

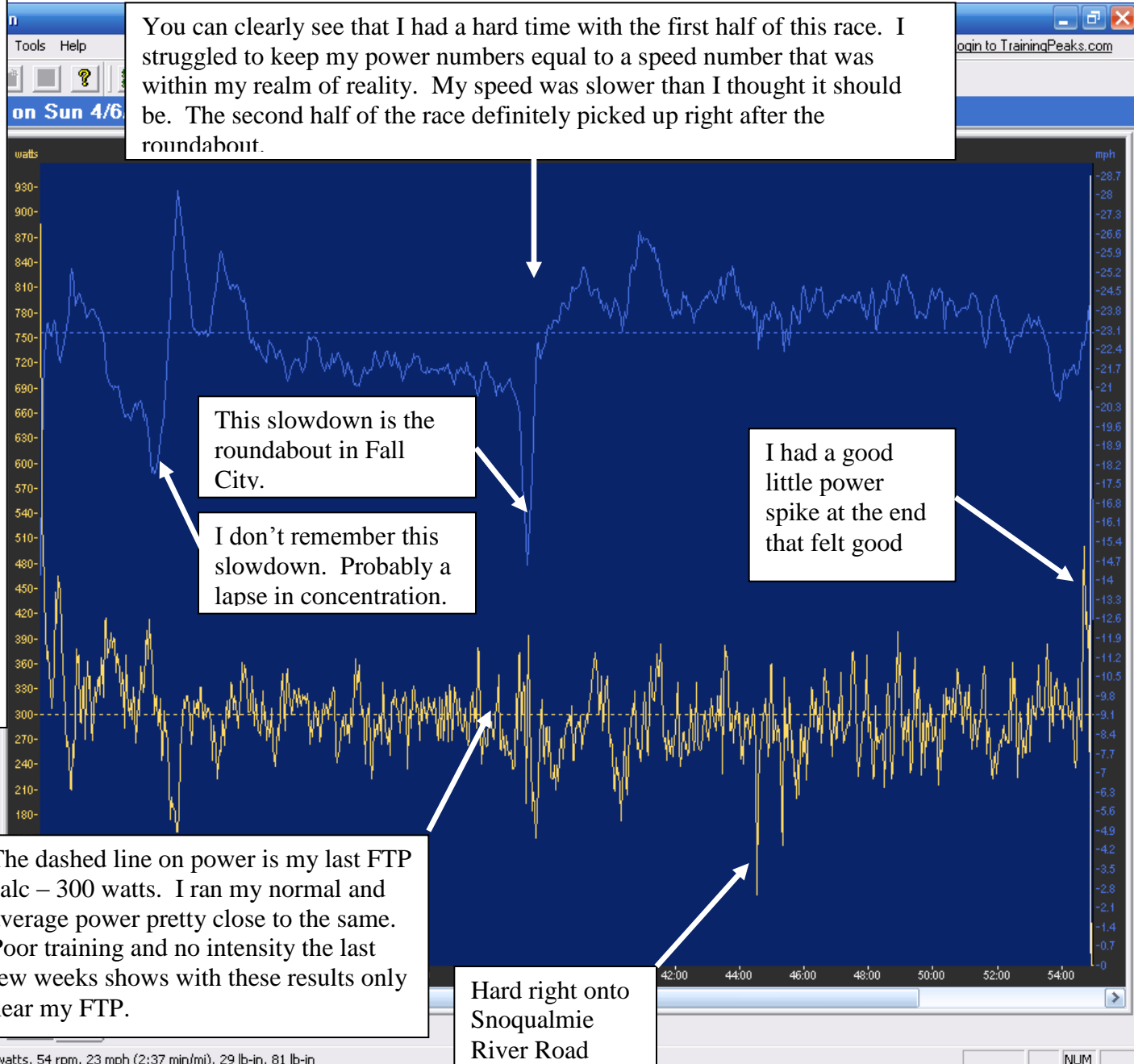
# Michael Horntvedt's Carnation Time Trial Report (4/6/08)

My legs were pretty tired from the previous day's run with 40 minutes of 90% HR running for the second half.

My warmup was a bit hurried, but it went ok. Again, I launched off a little harder than needed, but I pulled back fairly soon. My results look like I spent the first 3 minutes trying to settle into a rhythm. I got dropped 3 times like I was a bad disease during the first 5 miles. These guys were by me sooo fast. I shook off the amazement and knuckled down for a much better second half. I felt the rhythm after Fall City and did well enough given my lack of training lately.

Great pizza afterward with a tremendous group of people. I look forward to moving around more next time to meet everyone.

You can clearly see that I had a hard time with the first half of this race. I struggled to keep my power numbers equal to a speed number that was within my realm of reality. My speed was slower than I thought it should be. The second half of the race definitely picked up right after the roundabout.



Duration:	32:38.04		
Work:	580 kJ		
TSS:	n/a		
Norm Power:	299		
VI:	1.01		
Pw:HR:	n/a		
Pa:HR:	n/a		
Distance:	12.51 mi		
	Min	Max	Avg
Power:	0	958	296 watts
Cadence:	48	126	96 rpm
Speed:	12.4	28.3	23.0 mph
Pace:	2:07	4:50	2:37 min/mi
Hub Torque:	0	510	86 lb-in
Crank Torque:	0	1686	262 lb-in