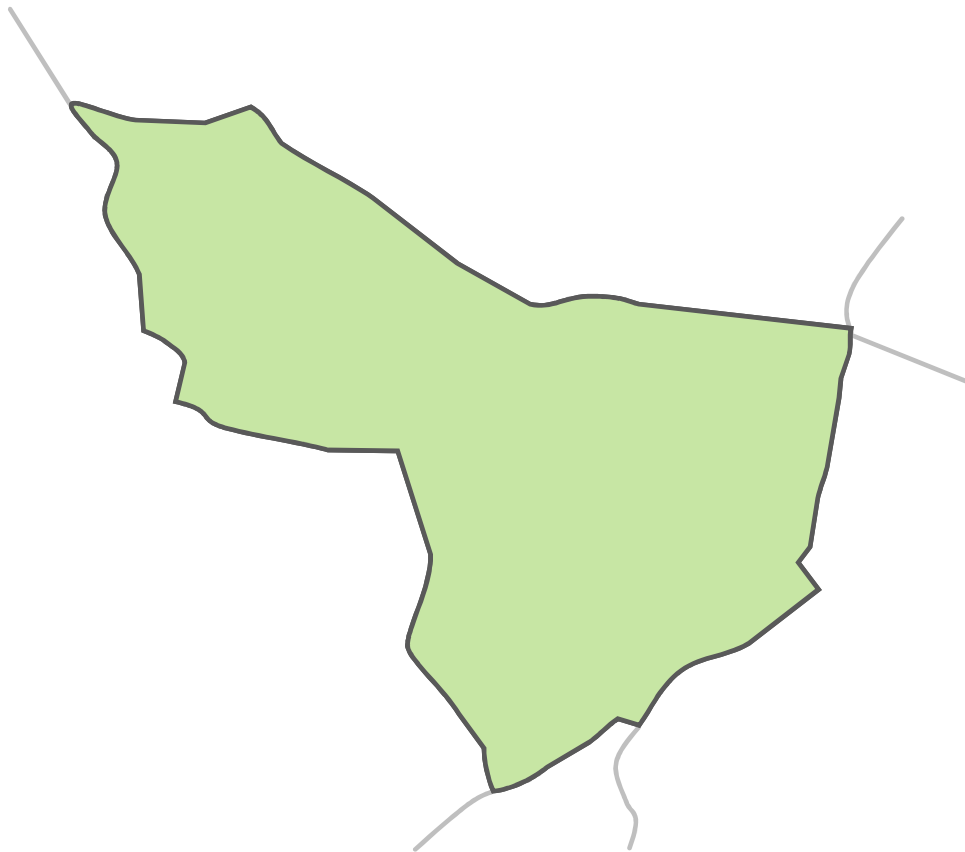


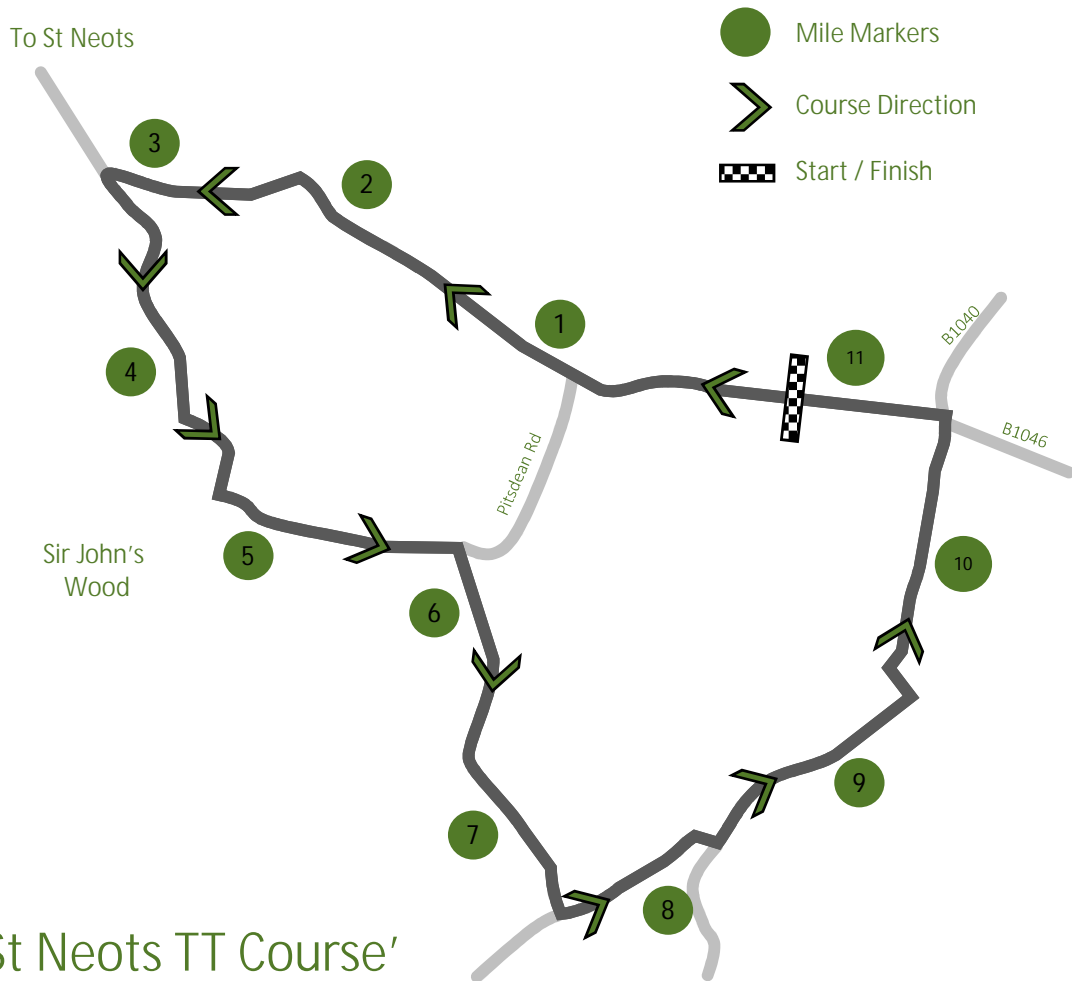


St Neots Cycling Club

Abottsley Time Trial
Course Guide
2016

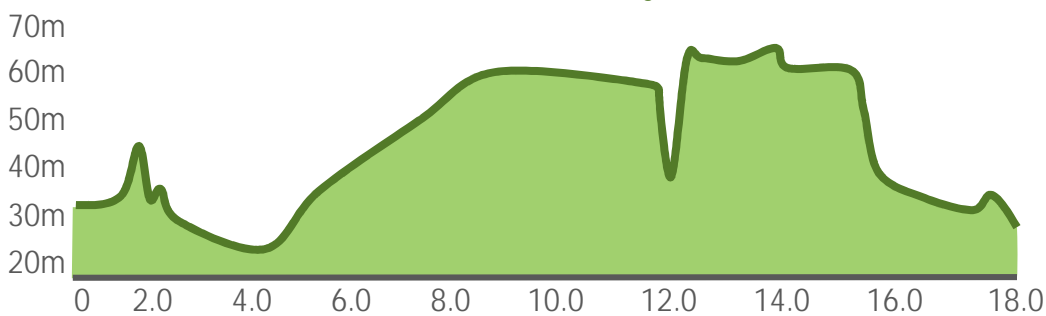


Abottsley TT Course



'St Neots TT Course'

▲ ▼
18.0km
0%
23m
67m
 Distance Gradient Lowest Ele Highest Ele



KOM: David McGaw, 23:51, 28.2 mph (45.4kph), 16/07/2015 (Official SNCC Course Record Time: 23:58 min)

QOM: Rebecca Layland, 29:36, 22.7 mph (36.6kph), 23/07/2015



Abottsley TT Course Information

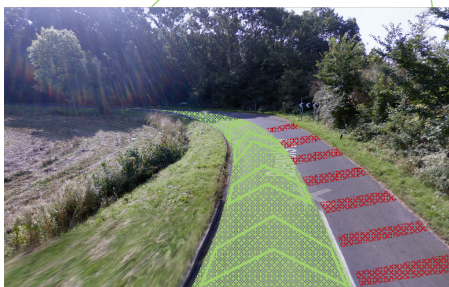
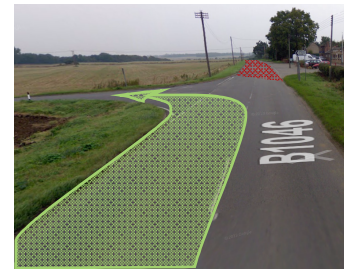
Sharp, gravelly left hander



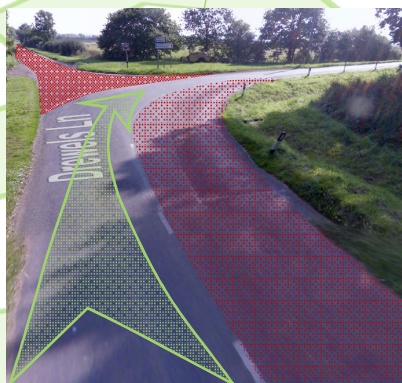
Start/finish line



Sweeping left hander



Fast sweeping left hander.
Caution with on coming traffic.



Caution: traffic from the right –
give way if required.

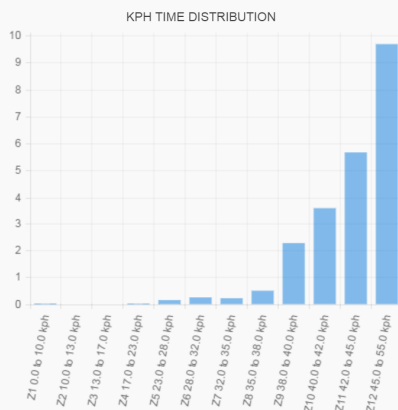


Abottsley TT Course – Fastest Lap Analysis

Speed, power and cadence percentage distribution during D. McGaw's Course Record ride of 23:58.

SPEED

41.8 KM/H 45.0 KM/H 48.6 KM/H
 25% Quartile Speed 50% Quartile Speed 75% Quartile Speed
 32.4 KM/H 45.2 KM/H
 Std Deviation σ Average speed



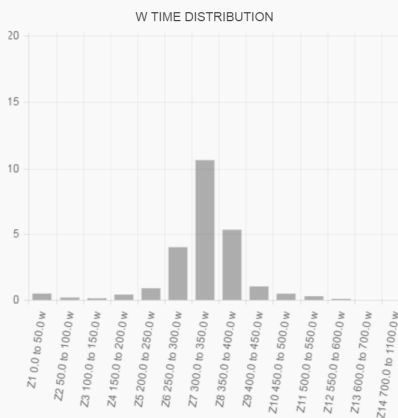
ZONE	FROM KPH	TO KPH	TIME	% ZONE
Z1	0.0	10.0	00:00:01	0.1%
Z2	10.0	13.0	00:00:00	0.0%
Z3	13.0	17.0	00:00:00	0.0%
Z4	17.0	23.0	00:00:01	0.1%
Z5	23.0	28.0	00:00:09	0.7%
Z6	28.0	32.0	00:00:15	1.1%
Z7	32.0	35.0	00:00:13	1.0%
Z8	35.0	38.0	00:00:30	2.2%
Z9	38.0	40.0	00:02:16	10.2%
Z10	40.0	42.0	00:03:34	16.0%
Z11	42.0	45.0	00:05:40	25.4%
Z12	45.0	55.0	00:09:41	43.4%

POWER

329 W Weighted Power
 1.02 Variability Index

300 W 330 W 357 W
 25% Quartile Watts 50% Quartile Watts 75% Quartile Watts

5.09 W/KG Avg Watts/Kg
 5.19 W/KG Weighted Watts/Kg



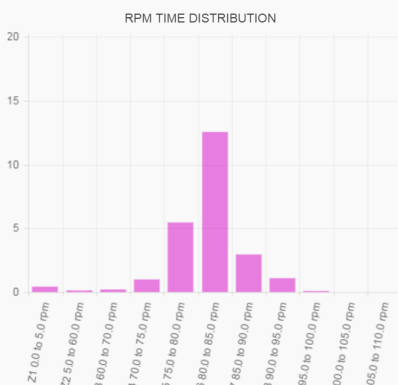
ZONE	FROM W	TO W	TIME	% ZONE
Z1	0.0	50.0	00:00:29	2.0%
Z2	50.0	100.0	00:00:11	0.8%
Z3	100.0	150.0	00:00:07	0.5%
Z4	150.0	200.0	00:00:24	1.7%
Z5	200.0	250.0	00:00:53	3.7%
Z6	250.0	300.0	00:03:59	16.7%
Z7	300.0	350.0	00:10:37	44.6%
Z8	350.0	400.0	00:05:18	22.3%
Z9	400.0	450.0	00:01:01	4.3%
Z10	450.0	500.0	00:00:28	2.0%
Z11	500.0	550.0	00:00:17	1.2%
Z12	550.0	600.0	00:00:05	0.4%
Z13	600.0	700.0	00:00:00	0.0%
Z14	700.0	1100.0	00:00:00	0.0%

CADENCE

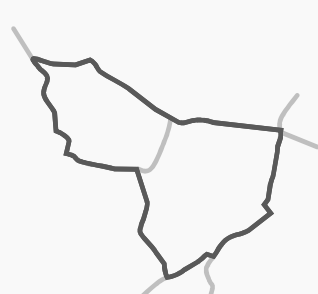
98.25 % Cadence % while moving
 00:23:24 Cadence Time while moving
 1928 Crank Revolutions

80 RPM 82 RPM 85 RPM
 25% Quartile Cadence 50% Quartile Cadence 75% Quartile Cadence

7.8 RPM Std Deviation σ



ZONE	FROM RPM	TO RPM	TIME	% ZONE
Z1	0.0	5.0	00:00:25	1.8%
Z2	5.0	60.0	00:00:07	0.5%
Z3	60.0	70.0	00:00:12	0.8%
Z4	70.0	75.0	00:00:59	4.1%
Z5	75.0	80.0	00:05:26	22.8%
Z6	80.0	85.0	00:12:34	52.8%
Z7	85.0	90.0	00:02:56	12.3%
Z8	90.0	95.0	00:01:05	4.5%
Z9	95.0	100.0	00:00:05	0.4%
Z10	100.0	105.0	00:00:00	0.0%



Abottsley TT Course – Fastest Lap Analysis

Detailed analysis of what it takes to ride a sub-24 minute Abottsley Lap.

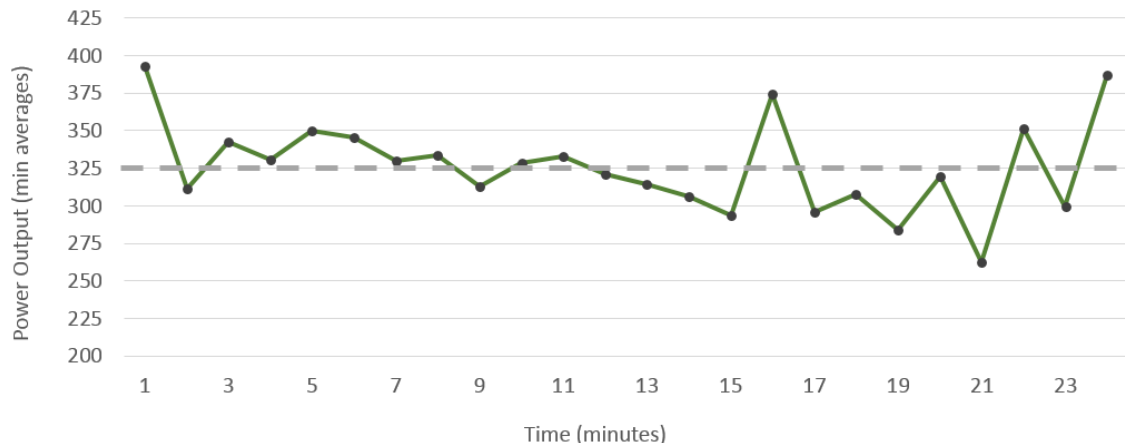


Figure 1. Average power output every minute of the effort.

The Turn

Corner entry: 43.8 kph
 Corner exit: 28.1 kph
 W_{peak} exit: 531 W
 1 min exit: 340 W, 37.8kph
 Speed after: @1min: 39.2 kph

'Abottsley Sprint' – 1.6 km (01:47),

(KOM: David McGaw, 01:47)
 Max: 395W, 56.9 kph
 Segment Av: 331, 54.9 kph

Start

Max Power: 850W
 30 sec Av: 474W
 1 min Average: 393W

'Road To Ruin' - (05:39)

4.0km, 0% gain, 26m,
 (KOM: Luke Hattersley, 05:19)
 Max: 586W, 59.8 kph
 Segment Av: 323W, 43.3 kph

Breakdown:
 1min: 328W
 2min: 318W
 3min: 322W
 4min: 364W
 5min: 355W

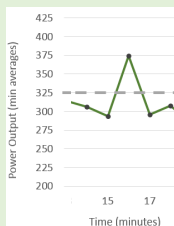
'Fast Finish?' – 1.0km (01:18)

1.0km, 0% gain, 5m,
 (KOM: Toby Atkins, 01:17)
 Max: 451W, 55.1kph
 Segment Av: 365W, 50.5kph
 Corner Exit: 40.3 kph,
 Finish Speed: 55kph

'Tetworth Hill'

0.3km, 5.8%, gain 19m
 (KOM: Wayne Tunnah, 0:27,)
 Max: 586W, 58.7kph
 Segment Av: 456W, 34.7kph

1min Peak for TT:



'Drove Road Effort'

1.1km, 0% gain, 2m,
 (KOM: Ben Cookman, 01:35.)
 Max: 496W, 46.1kph
 Segment Av: 311W, 42.1kph

