

Date	17-Mar	18-Mar	19-Mar	21-Mar	22-Mar	23-Mar	24-Mar	27-Mar	28-Mar
Avg RPM	82.8	86.53	52.9	81	81.13	80.6667	87.133	75.8	82.4
Work Load	166096.8	191584.8	116115.5	169695	175085.7	158752	180366	158043	170897.6
Avg HR (bpm)	133.73	147.6	109.75	139.667	143.8667	131.2	138	139	138.2
Efficiency	0.619143	0.586269	0.482005	0.57995	0.563948	0.614837	0.631401	0.545323	0.595949
Avg Drop	20.6	18.66		18.3	19.6	20.3	24.3	15	24

