



Endurance (High) 75 / 85 % MHF

Off Road

No.	Interpret & Titel	Dauer	RPM	Technik	%MHF	2 Do
1	Svenson - Syracus	07:03	96	☐	65%	Warm Up
2	Hevia - Busindre Reel	04:37	108	☐	75%	Tempo
3	Rolling Stones - Paint It Black	03:48	80	☐, ☐	80%	Refrain
4	Depeche Mode - It's No Good	05:59	98	☐	85%	Üben: 4er
5	Vox Mystica - Voxless	03:47	116	☐	75%	
6	Sheer Taft - Cascades (Hypnotone Mix)	04:28	102	☐	85%	Welle
7	Unknown - Rhythmus	07:01	110	☐	75%	
8	The Orb - Hotel California (The Orb Remi	06:39	94	☐	85%	Welle in Gruppe
9	Groove Armada - My Friend	05:01	96	☐	75%	Abwärmen
10	Monkey Mafia - Long As I Can See The L	06:06	Relax		65%	Stretch
11	In Credo - Siesta Del Sol (Laid Back Sum	04:58	Relax		65%	Meer
12						
13						
14						
15						
16						
17						
18						
19						
20						
Total: 0:59:27		Ø%MHF	77%			



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Tret- / Herzfrequenzfrequenz

