:28.18	0
34		LilianCalmejane		Tacx Neo 63932	N/A	26.04.2020	1:05:41.00	- 0:06:12.00	0:01:26.82	0:12:42.38	0:26:51.33	0:37:26.61	0:41:52.82	0
35		Gino_Mader		Tacx Neo 05154	N/A	26.04.2020	1:05:45.00	- 0:06:16.00	0:01:26.60	0:12:48.38	0:26:12.91	0:36:35.66	0:41:01.92	0
36		simonguglielmi		Wahoo KICKR 8E5D	N/A	26.04.2020	1:05:50.00	- 0:06:21.00	0:01:11.40	0:12:42.61	0:26:48.62	0:37:09.54	0:41:33.21	0
37		shark84		Hammer 14200	N/A	26.04.2020	1:06:32.00	- 0:07:03.00	0:02:18.51	0:13:49.52	0:27:09.66	0:37:26.15	0:41:50.75	0
38		AndreyZeits		Tacx Neo 2T 64297	N/A	26.04.2020	1:06:38.00	- 0:07:09.00	0:01:31.60	0:12:59.70	0:27:34.74	0:38:07.50	0:42:33.64	0
39		rorygilling		Tacx Flux 22416	5.119	26.04.2020	1:06:48.00	- 0:07:19.00	0:01:28.28	0:13:13.18	0:27:22.90	0:38:00.46	0:42:27.57	0
40		TomHanlon181		Tacx Neo 2 12744	4.849	26.04.2020	1:06:54.00	- 0:07:25.00	0:01:19.87	0:12:52.28	0:27:21.63	0:38:10.64	0:42:36.70	0

#	User	Enter username...	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	
41		andriesnigrini		Wahoo KICKR BF95	N/A	 26.04.2020	1:07:37.00	- 0:08:08.00	0:01:22.75	0:13:25.77	0:27:55.17	0:38:38.78	0:43:03.71	C
42		JackHaig		Tacx Neo 2T 64689	N/A	 26.04.2020	1:07:38.00	- 0:08:09.00	0:01:39.53	0:13:08.84	0:27:03.76	0:37:32.27	0:41:56.86	C
43		IdeSchelling		Wahoo KICKR 9701	N/A	 26.04.2020	1:07:47.00	- 0:08:18.00	0:01:16.25	0:12:44.90	0:27:12.78	0:38:02.40	0:42:28.35	C
44		GerbenThijssen		Tacx Neo 2T 00009	N/A	 26.04.2020	1:07:48.00	- 0:08:19.00	0:01:20.10	0:13:20.96	0:27:59.11	0:38:57.96	0:43:24.59	C
45		Michal.Kwiatkowski		Wahoo KICKR 4797	N/A	 26.04.2020	1:08:11.00	- 0:08:42.00	0:01:10.18	0:12:14.83	0:26:30.48	0:37:30.77	0:41:59.57	C
46		robocop		DI	4.729	 26.04.2020	1:08:22.00	- 0:08:53.00	0:01:29.61	0:13:30.72	0:28:12.44	0:39:11.29	0:43:41.79	C
47		ttmadmatt		Tacx Neo 52214	4.671	 26.04.2020	1:08:28.00	- 0:08:59.00	0:01:24.86	0:13:05.70	0:28:01.78	0:39:01.29	0:43:28.89	C
48		drgroen		Tacx Flow 24368	4.504	 26.04.2020	1:08:30.00	- 0:09:01.00	0:01:28.73	0:13:29.26	0:27:38.21	0:38:34.50	0:42:58.50	C
49		tom.terrettaz		Misuro B+	4.645	 26.04.2020	1:08:35.00	- 0:09:06.00	0:01:48.19	0:15:21.98	0:29:49.29	0:40:23.45	0:44:40.72	C
50		GarciaG		Wahoo KICKR ACAE	4.959	 26.04.2020	1:08:38.00	- 0:09:09.00	0:01:05.11	0:13:15.24	0:28:13.51	0:39:21.26	0:43:54.45	C
51		MatteoFabbro		Wahoo KICKR 9700	N/A	 26.04.2020	1:08:42.00	- 0:09:13.00	0:01:27.98	0:13:30.43	0:27:31.16	0:38:14.89	0:42:56.81	C
52		samitiersergio		KICKR CORE 765F	N/A	 26.04.2020	1:09:04.00	- 0:09:35.00	0:01:33.10	0:14:00.49	0:28:17.70	0:38:59.68	0:43:28.36	C
53		StanDewulf		Tacx Neo 2 18746	N/A	 26.04.2020	1:09:16.00	- 0:09:47.00	0:01:16.20	0:13:30.46	0:28:27.48	0:39:37.16	0:44:01.39	C
54		albert.torres		SUITO	N/A	 26.04.2020	1:09:22.00	- 0:09:53.00	0:01:30.80	0:13:32.21	0:28:26.80	0:39:52.98	0:44:18.25	C
55		dominikw02		KICKR CORE AIBE	4.626	 26.04.2020	1:09:29.00	- 0:10:00.00	0:01:26.31	0:14:00.80	0:29:06.64	0:40:13.13	0:44:42.19	C
56		joaoalmeida98		Wahoo KICKR B6C7	N/A	 26.04.2020	1:09:42.00	- 0:10:13.00	0:01:27.62	0:13:37.65	0:28:51.11	0:40:06.33	0:44:33.81	C
57		AndrMachado		Tacx Flow 38553	4.393	 26.04.2020	1:09:46.00	- 0:10:17.00	0:01:32.50	0:14:11.20	0:29:02.32	0:40:12.84	0:44:39.15	C
58		Eros_Capecci		DR	N/A	 26.04.2020	1:10:00.00	- 0:10:31.00	0:01:28.89	0:14:29.90	0:29:19.74	0:40:20.52	0:44:59.79	C
59		alafpolak		Tacx Neo 2 05763	N/A	 26.04.2020	1:10:24.00	- 0:10:55.00	0:01:14.85	0:12:47.40	0:28:29.88	0:40:32.16	0:45:07.95	C
60		tigostar		BKOOL Smart Pro	4.516	 26.04.2020	1:10:26.41	- 0:10:57.41	0:01:31.63	0:12:37.87	0:26:30.33	0:37:25.14	0:42:21.44	C

#	User	Enter username	Sport	Type of device	Avg W/Kg	Date	Time	Time GAP	SPLIT / LAP 1	SPLIT / LAP 2	SPLIT / LAP 3	SPLIT / LAP 4	SPLIT / LAP 5	
61		skywalker594		Hammer 02137	4.513	26.04.2020	1:10:30.00	- 0:11:01.00	0:01:30.42	0:14:19.87	0:29:21.49	0:40:34.50	0:45:00.29	C
62		jvrs		Tacx Bushido 07773	4.87	26.04.2020	1:10:37.00	- 0:11:08.00	0:01:34.93	0:14:18.71	0:30:03.52	0:41:01.35	0:45:18.29	O
63		Fausto.Masnada		SUITO	N/A	26.04.2020	1:10:56.00	- 0:11:27.00	0:01:19.67	0:13:00.77	0:27:13.21	0:38:46.76	0:43:46.95	C
64		fredericp		Tacx Flux 57209	4.109	26.04.2020	1:11:06.00	- 0:11:37.00	0:01:32.64	0:14:30.95	0:30:03.50	0:41:19.82	0:45:38.29	C
65		VolkerDIMB		DI	N/A	26.04.2020	1:11:17.00	- 0:11:48.00	0:01:30.69	0:14:31.21	0:30:14.35	0:41:28.91	0:45:55.55	O
66		tire		DR	4.65	26.04.2020	1:11:23.00	- 0:11:54.00	0:01:17.61	0:13:43.25	0:29:01.22	0:40:24.25	0:44:56.73	O
67		aldoedward		ELITE Qubo Digital Smart B+	4.806	26.04.2020	1:11:26.78	- 0:11:57.78	0:01:47.97	0:14:28.47	0:28:54.89	0:40:13.34	0:44:56.72	C
68		MagnusCort		Tacx Neo 25967	N/A	26.04.2020	1:11:49.00	- 0:12:20.00	0:01:22.57	0:13:08.52	0:28:39.10	0:40:18.28	0:44:46.47	O
69		Poels		Wahoo KICKR AF2C	N/A	26.04.2020	1:12:11.00	- 0:12:42.00	0:01:11.15	0:12:52.89	0:29:38.15	0:41:51.17	0:46:20.82	O
69		manolohc		Misuro B+	4.11	26.04.2020	1:12:11.00	- 0:12:42.00	0:01:41.91	0:14:14.73	0:29:12.32	0:41:01.92	0:45:26.20	C
71		cimo89		Tacx Neo 2T 12824	N/A	26.04.2020	1:12:22.00	- 0:12:53.00	0:01:32.37	0:14:21.71	0:30:20.68	0:42:19.47	0:46:45.95	C
72		TakisXouris		Wahoo KICKR A3A9	4.614	26.04.2020	1:12:34.00	- 0:13:05.00	0:01:30.18	0:14:38.75	0:30:11.80	0:41:56.43	0:46:30.73	O
73		joseancarrasco		DIRETO X	4.156	26.04.2020	1:12:46.00	- 0:13:17.00	0:01:27.53	0:14:25.76	0:30:15.80	0:42:26.47	0:46:55.48	C
74		slartybartfarst		CycleOps PowerBeam Pro	4.587	26.04.2020	1:13:06.60	- 0:13:37.60	0:01:39.36	0:14:21.91	0:29:11.80	0:40:39.83	0:45:36.99	C
75		cyclingjan		Tacx Flux 33095	4.443	26.04.2020	1:13:08.00	- 0:13:39.00	0:01:22.69	0:14:09.36	0:30:06.21	0:42:01.96	0:46:51.32	O
76		jcdudu		DI	4.245	26.04.2020	1:13:15.00	- 0:13:46.00	0:01:28.36	0:14:33.93	0:30:32.88	0:42:16.39	0:46:49.81	C
77		vincenticyrille		DIRETO X	4.146	26.04.2020	1:13:53.00	- 0:14:24.00	0:01:38.53	0:14:50.90	0:30:48.81	0:42:49.88	0:47:12.98	O
78		fouriejames		Stages 38189	4.448	26.04.2020	1:14:11.00	- 0:14:42.00	0:01:15.91	0:13:46.89	0:30:16.67	0:41:54.85	0:46:30.76	O
79		kletterno		KICKR CORE 9A3A	N/A	26.04.2020	1:14:15.00	- 0:14:46.00	0:01:35.46	0:14:58.88	0:31:05.10	0:42:55.31	0:47:25.56	O
80		josuearagarcia		Hammer 00672	4.322	26.04.2020	1:14:35.00	- 0:15:06.00	0:01:15.65	0:14:01.45	0:30:14.24	0:42:26.17	0:47:08.94	O

73
rpm

37.34
km/h

396
W

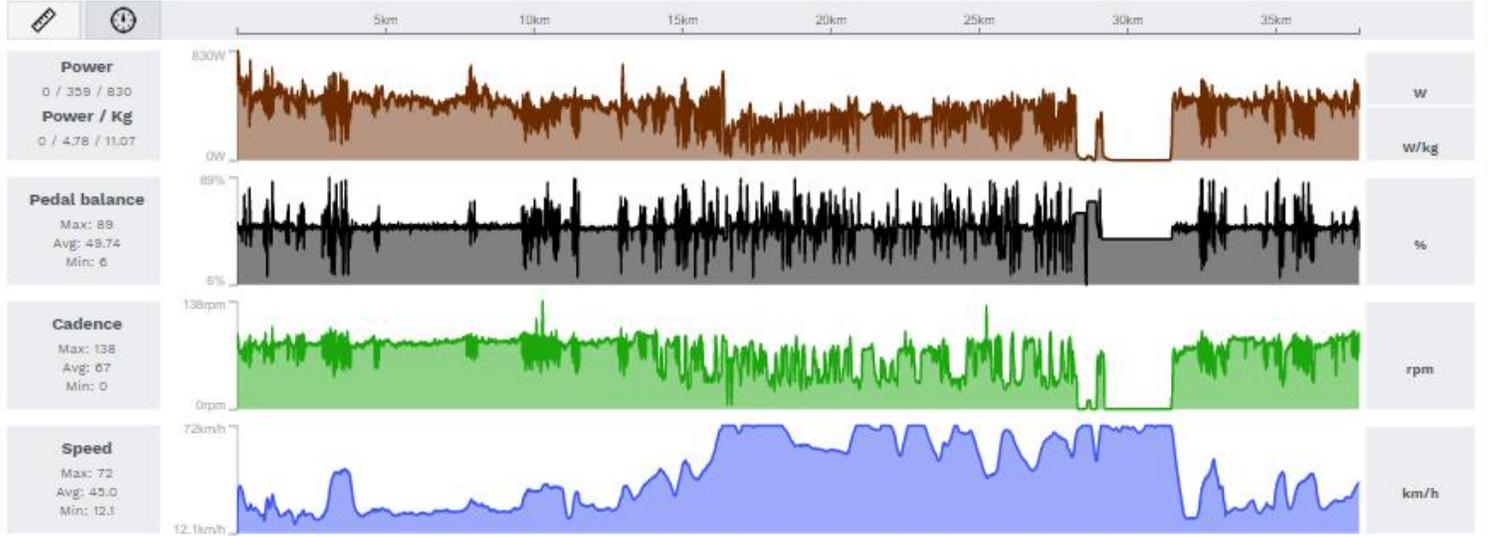
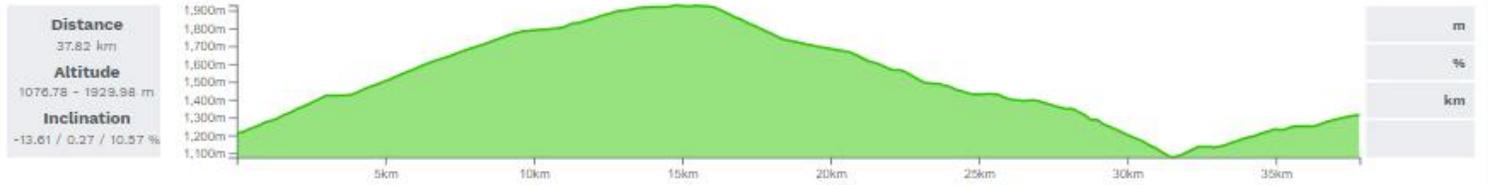
1930
m

1442
KJ

974.1
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Cadence Speed



73
rpm

35.76
km/h

343
W

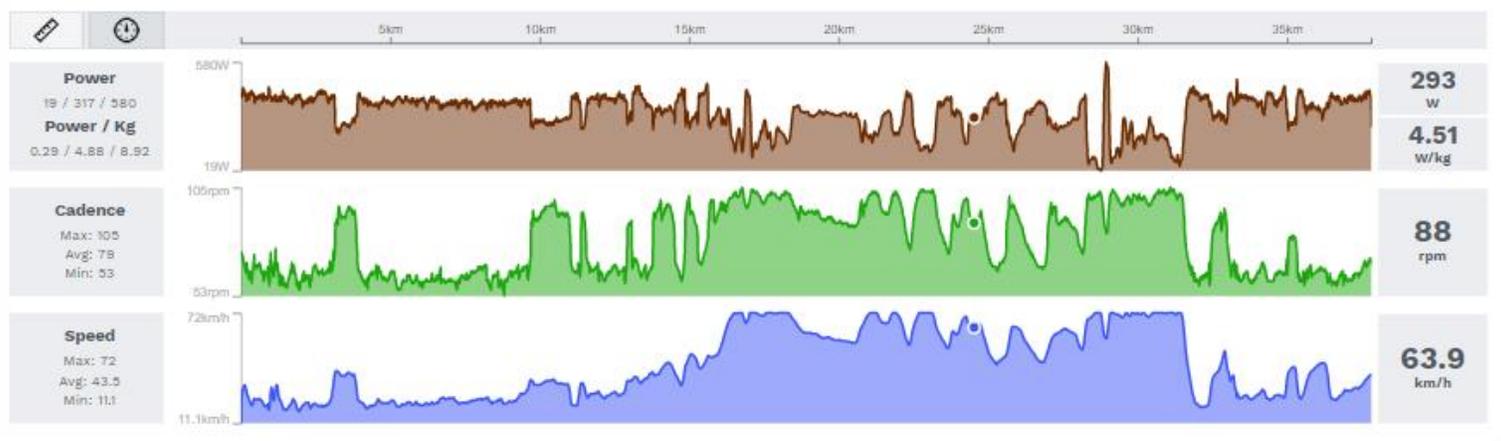
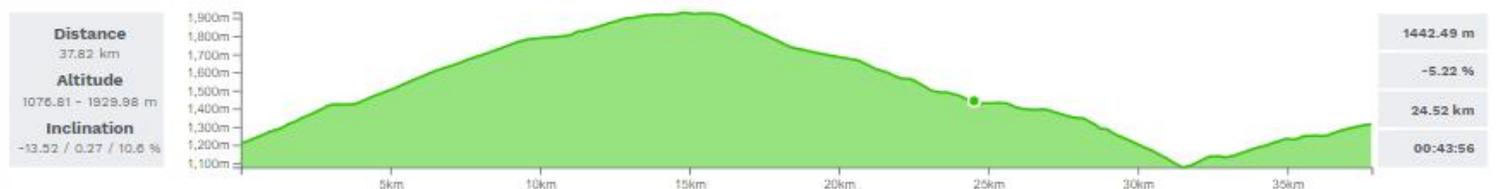
1930
m

1307
KJ

974.1
m

VIRTUES™ - GRAPH

Altitude Power Cadence Speed



82
rpm

35.37
km/h

367
W

1930
m

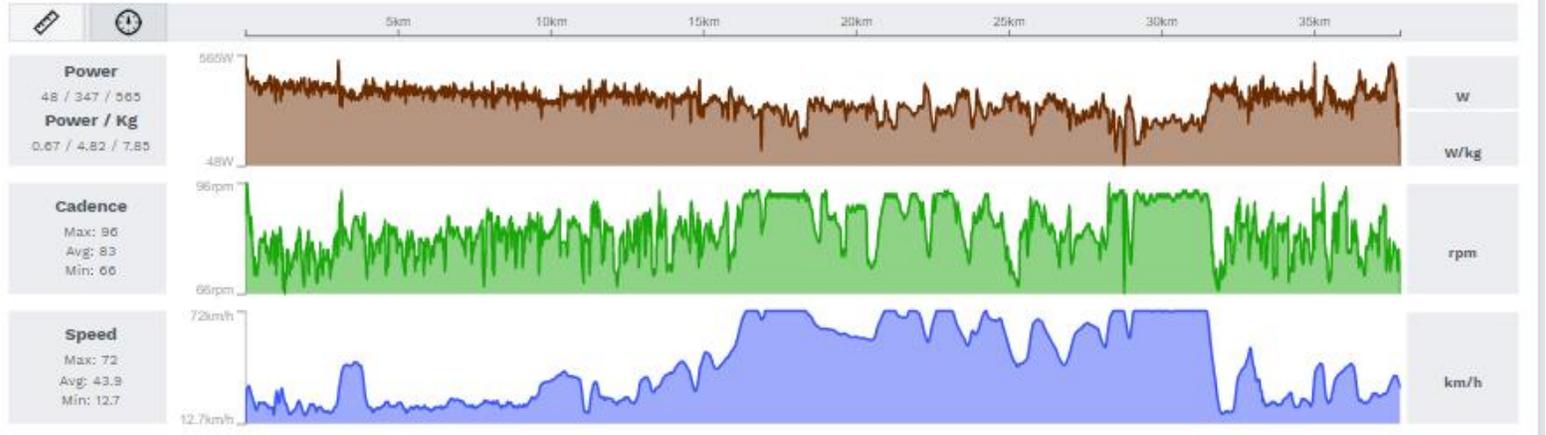
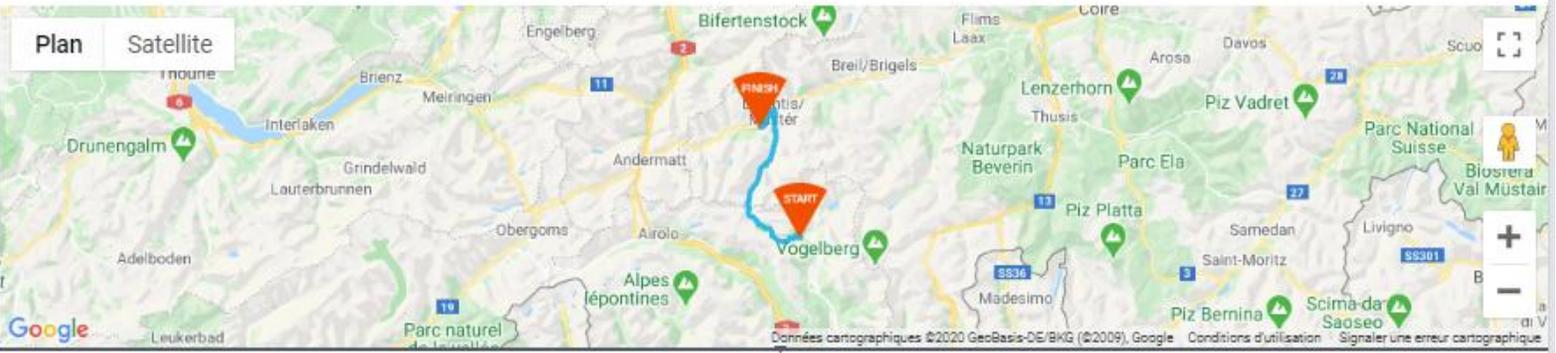
1411
KJ

974.2
m

VIRTUES™ - GRAPH

Altitude Power Cadence Speed

Plan Satellite



162
bpm

62
rpm

30.98
km/h

284
W

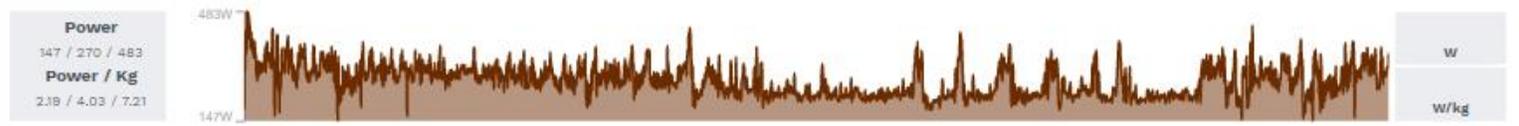
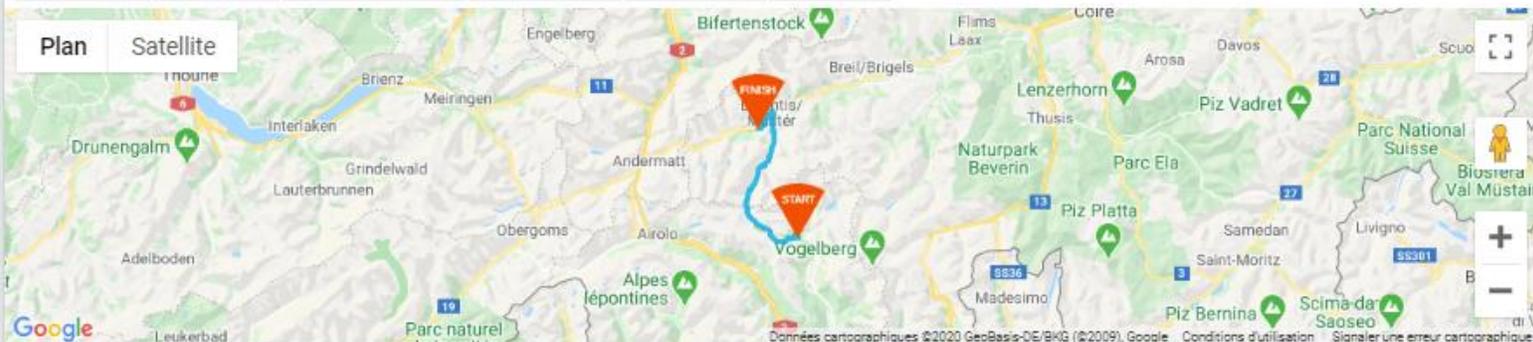
1930
m

1249
KJ

974.1
m

VIRTUES™ - GRAPH

Altitude Power Pedal balance Pulse rate Cadence Speed



75
rpm

26.45
km/h

205
W

1930
m

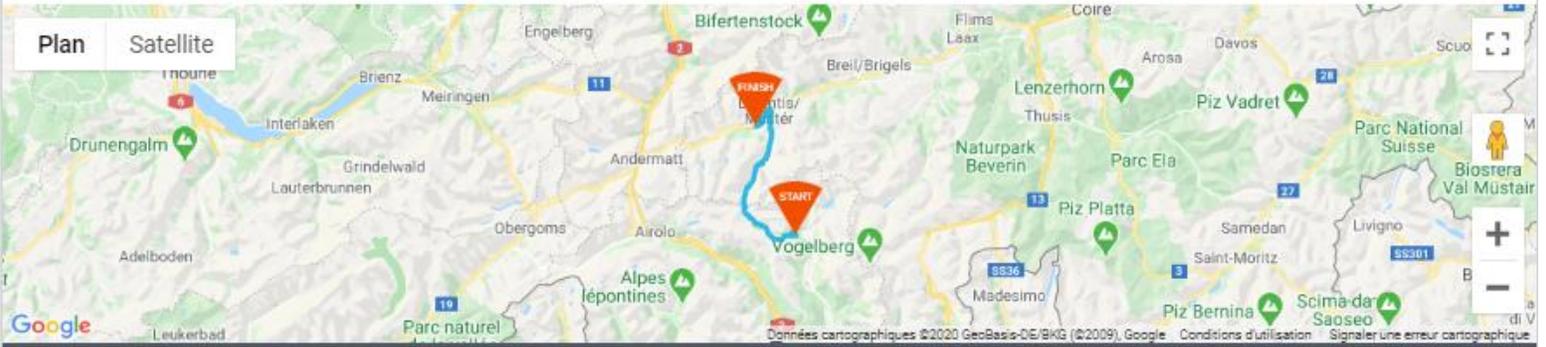
1054
KJ

974.1
m

VIRTUES™ - GRAPH

Altitude Power Cadence Speed

Plan Satellite



CONCLUSION

Dans l'ensemble les étapes ont été bien construites avec de belles difficultés et des étapes de transitions qui, sur ce format d'épreuve, n'en sont pas vraiment.

Mais comme sur un vrai tour il en faut pour tous, chacun aura pu s'exprimer au mieux.

L'état de fraîcheur est la clé mais elle vient à manquer en fin d'épreuve et c'est normal si l'on fait consciencieusement l'effort nécessaire pour que le travail soit de qualité.

Au vu de l'état des 3 premiers professionnels en fin d'étape, l'effort de leur côté étaient maximal. Pour les autres je ne pense pas, juste un travail au seuil pour l'entraînement.

Domage de ne pas pouvoir visualiser le détail de chaque étape des professionnels.

Un énorme écart existe entre les professionnels et les amateurs mais les 1^{er} amateurs ont des aptitudes de puissance exceptionnelles ce qui pourrait supposer un défaut de réglage du HT... Un poids avantageux du vélo ou de la personne peut modifier les données de puissances et fausser les résultats.

Ou encore de modifier le curseur difficulté du logiciel du HT dans certains cas comme sur Zwift pour compenser une cassette qui serait trop petite. Et là clairement c'est donner des résultats faussés.

Chacun est libre et aura sa propre conscience. Car sur le terrain et dans la vraie vie, tout le monde voit bien de quoi l'être humain est capable face à la réalité d'une épreuve ou d'une montée.

On ne peut pas se cacher lors d'épreuves de masse. Les plus forts restent devant. Le juge de paix c'est l'épreuve réelle chronométrée ou en groupe dans un cadre déterminé par l'organisateur !

Même si ce Tour de Suisse Virtuel n'a pas de classement général je me suis amusé à en faire un concernant ceux uniquement qui ont effectué les 5 étapes.

Une belle expérience de vécu !

Maintenant vivement que l'on reprenne nos vraies routes d'entraînement, que l'on bouffe du bitume et des gaz d'échappement.

ranking General	First name	Nationality	Club	nick	Category	Time1	Time2	Time3	Time4	Time5	Time total
1	Jacob	GBR	Canyon DHB	jacobhennessy	Men	01:08:33	00:58:36	01:25:12	00:49:30	01:05:19	06:32:29
2	Thomas	GBR	Team Chronomaster	TomHanlon181	Men	01:02:30	01:10:14	01:22:24	00:52:26	01:06:53	06:41:20
3	Matt	GBR	TMC	ttmadmatt	Men	01:07:32	01:05:10	01:27:27	00:52:29	01:08:27	06:49:32
4	Dominik	SUI	RV Sulz Fixträger AG / Bauer Sport Cycling Team	dominikw02	Men	01:07:20	01:03:55	01:28:59	00:52:35	01:09:28	06:51:45
5	Frederic	AUT	deniflcycling	fredericp	Men	01:12:31	01:00:39	01:30:47	00:54:29	01:11:05	07:00:36
6	Jean-Christophe	FRA	ETOILE CYCLISTE FONTENAYSIENNE	jcdudu	Men	01:08:56	01:05:10	01:33:47	00:56:08	01:13:14	07:10:29
7	Andre	POR	Ciclismo2640	AndrMachado	Men	01:21:27	01:06:36	01:32:49	01:00:35	01:09:45	07:20:57
8	Mitchell	GBR	---	mitschellbell54	Men	01:13:19	01:05:32	01:37:24	00:55:22	01:18:33	07:28:43
9	Kindler	USA	Tulsa Wheelmen	mtnroadie	Men	01:18:24	01:06:05	01:38:19	00:56:46	01:15:40	07:30:54
10	Takis	GRE	Aeolos Athens	TakisXouris	Men	01:07:39	01:16:37	01:33:10	01:08:47	01:12:33	07:31:19
11	Ondra	SUI	Tempo vola	ovanis	Men	01:17:23	01:12:25	01:37:20	00:58:30	01:14:39	07:34:56
12	Beldo	NOR	---	sigurdbeldo	Men	01:11:22	01:15:56	01:37:49	01:01:49	01:15:04	07:37:04
13	Michael	DEN	HCC	michaelj10	Men	01:20:04	01:05:53	01:45:16	00:57:09	01:14:49	07:38:00
14	Tony	GBR	COREtriathlon	tweeks71	Men	01:16:53	01:10:36	01:40:17	00:57:36	01:16:40	07:38:42
15	Star	GER	---	tigostar	Men	01:16:25	01:19:52	01:43:39	01:03:06	01:10:26	07:43:54
16	Nicolas	SUI	Triathlon Club Valais - TEMPO SPORT	debonico	Men	01:20:27	01:08:16	01:40:56	00:57:32	01:18:33	07:44:17
17	Martin	SUI	---	suttema	Men	01:15:58	01:07:59	01:45:41	00:59:08	01:18:09	07:45:04
18	Johan	RSA	Revolutionfit	johnybravo	Men	01:18:22	01:07:10	01:43:59	00:58:41	01:19:12	07:46:36
19	Fabrice	FRA	---	f	Men	01:18:32	01:04:49	01:46:47	00:56:36	01:20:05	07:46:54
20	DEN HENGEL Bob	NED	---	bobvdh93	Men	01:14:33	01:16:09	01:40:13	01:05:06	01:16:59	07:49:59
21	Chris	GBR	Glasgow Nightingale	dahunter222	Men	01:16:16	01:10:22	01:51:43	00:58:22	01:19:48	07:56:19
22	Daniele	ITA	---	danpao	Men	01:18:59	01:16:38	01:43:35	00:58:57	01:21:00	08:00:09
23	Moritz	GER	Rotary Cycling Team	MoritzDickRCT	Men	01:19:23	01:08:00	01:45:48	00:59:06	01:24:35	08:01:27
24	Mike	GBR	---	Mike_Berrisford	Men	01:18:05	01:07:35	01:52:34	00:59:20	01:24:27	08:06:28
25	Mark	NED	---	Mark84	Men	01:20:42	01:09:57	01:55:39	00:58:10	01:21:21	08:07:10
26	-Kjell Petter	NOR	SK Rye	kjellpb	Men	01:21:50	01:15:19	01:43:31	01:02:13	01:23:59	08:10:51
27	Maciej	POL	Sportevolution	mpawlowski	Men	01:21:38	01:08:05	01:59:59	00:58:16	01:22:35	08:13:08
28	Lukasz	POL	Fujitsu Cycling Team/ HTF Ludwik Sikorski	lu_brz	Men	01:21:38	01:08:54	01:56:25	01:00:16	01:23:26	08:14:05
29	Jérémy	BEL	---	eldra	Men	01:23:40	01:11:19	01:50:51	01:01:27	01:24:05	08:15:27
30	Evelin	FRA	---	EvelinB	Women	01:24:53	01:11:21	01:53:23	01:00:38	01:24:02	08:18:19
31	Sven	SUI	---	svmaier	Men	01:25:07	01:08:47	01:53:02	01:01:06	01:25:58	08:19:58

32	Bruno	POR	BrunoRosa Cycling / Vasconha BTT Vouzela	BrunoRosa	Men	01:20:52	01:13:44	01:55:24	01:08:24	01:21:04	08:20:32
33	Emidio	ITA	ROUVY AMBASSADOR	emidioland	Men	01:21:25	01:22:41	01:47:44	01:07:28	01:21:54	08:23:06
34	Frédéric	FRA	---	fred-mario	Men	01:17:42	01:20:12	01:45:47	01:07:04	01:26:20	08:23:25
35	Wojciech	POL	BORA-hansgrohe Fanclub Poland	wojtek_sebzda	Men	01:23:02	01:09:51	02:03:10	00:57:35	01:25:08	08:23:54
36	HOUT Ruben	NED	---	rubenvanhout	Men	01:48:44	01:16:09	01:40:13	01:05:06	01:16:59	08:24:10
37	Paul	CZE	Bath Cycling club	bartlettuk	Men	01:23:54	01:11:57	01:59:02	01:01:37	01:25:10	08:26:50
38	-Fabrizio	ITA	---	fabri71	Men	01:30:34	01:12:36	01:54:22	01:02:04	01:24:47	08:29:10
39	DIJK Tony	NED	---	tony86	Men	01:56:18	01:16:09	01:40:13	01:05:06	01:16:59	08:31:44
40	Brian	IRL	Clontarf Cycling Club	waywardchild	Men	01:26:56	01:07:53	02:00:12	01:00:39	01:28:49	08:33:18
41	Micael	DEN	P	becker1954	Men	01:25:12	01:11:30	02:02:16	01:03:02	01:28:09	08:38:18
42	Simon	GER	---	simi1968	Men	01:30:48	01:08:51	02:08:09	01:00:12	01:25:52	08:39:44
43	Vladimír	CZE	ANLUX CYCLING	blazis34	Men	01:28:23	01:19:40	01:58:34	01:01:45	01:25:48	08:39:58
44	Guy	NED	TTA Racing Team	yogy11	Men	01:24:43	01:15:37	02:06:55	01:03:47	01:27:45	08:46:32
45	Steve	GBR	---	stevepietragallo	Men	01:34:39	01:10:10	02:05:54	01:02:09	01:26:52	08:46:36
46	Hugo	POR	Bandarras Clube Ciclismo de Trancoso	HugDias-Bandarras	Men	01:17:57	01:24:44	01:49:52	01:05:08	01:35:06	08:47:53
47	David-	FRA	---	dd777	Men	01:32:46	01:25:04	01:58:06	01:03:25		08:50:53
48	Olivier	SUI	VTT la Barillette	oli_vttbarillette	Men	01:27:04	01:11:32	02:02:52	01:03:29	01:32:59	08:50:55
49	Robin	SUI	---	robinpietschmann	Men	01:31:43	01:12:16	02:05:10	01:02:35	01:30:05	08:51:54
50	Scott	USA	4PTC	max_pushupz	Men	01:30:54	01:13:50	02:04:11	01:03:37	01:29:53	08:52:18
51	-Michael	IRL	---	michaelconlon	Men	01:27:36	01:24:28	02:01:07	01:05:49	01:27:47	08:54:34
52	Roberto	GER	SC DHFK Leipzig	robo42	Men	01:27:59	01:15:42	02:16:16	01:02:42	01:26:07	08:54:53
53	Oliver	SUI	Powerbar Swiss Explorers	oliverg	Men	01:25:12	01:14:05	02:06:21	01:03:20	01:33:07	08:55:12
54	Dominik	SUI	---	swissMino	Men	01:33:28	01:22:16	01:58:26	01:10:59	01:26:02	08:57:13
55	Si	GBR	---	si77	Men	01:29:50	01:20:12	02:04:24	01:03:23	01:30:35	08:58:59
56	Stefano	ITA	---	stfmgr	Men	01:27:47	01:20:33	02:03:22	01:09:18	01:29:15	08:59:30
57	Benoît	SUI	---	bbor	Men	01:34:37	01:08:54	02:15:25	01:01:53	01:29:44	09:00:17
58	Valera	EST	---	posit1ve	Men	01:24:52	01:19:30	01:58:47	01:06:49	01:36:34	09:03:06
59	Stewart	CAN	NightVisionExperts	nightgrinder	Men	01:32:31	01:16:12	02:09:12	01:05:52	01:32:28	09:08:43
60	Nacho	ESP	Los Tigres	lpedraz	Men	01:31:03	01:18:59	02:10:57	01:03:16	01:32:19	09:08:53
61	-Pierre	BEL	---	pcros	Men	01:26:23	01:21:45	02:09:19	01:09:32	01:33:51	09:14:41
62	Pierre	RSA	---	teamv	Men	01:31:04	01:32:20	01:56:41	01:10:43	01:32:44	09:16:16
63	Jerome	FRA	Issy Tri	jt1960	Men	01:29:52	01:19:07	02:10:40	01:06:02	01:35:45	09:17:11
64	Joao	POR	Exeter Wheelers	Joao_Placido	Men	01:35:22	01:14:10	02:08:42	01:11:38	01:34:25	09:18:42
65	Manuel	SUI	Pro Cycling Aarau	manuelbuchser	Men	01:38:46	01:17:22	02:07:58	01:08:25	01:33:47	09:20:05

66	Laurent	FRA	Amiens Triathlon	Christ_laurent	Men	01:35:36	01:16:48	02:14:47	01:07:12	01:33:43	09:21:49
67	Paul	RSA	---	paulmack	Men	01:42:34	01:12:10	02:06:33	01:02:59	01:39:30	09:23:16
68	Ferenc	HUN	---	zujiferi	Men	01:38:39	01:11:34	02:12:25	01:06:00	01:38:02	09:24:42
69	Dirk	BEL	Beerse Wielertoeristen	dh-74	Men	01:33:26	01:26:09	02:05:39	01:14:55	01:33:09	09:26:27
70	[AP8298] Alex	ROM	Giant Team Romania	alexpopagiant	Men	01:27:13	01:19:29	02:07:31	01:07:23	01:42:26	09:26:28
71	Rui	MOZ	Sport Algés e Dafundo	Faria	Men	01:35:19	01:15:01	02:15:33	01:07:48	01:37:20	09:28:21
72	Rob	GBR	YMC Falcons	aviationrob	Men	01:37:25	01:13:04	02:19:06	01:05:11	01:41:08	09:37:02
73	Paul	GBR	Digme	spinjedi	Men	01:41:17	01:12:56	02:23:47	01:06:19	01:37:24	09:39:07
74	Juan	COS	Move	guaya	Men	01:40:40	01:25:13	02:16:39	01:11:05	01:36:29	09:46:35
75	Stefan	SUI	---	stagr	Men	01:36:32	01:14:38	02:19:01	01:08:23	01:44:29	09:47:32
76	Villegas	ESP	T	avmb	Men	01:39:53	01:19:14	02:28:17	01:12:15	01:40:06	09:59:51
77	Eduardo	POR	Sport Algés e Dafundo	eduardo_lopes	Men	01:43:57	01:19:46	02:34:28	01:10:53	01:42:41	10:14:26
78	John	USA	---	multedge	Men	01:40:43	01:29:05	02:21:39	01:09:12	01:47:08	10:14:55
79	Jan	GER	Le Sancture des Sportifs	JanMatthies	Men	01:50:44	01:18:12	02:32:02	01:09:04	01:44:22	10:18:46
80	Guido	NED	BBB	guidok	Men	01:47:52	01:18:07	02:29:54	01:10:00	01:52:33	10:30:59
81	Jean-Christophe	CAN	---	jcrtoff	Men	02:04:28	01:12:46	02:39:34	01:07:27	01:47:50	10:39:55
82	Luke	GBR	Unattached	lukeyp	Men	01:54:53	01:25:53	02:32:18	01:18:11	01:50:08	10:51:31
83	Thomas	SUI	---	hardtom	Men	01:59:18	01:33:44	02:33:58	01:16:23	01:45:43	10:54:49
84	Nik	BEL	WTC Roland	quicknik80	Men	01:54:36	01:26:54	02:43:46	01:17:53	02:00:16	11:23:41
85	Priska	SUI	Crespo Sport	priska_buob	Women	01:49:52	01:36:24	02:43:55	01:24:53	02:00:20	11:35:44
86	Jorge	COL	Grufit Colombia	nitocoach	Men	01:59:24	01:37:02	03:08:04	01:25:48	01:47:07	11:44:32