

SCHWINN CYCLING Endurance 65 / 75 % MHF World						
No.	Interpret & Titel	Dauer	RPM	Technik	%MHF	2 Do
1	Moonswing - Redemption Song (Happy Day	06:41	98	☐	65%	Aufwärmen
2	Bush - Letting The Cables Sleep (The Now	05:24	104	☐	75%	Technik
3	Banco De Gaia - Amber (Ahooga Mix)	08:51	96	☐, ☐	70%	Ahooga = Jump
4	Karunesh - Earthsong	05:46	106	☐	75%	Atemzüge
5	Claude Challe & Ravin - The call	06:19	98	☐	80%	CDC
6	Blackmores Night - Greensleeves	03:46	82	☐, ☐	70%	-
7	Orchestra B - Come Alive	05:00	98	☐	70%	Guter Gedanke
8	Schiller - Sommerregen	03:31	90	☐	65%	Abwärmen
9	Thievery Corporation - The Mirror Conspira	03:45	96	☐	65%	Abwärmen
10	Gregorian - Wicked Game	05:53	relax		60%	Strech
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
Total:		0:54:56	Ø%MHF		70%	

