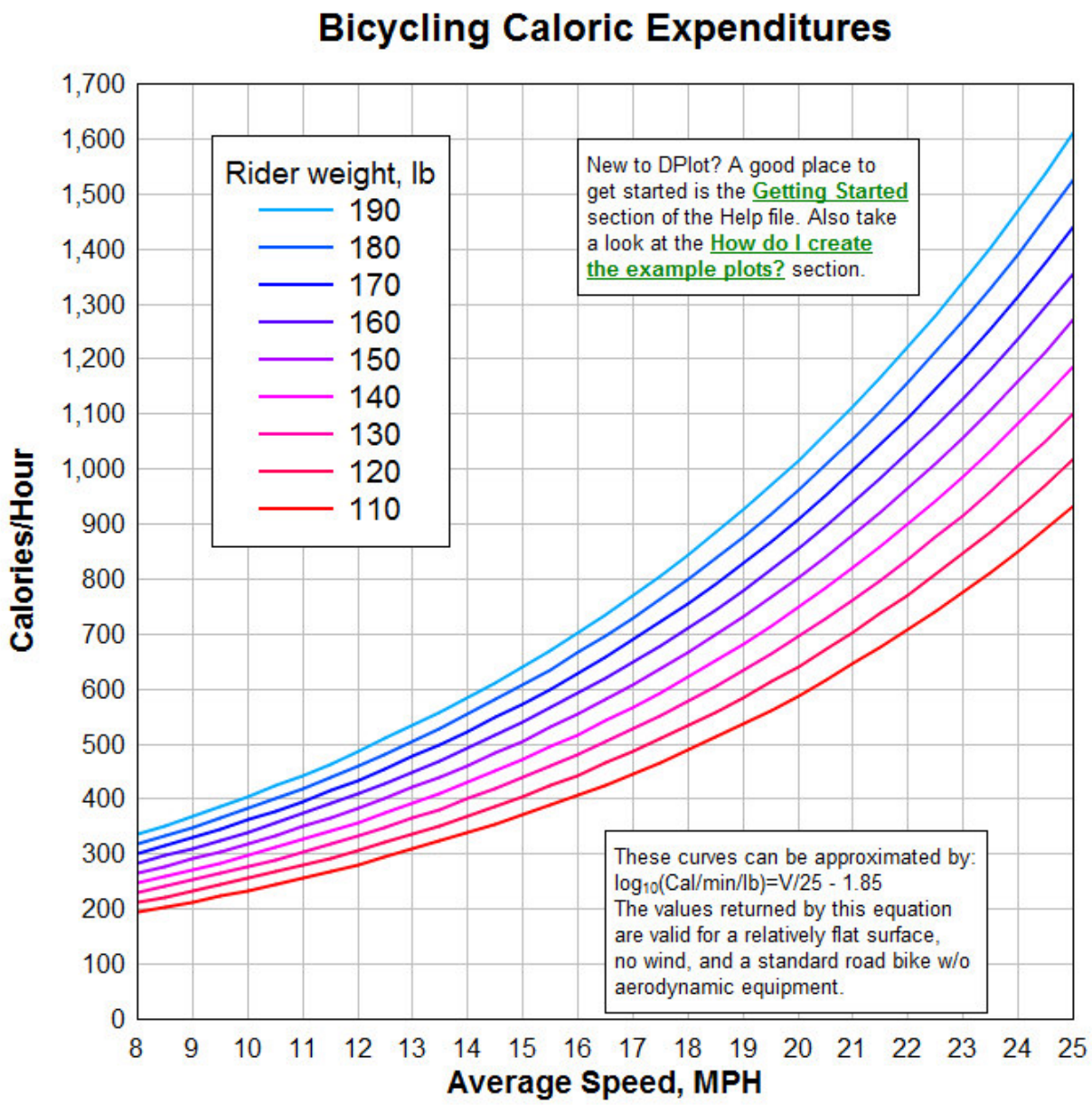
Bicycling Caloric Expenditures
Calories/Hour
Average Speed, MPH
Rider weight, lb
190
180
170
160
150
140
130
120
110
New to DPlot? A good place to get started is the Getting Started section of the Help file. Also take a look at the How do I create the example plots? section.
These curves can be approximated by:
log10(Cal/min/lb)=V/25 - 1.85
The values returned by this equation are valid for a relatively flat surface, no wind, and a standard road bike w/o aerodynamic equipment.
0
100
200
300
400
500
600
700
800
900
1,000
1,100
1,200
1,300
1,400
1,500
1,600
1,700
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25