

SCHWINN CYCLING Extensive Intervall 65 / 85 % MHF Down And Up (~4:00/2:00)						
No.	Interpret & Titel	Dauer	RPM	Technik	%MHF	2 Do
1	Bluechel & Von Deylen - Gymnopedie No 3	07:17	96	☐	65%	Aufwärmen
2	Lemongrass - Nightingales	03:25	60	▣	75%	Berggefühl
3	Patenbrigade Wolf - Kennlinien meets Storr	01:54	106	☐	85%	
4		01:54	60	▣	85%	
5	In Credo - La Guitarra (Short Dreamtake Mi	02:13	90	☐	65%	
6	Schiller - Heimweh meets Dream Of You	01:58	108	☐	65%	
7		01:58	60	▣	85%	
8	In Credo - La Guitarra (Short Dreamtake Mi	02:13	90	☐	65%	
9	Banco De Gaia - Last Train meets Data Ina	02:05	110	☐	65%	
10		02:05	60	▣	85%	
11	In Credo - La Guitarra (Short Dreamtake Mi	02:13	90	☐	65%	
12	Propellerheads - Take California	02:01	120	☐	65%	
13		02:01	60	▣	85%	
14	In Credo - La Guitarra (Short Dreamtake Mi	02:13	90	☐	65%	
15	Schiller - Ruhe	06:13	98	☐	65%	Abwärmen
16	Banco De Gaia - Celestine	12:12	relax		60%	Strech
17						
18						
19						
20						
Total:		0:53:54			Ø%MHF 68%	

