



# Weather Profile for Dirk's 8/24 run...

## Bottom line

Dirk had a direct tail wind of ~5km/h w/ gusts of 7km/hr during STD while a head wind of 4km/h w/ gusts of 7km/h during AW...

**Performance difference – almost identical runs!**

- Wattage Average difference = 1 watt average
- Time difference – 9.6seconds in favor of STD wheel

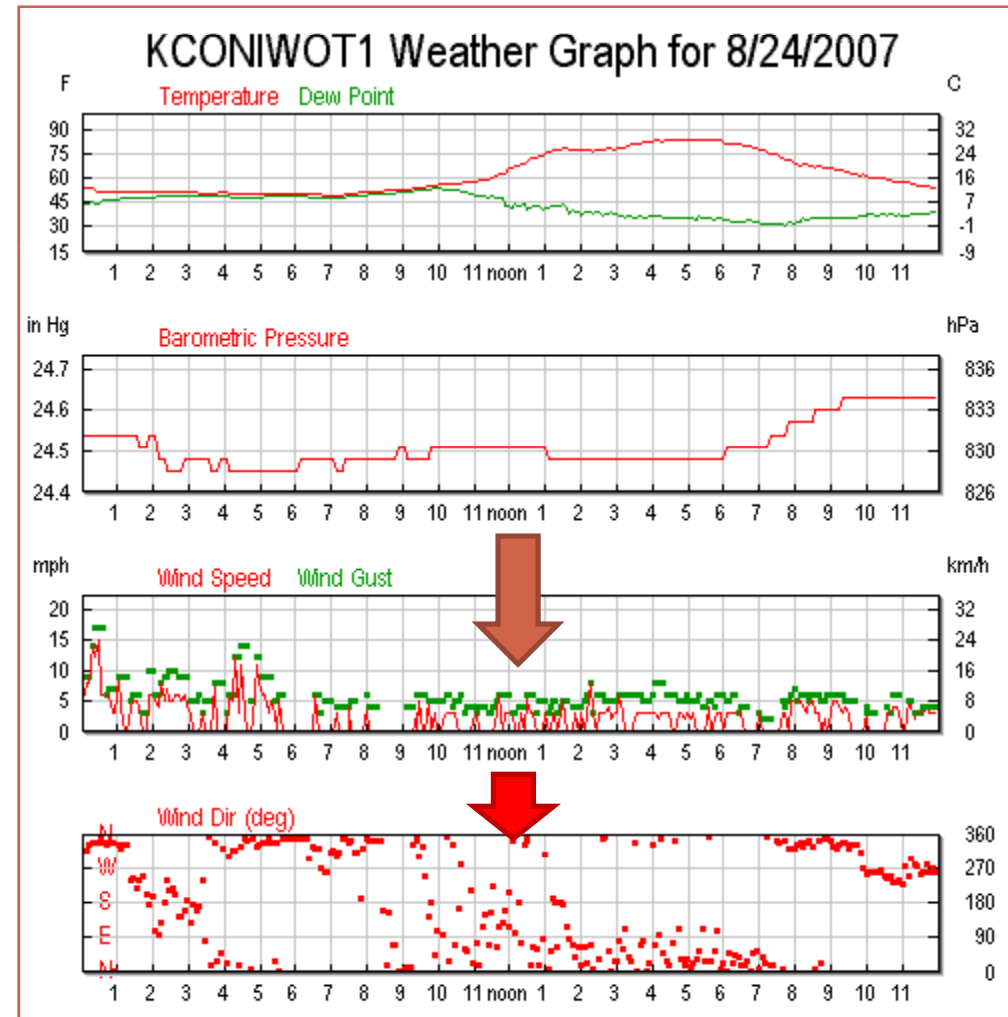
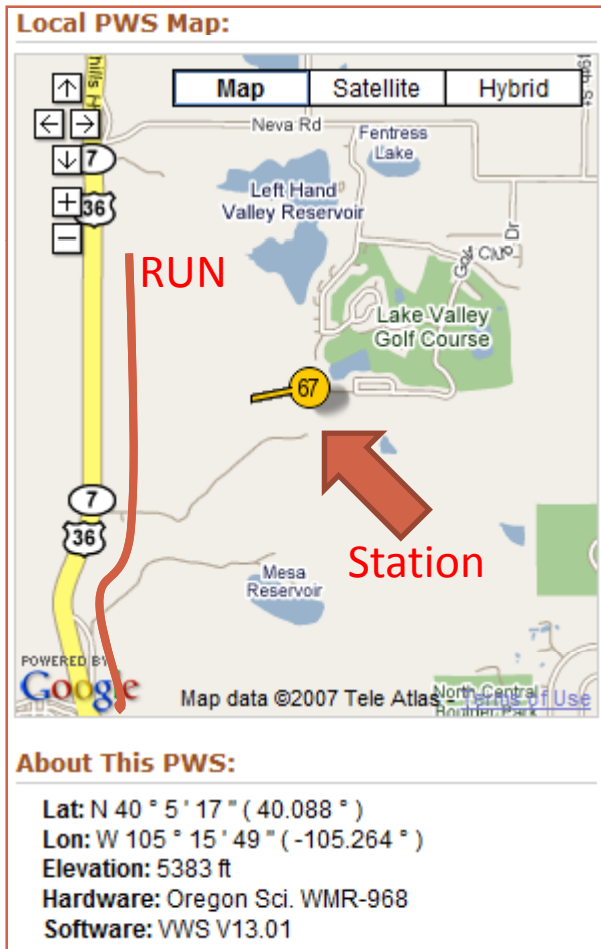
**This is an EXCELLENT result as it adds credibility to DIRK's subjective / perceived weather report and supports the AW performance.**

# High level Assessment



Location of Weather Station  
Ridge @ Lake Valley

AW run at 11:50am - STD run at 12:29pm  
Wind direction was highly variable during this period



# Tabular - detail



Tabular Data for August 24, 2007								
Time	Temperature	Dew Point	Pressure	Wind	Wind Speed	Wind Gust	Humidity	Rainfall Rate (Hourly)
11:43	62.6 °F / 17.0 °C	48.1 °F / 8.9 °C	24.51in / 829.9hPa	ESE	6mph / 9.7km/h	6mph / 9.7km/h	59%	0.00in / 0.0mm
11:48	63.4 °F / 17.4 °C	48.3 °F / 9.1 °C	24.51in / 829.9hPa	Calm		6mph / 9.7km/h	58%	0.00in / 0.0mm
11:53	63.7 °F / 17.6 °C	43.1 °F / 6.2 °C	24.51in / 829.9hPa	SSE	3mph / 4.8km/h	6mph / 9.7km/h	47%	0.00in / 0.0mm
11:58	66.6 °F / 19.2 °C	42.8 °F / 6.0 °C	24.51in / 829.9hPa	SSW	3mph / 4.8km/h	6mph / 9.7km/h	42%	0.00in / 0.0mm
11:59	66.8 °F / 19.3 °C	43.0 °F / 6.1 °C	24.51in / 829.9hPa	ESE	3mph / 4.8km/h	6mph / 9.7km/h	42%	0.00in / 0.0mm
12:04	67.1 °F / 19.5 °C	42.7 °F / 5.9 °C	24.51in / 829.9hPa	NNW	3mph / 4.8km/h	3mph / 4.8km/h	41%	0.00in / 0.0mm
12:09	67.7 °F / 19.8 °C	44.4 °F / 6.9 °C	24.51in / 829.9hPa	Calm		3mph / 4.8km/h	43%	0.00in / 0.0mm
12:14	68.4 °F / 20.2 °C	43.8 °F / 6.6 °C	24.51in / 829.9hPa	Calm		4mph / 6.4km/h	41%	0.00in / 0.0mm
12:19	68.9 °F / 20.5 °C	43.0 °F / 6.1 °C	24.51in / 829.9hPa	ENE	3mph / 4.8km/h	4mph / 6.4km/h	39%	0.00in / 0.0mm
12:24	69.8 °F / 21.0 °C	45.1 °F / 7.3 °C	24.51in / 829.9hPa	Calm		4mph / 6.4km/h	41%	0.00in / 0.0mm
12:29	70.9 °F / 21.6 °C	41.2 °F / 5.1 °C	24.51in / 829.9hPa	North	6mph / 9.7km/h	6mph / 9.7km/h	34%	0.00in / 0.0mm
12:30	71.1 °F / 21.7 °C	41.3 °F / 5.2 °C	24.51in / 829.9hPa	North	5mph / 8.0km/h	6mph / 9.7km/h	34%	0.00in / 0.0mm
12:34	72.5 °F / 22.5 °C	42.6 °F / 5.9 °C	24.51in / 829.9hPa	NNE	3mph / 4.8km/h	6mph / 9.7km/h	34%	0.00in / 0.0mm
12:39	72.9 °F / 22.7 °C	43.7 °F / 6.5 °C	24.51in / 829.9hPa	ENE	3mph / 4.8km/h	6mph / 9.7km/h	35%	0.00in / 0.0mm
12:44	73.1 °F / 22.8 °C	43.1 °F / 6.2 °C	24.51in / 829.9hPa	Calm		3mph / 4.8km/h	34%	0.00in / 0.0mm
12:49	73.8 °F / 23.2 °C	42.9 °F / 6.1 °C	24.51in / 829.9hPa	Calm		5mph / 8.0km/h	33%	0.00in / 0.0mm
12:54	74.9 °F / 23.8 °C	41.4 °F / 5.2 °C	24.51in / 829.9hPa	Calm		5mph / 8.0km/h	30%	0.00in / 0.0mm

AW

STD

> Ride began at 11:17:07am – AW run began 33mins later @ 11:50am – winds were coming from ~South i.e. head wind of ~ 4km/h with gusts of ~7km/h

>STD run began 1:11:00 mins after 11:17am – thus 2<sup>nd</sup> run began at 12:28pm – winds were coming from North i.e. tail wind of ~5km/h with gusts of 7km/h

# WKO+ Information from Dirk

Workout Settings	
Athlete name	Friel, Dirk
Workout date	Fri 8/24/2007
Workout time	11:17:07 AM
Sport type	Bike
Workout code	
Athlete weight	166 lb
Max heart rate	198 bpm
Threshold heart rate	175 bpm
Threshold power	360 watts

Notes	Options ▾
SRM says 78°F but it was more like 85.	
SRM Powercontrol V	
12:00 was time of first run and about 12:30 on the second run.	
unfavorable wind conditions	
SRM 315 calibration before first run	
STD 11 sec faster than AW bt wind conditions may have played a role too. avg wattage was only one watt different.	

Test run 1 AW	
Duration:	9:40.80 (10:09.00)
Work:	190 kJ
TSS:	13.3 (0.908)
Norm Power:	327
VI:	1
Distance:	4.41 mi
	Min Max Avg
Power:	0 656 328 watts
Heart rate:	74 219 157 bpm
Cadence:	30 114 97 rpm
Speed:	2.2 39 27.3 mph
Pace:	1:32 26:49 2:12 min/mi
Crank Torque:	0 1047 288 lb-in

Test run 2 STD	
Duration:	9:31.20 (9:58.20)
Work:	187 kJ
TSS:	13.1 (0.91)
Norm Power:	327
VI:	1
Distance:	4.419 mi
	Min Max Avg
Power:	0 580 327 watts
Heart rate:	75 238 159 bpm
Cadence:	34 115 97 rpm
Speed:	3.4 38.5 27.9 mph
Pace:	1:33 17:53 2:09 min/mi
Crank Torque:	0 949 287 lb-in

**Performance difference – almost identical runs!**

- Wattage Average difference = 1 watt average
- Time difference – 9.6seconds in favor of STD wheel