

SCHWINN CYCLING Extensive Intervall 65 / 85 % MHF Long Time (~6:00/3:00)						
No.	Interpret & Titel	Dauer	RPM	Technik	%MHF	2 Do
1	Schiller - Fernweh	04:56	94	☐	65%	Aufwärmen
2	Richard Van Arp - Cantamilla (Classico Mix	03:27	70	▣, ▣	70%	Berggefühl
3	Kyle Minogue - Breathe (Nalin + Kane Rem	06:18	68	▣, ▣	85%	Seated, Standing
4	Jaleo - Nostalgia	03:10	92	☐	65%	-
5	Patenbrigade Wolf - Aussetzbetrieb (Long)	06:10	102	☐	85%	Seated
6	Jaleo - Nostalgia	03:10	92	☐	65%	-
7	Designer Thumbs - Apollo Tin	05:54	60	▣, ▣	85%	Seated, Standing
8	Jaleo - Nostalgia	03:10	92	☐	65%	-
9	No Limits - No Limits (Ambient Dream Mix)	05:59	86	☐, ☐	85%	Seated, Standing
10	Jaleo - Nostalgia	03:10	92	☐	65%	-
11	Schiller - Schiller	07:07	88	☐	65%	Abwärmen
12	Blank & Jones - Secret Lies	05:14	relax		60%	Strech
13						
14						
15						
16						
17						
18						
19						
20						
Total:		0:57:45	Ø	%MHF	73%	

