



Hill

75 / 85 % MHF

Wasser

No.	Interpret & Titel	Dauer	RPM	Technik	%MHF	
1	ATB - Repulse	02:31	relax	☐	65%	Konzentration
2	Kruder & Dorfmeister - Useless (K&D Ses	06:13	95	☐	70%	Aufwärmen
3	Dagda - Mise Liom Féin	05:31	78	▣	75%	Technik/Tritt
4	The Orb - Close Encounters	10:27	62	▣, ▣	80%	Alle Techniken
5	Hybris Vol.2 - Gold Rush	05:25	78	F: ▣, ▣	85%	Take The Lead
6	Cyndi Lauper - Shine (Tracy Young Club	13:21	62	☐	80%	Freedom
7	Floating Clouds - Sun And Water [Short C	04:38	80	☐	65%	Geniesen
8	Ginkgo Garden - Spring waters	05:09	80	☐	65%	Abwämen
9	Digital Explosion - Aegean Sea Concerto	05:46	relax		60%	Meeresrauschen
10	Howard Shore - Flight to the Ford	04:13	relax		60%	
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
Total: 1:03:14		Ø%MHF		71%		



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Wasser

Tret- / Herzfrequenz

