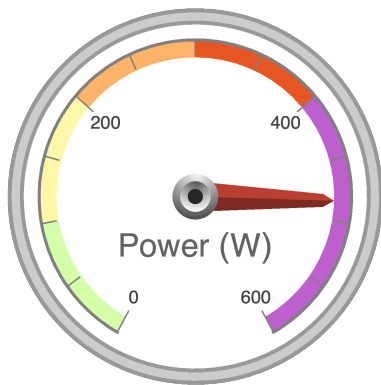


Power required to cycle at a certain speed







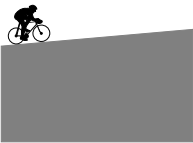











Required power:

484 W

Description:

Breakaway (5 mins)

Variable		Value	Description
Mass of bike & rider 		80 kg	
Rolling resistance 		10 N	Most expensive bikes
Gradient 		5°	Challenging hill 
Frontal area 		0.5 m ²	Upright position
Wind resistance coefficient 		0.827	Cyclist on aerobars 
Wind speed 		0 m/s	Level 0 – Calm
Road speed 		20 kph	Average pace