

[illegible]

03/09/12							0.00	#N/A														0.0
03/10/12							0.00	#N/A														0.0
03/11/12							0.00	#N/A														0.0
03/12/12							0.00	#N/A														0.0
03/12/12							0.00	#N/A														0.0
03/13/12	Debut ride on Specialized. Train -3min	50	5.61	26	28	26.47	12.72															5.6
03/13/12	Specialized	70	5.1	25	52	25.87	11.83			355			103.2	0	103.2	239.4	239.4	0.0	0.0	20.2		10.7
03/14/12							0.00	#N/A														10.7
03/14/12							0.00	#N/A														10.7
03/15/12							0.00	#N/A														10.7
03/15/12							0.00	#N/A														10.7
03/16/12							0.00	#N/A														10.7
03/16/12							0.00	#N/A														10.7
03/17/12							0.00	#N/A														10.7
03/18/12							0.00	#N/A														10.7
03/19/12							0.00	#N/A														0.0
03/19/12							0.00	#N/A														0.0
03/20/12	Specialized, fog	60	5.61	26	9	26.15	12.87			411			119.5	0	119.5	274.2	274.2	0.0	0.0	21.3		5.6
03/20/12	Specialized	75	5.09	24	15	24.25	12.59			376			109.3	0	109.3	270.5	270.5	0.0	0.0	21.5		10.7
03/21/12							0.00	#N/A														10.7
03/21/12							0.00	#N/A														10.7
03/22/12							0.00	#N/A														10.7
03/22/12							0.00	#N/A														10.7
03/23/12							0.00	#N/A														10.7
03/23/12							0.00	#N/A														10.7
03/24/12							0.00	#N/A														10.7
03/25/12							0.00	#N/A														10.7
03/26/12							0.00	#N/A														0.0
03/26/12							0.00	#N/A														0.0
03/27/12	Specialized	50	5.61	26		26.00	12.95			400			116.3	0	116.3	268.4	268.4	0.0	0.0	20.7		5.6
03/27/12	Specialized	70	5.09	26	31	26.52	11.52			353			102.6	0	102.6	232.2	232.2	0.0	0.0	20.2		10.7
03/28/12							0.00	#N/A														10.7
03/28/12							0.00	#N/A														10.7
03/29/12	Specialized	40	5.65	27	44	27.73	12.22			551			160.2	0	160.2	346.6	346.6	0.0	0.0	28.4		16.4
03/29/12	Specialized	55	5.1	26	1	26.02	11.76			363			105.5	0	105.5	243.4	243.4	0.0	0.0	20.7		21.5
03/30/12							0.00	#N/A														21.5
03/30/12							0.00	#N/A														21.5
03/31/12							0.00	#N/A														21.5
04/01/12	home		5	30		30.00	10.00															26.5
04/02/12							0.00	#N/A														0.0
04/02/12							0.00	#N/A														0.0
04/03/12							0.00	#N/A														0.0
04/03/12							0.00	#N/A														0.0
04/04/12							0.00	#N/A														0.0
04/04/12	vacation						0.00	#N/A														0.0
04/05/12	vacation						0.00	#N/A														0.0
04/05/12	vacation						0.00	#N/A														0.0
04/06/12	vacation						0.00	#N/A														0.0
04/06/12							0.00	#N/A														0.0
04/07/12							0.00	#N/A														0.0
04/08/12							0.00	#N/A														0.0
04/09/12	vacation						0.00	#N/A														0.0
04/09/12							0.00	#N/A														0.0
04/10/12	Cannondale	39	5.65	26		26.00	13.04			551			160.2	0	160.2	369.7	369.7	0.0	0.0	28.4		5.7
04/10/12	Cannondale		5.1	25		25.00	12.24			353			102.6	0	102.6	246.3	246.3	0.0	0.0	20.1		10.8
04/11/12							0.00	#N/A														10.8
04/11/12							0.00	#N/A														10.8
04/12/12	Specialized	45	5.63	26	35	26.58	12.71			462			134.3	0	134.3	303.2	303.2	0.0	0.0	23.9		16.4
04/12/12	Specialized		5.1	22	25	22.42	13.65			398			115.7	0	115.7	309.7	309.7	0.0	0.0	22.7		21.5
04/13/12							0.00	#N/A														21.5
04/13/12							0.00	#N/A														21.5
04/14/12							0.00	#N/A														21.5
04/15/12	home, Specialized	82	9.1	46	15	46.25	11.81			642			186.7	0	186.7	242.2	242.2	0.0	0.0	20.5		30.6
04/16/12							0.00	#N/A														0.0
04/16/12							0.00	#N/A														0.0
04/17/12							0.00	#N/A														0.0
04/17/12							0.00	#N/A														0.0
04/18/12							0.00	#N/A														0.0
04/18/12							0.00	#N/A														0.0
04/19/12							0.00	#N/A														0.0
04/19/12							0.00	#N/A														0.0
04/20/12	Specialized	52	5.67	27	8	27.13	12.54			436			126.8	0	126.8	280.3	280.3	0.0	0.0	22.4		5.7
04/20/12	Specialized		5.1	25		25.00	12.24			398			115.7	0	115.7	277.7	277.7	0.0	0.0	22.7		10.8
04/21/12							0.00	#N/A														10.8
04/22/12							0.00	#N/A														10.8
04/23/12							0.00	#N/A														0.0
04/23/12							0.00	#N/A														0.0
04/24/12							0.00	#N/A														0.0
04/24/12							0.00	#N/A														0.0
04/25/12	Specialized	42	5.67	27		27.00	12.60			400			116.3	0	116.3	258.4	258.4	0.0	0.0	20.5		5.7
04/25/12	Specialized		5.1	25		25.00	12.24			400			116.3	0	116.3	279.1	279.1	0.0	0.0	22.8		10.8
04/26/12							0.00	#N/A														10.8
04/26/12							0.00	#N/A														10.8
04/27/12	Specialized, park-n-ride		0.73	3	35	3.58	12.22			55			16.0	0	16.0	267.8	267.8	0.0	0.0	21.9		11.5
04/27/12	Specialized, park-n-ride		0.73	3	35	3.58	12.22			55			16.0	0	16.0	267.8	267.8	0.0	0.0	21.9		12.2
04/28/12	Specialized - Gap	60	30	2	30	150.00	12.00						0.0	0	0.0	0.0	0.0	0.0	0.0	0.0		42.2
04/29/12							0.00	#N/A														42.2
04/30/12							0.00	#N/A														0.0
04/30/12							0.00	#N/A														0.0
05/01/12	Specialized, park-n-ride		1.36	10	38	10.63	7.67			151			43.9	0	43.9	247.7	247.7	0.0	0.0	32.3		1.4
05/01/12	Specialized, park-n-ride		1.36	5		5.00	16.32			100			29.1	0	29.1	348.9	348.9	0.0	0.0	21.4		2.7
05/02/12	Specialized	70	5.65	26		26.00	13.04			412			119.8	0	119.8	276.4	276.4	0.0	0.0	21.2		8.4
05/02/12	Specialized	55	5.1	26		26.00	11.77			412			119.8	0	119.8	276.4	276.4	0.0				

05/23/12	Opti 1100R	65	22.14	47	55	47.92	27.72			2050	13.0	624.0	596.0	517.92	78.1	746.3	97.8	781.4	648.5	26.9	22.1
05/23/12	Opti 1100R - rain for 10 miles	80	22.98	45	55	45.92	30.03			1808			525.7	0	525.7	686.9	686.9	0.0	0.0	22.9	45.1
05/24/12	Opti 1100R, road spray (10.56 gps)	72	10.84	23	10	23.17	28.07	88.5		926	7.3	350.4	269.2	290.83	-21.6	697.3	-55.9	907.5	753.2	24.8	56.0
05/24/12	Opti 1100R, no charge	80	11.37	24	49	24.82	27.49	88.5		898			261.1	0	261.1	631.3	631.3	0.0	0.0	23.0	67.3
05/25/12																					67.3
05/25/12																					67.3
05/26/12	Home - MoCo loop, sanner.		24.42	51	10	51.17	28.64			2200			639.7	0	639.7	750.1	750.1	0.0	0.0	26.2	91.8
05/27/12																					91.8
05/28/12																					0.0
05/28/12																					0.0
05/29/12																					0.0
05/29/12																					0.0
05/30/12	Opti 1100R - wet roads	72	22.14	49	8	49.13	27.04	74.2		2050	13.0	630.5	596.0	523.32	72.7	727.9	88.8	769.9	639.1	26.9	22.1
	Opti 1100R - pool, OLD: 5.3%, charged to 92%, 47.61V, 29.5C Motor, 41.4C batt, 70F amb, charged at 2.8A to 14.65 ahrs.																				
05/30/12		83	24.26	51	29	51.48	28.27	90.0		2200	14.7	710.5	639.7	589.74	49.9	745.5	58.2	828.1	687.3	26.4	46.4
05/31/12	dry	65	10.84	23	41	23.68	27.46	91.3		926	7.5	363.8	269.2	301.91	-32.7	682.1	-82.8	921.5	764.9	24.8	57.2
05/31/12	dry, Chrg: 13%, 47.99V, to 95.2%, 13.96 ahrs, 54.75V	80	11.4	23	28	23.47	29.15	87.0		842	6.5	315.3	244.8	261.66	-16.8	625.9	-43.1	806.0	669.0	21.5	68.6
06/01/12	rain expected, dry.	65	9.94	20	24	20.40	29.24	86.5		715	6.0	291.0	207.9	241.53	-33.6	611.4	-99.0	855.9	710.4	20.9	78.6
06/01/12	Big storms, 5 mi in rain.	75	9.98	20	57	20.95	28.58			834	6.5	315.3	242.5	261.66	-19.2	694.5	-54.9	902.9	749.4	24.3	88.6
06/02/12																					88.6
06/03/12																					88.6
06/04/12	extended, no charge	59	14.74	33	8	33.13	26.69			1400	9.0	436.5	407.1	362.3	44.8	737.1	81.0	790.4	656.1	27.6	14.7
	1st time to SAFE @9.45mi (24.19 total). Empty shut off @ Bethany lot. Recovered on at home. 46.39V, 2.8%.																				
06/04/12	Charged: 15.645 Ahrs, 54.75V, 94.9-100%	75	11.54	24	39	24.65	28.09			1000	6.6	322.3	290.8	267.49	23.3	707.7	56.6	784.5	651.1	25.2	26.3
06/05/12	SAFE @ top of syke hill, 23 miles. :(	55	23.81	53	1	53.02	26.95	89.5		2200	15.0	727.5	639.7	603.83	35.8	723.9	40.5	823.3	683.4	26.9	50.1
06/05/12		75	22.14	45	30	45.50	29.20					0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	72.2
06/06/12																					72.2
06/06/12																					72.2
06/07/12	Head cold, easy, no charge	60	11.4	25	16	25.27	27.07	80.0													83.6
06/07/12	Opti 1100R, no charge	70	11.46	23	52	23.87	28.81														95.1
06/08/12																					95.1
06/08/12																					95.1
06/09/12																					95.1
06/10/12																					95.1
	NEWTON on bike, Garmin and Nerd. Warm. 1116ft/																				
06/11/12	1769/1779 cal,	73	22.27	45	46	45.77	29.20	89.5		1779	12.5	606.3	517.2	503.19	14.1	678.1	18.4	794.8	659.7	23.2	22.3
	garmin did not work. Cal corrupt due to moving the head light unit.	85	23.09	47	15	47.25	29.32					0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	45.4
06/12/12																					45.4
06/12/12																					45.4
06/13/12	SAFE at 21.5mi., Garm out, HR 114, 679W	73	22.28	49	17	49.28	27.12	87.0		1923		0.0	559.1	0	559.1	680.7	680.7	0.0	0.0	25.1	67.6
06/13/12	No pedal, lots of tuck. 2070 kj, 959 ft. 1978 cal	76	22.21	45	57	45.95	29.00			1978		0.0	575.1	0	575.1	751.0	751.0	0.0	0.0	25.9	89.9
06/14/12																					89.9
06/14/12																					89.9
06/15/12	meters were off.	61	22.76	51	44	51.73	26.40					0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	112.6
06/15/12	re-calibrated before I left work. Eco for 10 miles.	75	22.22	51	50	51.83	25.72					0.0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0	134.8
06/16/12																					134.8
06/17/12																					0.0
06/18/12																					0.0
06/18/12																					0.0
	Newton w/ aeros! Tilt but not calibrated. I adjusted the wheel																				
06/19/12	circ less. 692W ave, 1891 kj, 1184ft. Np 860	70	21.85	44	33	44.55	29.43	89.0		1769		0.0	514.3	0	514.3	692.7	692.7	0.0	0.0	23.5	21.9
06/19/12	Fast ride w/ aeros. 32 mph ave at RH, 15 miles.	90	23.08	44	30	44.50	31.12														44.9
	Hot day, break at McD. Note: No pedal, no wattage, no calorie/energy increase measurements.	75	23.34	51	0	51.00	27.46														68.3
06/20/12	bank then pool. Hit 3 blinks and solid yellow alarm around 25 miles. Overheated motor?	93	29.03	1	11	0	71.00	24.53													97.3
06/21/12	newton, 736 kj, 666ft	83	12.3	25	54	25.90	28.49			703		0.0	204.4	0	204.4	473.5	473.5	0.0	0.0	16.6	109.6
06/21/12	newton is moving, no cal, Strap on bike rack broke!	99	10	21	8	21.13	28.39														119.6
06/22/12	newton is moving, no cal, 1264ft	82	22.12	47	50	47.83	27.75														141.7
06/22/12	newton is moving, no calibr, 2297kj, 2195cal, 1031ft.		22.69	43	34	43.57	31.25			2195		0.0	638.2	0	638.2	878.9	878.9	0.0	0.0	28.1	164.4
06/23/12																					164.4
06/24/12																					164.4
06/25/12																					0.0
06/25/12																					0.0
06/26/12																					0.0
06/26/12																					0.0
06/27/12																					0.0
06/27/12																					0.0
06/28/12																					0.0
06/28/12																					0.0
06/29/12																					0.0
06/29/12																					0.0
06/30/12																					0.0
07/01/12																					0.0
07/02/12	160mm	72	23.48	53	9	53.15	26.51														23.5
07/02/12	160mm	90	22.73	46	7	46.12	29.57														46.2
07/03/12	120mm	75	22.31	47	34	47.57	28.14														68.5
07/03/12	120mm		21.86	42	44	42.73	30.69														90.4
07/04/12																					90.4
07/04/12																					90.4
	Newton back, fixed aeros cross bar. Newton cal is off. 1512 ft.																				
07/05/12	337w ave., HR 88.	83	23.71	52	37	52.62	27.04	79.0		1053		0.0	306.2	0	306.2	349.1	349.1	0.0	0.0	12.9	114.1
07/05/12		95	22.81	52	22	52.37	26.13														136.9
07/06/12																					136.9
07/06/12																					136.9
07/07/12																					136.9
07/08/12																					136.9
07/09/12	RAIN	80	22.41	48	7	48.12	27.94														22.4
07/09/12	cut out at end	82	21.97	43	42	43.70	30.16														44.4
	Went 1 mile and returned to lube. Throttle weird and cut off.																				
07/10/12	Newt: 2261kj, 2161cal, 1278ft, 699W ave.84rpm																				

