

| <div> <div>SCHWINN CYCLING</div> <div>Endurance (High) 75 / 85 % MHF</div> <div>Feel The Energy</div> </div> |                                           |         |       |         |      |                              |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------|-------|---------|------|------------------------------|
| No.                                                                                                          | Interpret & Titel                         | Dauer   | RPM   | Technik | %MHF | 2 Do                         |
| 1                                                                                                            | Banco De Gaia - Amber (Insect Intelligenc | 8:51    | 96    | ☐       | 65%  | Warm Up                      |
| 2                                                                                                            | Moby - First Cool Hive                    | 5:16    | 102   | ☐       | 85%  | bis 85 %                     |
| 3                                                                                                            | Air - Alpha Beta Gaga (Long Mix)          | 7:12    | 84    | 60x ☐   | 85%  | Combo Flat                   |
| 4                                                                                                            | The Orb - Toxygene (Fila Brazilia Mix)    | 6:06    | 114   | ☐       | 85%  | hohes Tempo                  |
| 5                                                                                                            | Propellerheads - Cominagetcha             | 7:06    | 60    | ☐, ▣    | 80%  | 1:00; 2:35; 3:10; 5:20; 6:00 |
| 6                                                                                                            | Kodo - Trodori                            | 7:18    | 100   | ☐       | 80%  | Gegenwind                    |
| 7                                                                                                            | Depeche Mode - I Feel You                 | 4:35    | 84    | ☐, ☐, ☐ | 75%  | FreeRide                     |
| 8                                                                                                            | Enigma - The Eyes Of Truth                | 7:16    | 94    | ☐       | 65%  | Abwärmen                     |
| 9                                                                                                            | Ethiopian Blend                           | 6:16    | relax |         | 65%  | Stretch                      |
| 10                                                                                                           |                                           |         |       |         |      |                              |
| 11                                                                                                           |                                           |         |       |         |      |                              |
| 12                                                                                                           |                                           |         |       |         |      |                              |
| 13                                                                                                           |                                           |         |       |         |      |                              |
| 14                                                                                                           |                                           |         |       |         |      |                              |
| 15                                                                                                           |                                           |         |       |         |      |                              |
| 16                                                                                                           |                                           |         |       |         |      |                              |
| 17                                                                                                           |                                           |         |       |         |      |                              |
| 18                                                                                                           |                                           |         |       |         |      |                              |
| 19                                                                                                           |                                           |         |       |         |      |                              |
| 20                                                                                                           |                                           |         |       |         |      |                              |
| Total:                                                                                                       |                                           | 0:59:56 | Ø%MHF |         | 76%  |                              |

