

INDOOR CYCLING REALITY

TOTALS COMPARISON

JANUARY 2017

JANUARY 2018

TOTAL TIME SPENT ON TRAINER

 43,252 h

 63,940 h

TOTAL ASCENT

8,205,069 m 

12,504,712 m 

TOTAL KJ

 25,673,883 KJ

 37,137,046 KJ

 51,579 hamburgers

OF CERTIFIED OR PREMIUM ROUTES

 #180

 #248

