

Bill's ICE Trice Q recumbent tricycle - rides & statistics

saved:=> Tuesday, August 31, 2010 11:37 AM

														trips	TTL hours	Total miles	avg mph	miles / trip	avg % in zone			
summary or totals:														255	698.0	8,070.1	11.6	31.6	26		Notes	
trip	date	weekday	loc	hdwe	start time	end time	elapsed time	distance travelled	mph mov avg	mx_spd mph	mx_hr bpm	in_zone minutes	%in_zone	135851u								
228	01-Jul-10	Thursday	A1A, Seabbranch, Gomez, Hobe Sound Beach	G76	6:20	10:10	3.83	43.4	11.32	22.0	113	60	26.1		new radio antenna(useless), HOT, Pettway Grocery (Gade), HS-Uloop,							
229	03-Jul-10	Saturday	Tom's L.O.S.T. ride	G76	7:00	12:05	5.08	54.7	10.76	23.0	147	140	45.9		Port Mayaca -> CSDriver -> TaylorCreek (lunch) -> Port Mayaca							
230	04-Jul-10	Sunday	Horseshoe Point / Kite Park	G76	6:50	7:50	1.00	10.4	10.40	19.0	93	6	10.0		Kite-park - in case of rain							
231	06-Jul-10	Tuesday	????????	G76	7:54	10:26	2.53	23.8	9.39	21.0	105	45	29.6		???							
232	09-Jul-10	Friday	A1A, Gomez, Hobe Sound Lumber Loop	G76	9:30	11:35	2.08	25.6	12.29	22.2	114	75	60.0		late-start, hot, sunny, Hobe-Sound-Lumber & BBQ contest							
233	11-Jul-10	Sunday	Jupiter Island	G76	7:41	9:10	1.48	19.2	12.94	22.3	137	40	44.9		Sunday morning with Ms. May on her Trek							
234	13-Jul-10	Tuesday	A1A, Gomez, Hobe Sound Loop, Heritage	G76	6:20	8:55	2.58	29.6	11.46	19.0	130	60	38.7		iPod; sign for SqueakyClean, Asplundh on sidewalk, Stock Lumber, etc.							
235	15-Jul-10	Thursday	A1A, Seabbranch, Gomez, Hobe Sound Loop, Heritage	G76b	6:07	9:17	3.17	41.2	13.01	22.1	133	120	63.2		pushing-hard, to get to 13 mph average, 4-6 sprints at 16mph							
236	20-Jul-10	Tuesday	US1-west-side, Petway, Gomez, Hobe Sound Loop, He	G76	6:08	8:56	2.80	30.3	10.82	26.2	117	30	17.9		HOT, early start, windy (SE (went KB later)), 2-water; 2-granola-bars							
238	22-Jul-10	Thursday	A1A, Gomez, Cross-Rip, Heritage	G76	6:00	7:56	1.93	20.1	10.40	21.0	87	5	4.3		HOT, WINDY, short (did Bathub Beach glass cleaning afterwards							
239	25-Jul-10	Sunday	Jupiter Island, home via Gomez, Osprey, A1A	G76	7:33	9:38	2.08	27.2	13.06	26.0	147	100	80.0		HOT, WINDY, with Ms._May, met Nancy Arnold at CC, new front tires after							
240	26-Jul-10	Monday	Miles Grant, Hanson's Grant, Kite park	G76	6:54	7:50	0.93	10.8	11.57	21.0	97	10	17.9		HOT, Short, with Ms._May; overcast, saw Uncle Walt, afterward							
241	27-Jul-10	Tuesday	A1A, Gomez, Hobe Sound, Jupiter	G76	6:57	9:40	2.72	35.5	13.07	24.0	137	125	76.7		HOT, long, Ms. May to CC, piglet-area, b'fast after, - etc.							
242	29-Jul-10	Thursday	A1A, Gomez, Hobe Sound, Jupiter	G76	6:58	9:01	2.05	28.4	13.85	21.0	119	90	73.2		HOT, short, with Ms._May							
243	30-Jul-10	Friday	A1A, W US1, Hobe Sound, Jupiter, Gomez home	G76	7:08	10:20	3.20	36.3	11.34	28.0	131	110	57.3		light W wind, W side US1 fm Osprey to S. of Pettway, Loop on Island, Mango							
Total July Mileage				437																		
244	01-Aug-10	Sunday	Hobe-Sound Beach, piglet, CC, HSB	G76b	7:22	8:45	1.38	18.7	13.52	22.0	137	45	54.2		typical Sunday ride							
245	03-Aug-10	Tuesday	A1A, H, Seabbranch, W-US1, PineSchl, GoG, Gomez	G76	6:01	9:46	3.75	43.9	11.71	30.2	127	120	53.3		HOT, wet, LONG, nowind, 3 PineSchool hill, found FPLguy, saw Nancy Arnold in MlsGnt							
246	09-Aug-10	Monday	MlsGnt, RivPines, A1A, Heritage, S.Gomez, HSLoop	G76	6:42	9:16	2.57	32.0	12.47	29.0	131	110	71.4		coolish, overcast to begin with, slight SWwind, good, fast, broom in HS nxto football							
247	12-Aug-10	Thursday	MlsGnt/ A1A, Heritage, S. Gomez, HS Loop, BrdRd	G76	8:50	12:58	4.13	43.2	10.45	21.0	137	190	76.6		late start, hot, S wind, long, ready for Saturday, 14th...							
248	14-Aug-10	Saturday	A1A, Gomez, HbSoundBch, Jupiter Lighthouse	G76	7:05	11:02	3.95	44.3	11.22	22.0	127	190	80.2		Lighthouse dry run							
249	15-Aug-10	Sunday	A1A, Gomez, HbSoundBch, Jupiter Lighthouse	G76	7:18	10:22	3.07	37.7	12.29	28.0	147	140	76.1		Lighthouse with T0m (before 08:30 a.m.							
250	18-Aug-10	Wednesday	A1A, Gomez, HbSoundBch, Jupiter Lighthouse, Heritage	G76b	7:08	11:35	4.45	51.9	11.66	21.0	137	195	73.0		Lighthouse but longer							
251	22-Aug-10	Sunday	A1A, Gomez, HbSoundBch, Jupiter Lighthouse, Heritage	G76	6:18	11:00	4.70	60.8	12.94	26.6	149	189	67.0		LONGest ride in a LONG time - overcast, no wind, warm but not hot, 3 girls drafting-JI-N							
252	24-Aug-10	Tuesday	A1A, Gomez, HbSoundBch, Jupiter Lighthouse	G76	6:58	11:20	4.37	50.8	11.63	25.1	121	145	55.3		HOT, overcast, SSW wind (3-8 knts) tired, stomach problem, saw Nancy(2x)							
253	26-Aug-10	Thursday	L.O.S.T. - Port Mayaca => C.S.D. => Port Mayaca	G76	6:30	11:30	5.00	53.6	10.72	19.0	127	159	53.0		LOSTride, coolish, no wind TO CSD, some wind FROM CSD							
254	28-Aug-10	Saturday	A1A, Gomez, HbSoundBch, Jupiter Lighthouse	G76	6:33	10:02	3.48	42.5	12.20	24.0	133	110	52.6		hot, found runners at HS Elementary, lots of cyclists on Island, overcast, etc.							
255	30-Aug-10	Monday	A1A, Gomez, Bridge Road	G76	7:06	9:16	2.17	25.1	11.58	21.6	127	65	50.0		rain, RAIN, RAINing, (drizzle to flood) - used 'mud-flaps' - rt tire not properly seated							
256	31-Aug-10	Tuesday	A1A, Gomez, HbSoundBch, Jupiter CCRR	G76b	6:26	10:30	4.07	45.9	11.29	23.0	121	55	22.5		WIND (E @ 15-20k; bright & sunny, etc.							
Total August Mileage				550																		
257	01-Sep-10	Wednesday																				
Total September Mileage																						

