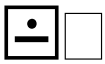
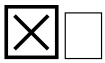
Cycle Class Profile

Space Ride

Interval

58 minutes

Elapsed Time	Tune	Movement	Intensity	Tempo	Cadence	Notes	Duration
To 4:03	Space Cowboy - Jamiroquai		Low	Free		Warm-up	04:03
04:03 To 9:00	Major Tom – Peter Schilling		Med	160	Alt feet	Invervals out of saddle	04:58
9:00 To 13:25	Central Industrial – Future sound of London		Med	90	single		04:25
13:25 To 17:15	Space age Love Song – Flock of Seagulls		High	139	alt		03:48
17:15 To 22:00	Spaceman – The Killers		Low	152	alt		04:44
22:00 To 26:00	Out of Space - Prodigy		High	130	alt		03:52
26:00 To 34:00	Funky Space Reincarnation – Marvin Gaye		low	96	single	Rollinghills	08:15
34:00 To 37:40	Starstruck – Lady Gaga		med	103	single	Intervals out of saddle	03:39
37:40 To 42:00	Satellite – Pigface		High	77	Single		04:11
42:00 To 47:00	Houston Complex – Stellar Vector		Low	88	Single		04:46
47:00 To 51:00	Intergalactic – Beastie Boys		Med	106	single		03:53
51:00 To 53:00	Bad Mood Rising – CCR		Low - High	89	single	One sprint	02:20
53:00 To 58:00	Moondance – Van Morrison		Low	132	alt	Finish line and stretch	04:53