



TARRYAN
WHEEL TECHNOLOGIES



Weather Profile for Dirk's 09/02 run...

Bottom line

Dirk had a tough ride – had head wind on initial run (STD wheel) and a cross wind in the closing mins of AW run!

Performance difference – AW ahead 33 secs!

- Wattage Average difference = AW had 7 watts less
- Time difference – 33 secs in favor of AW wheel
- STD run had HEAD wind of ~4km/h - AW run had a CROSS winds (18km/h)

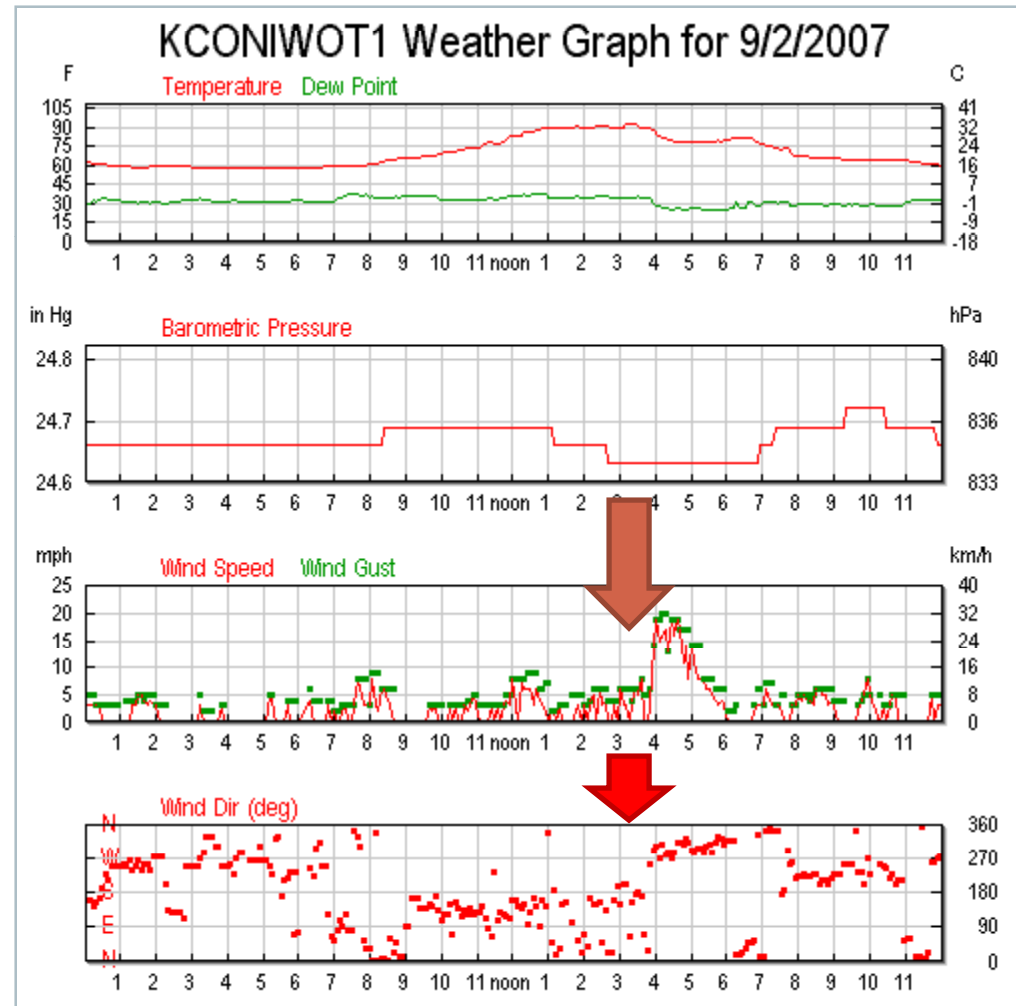
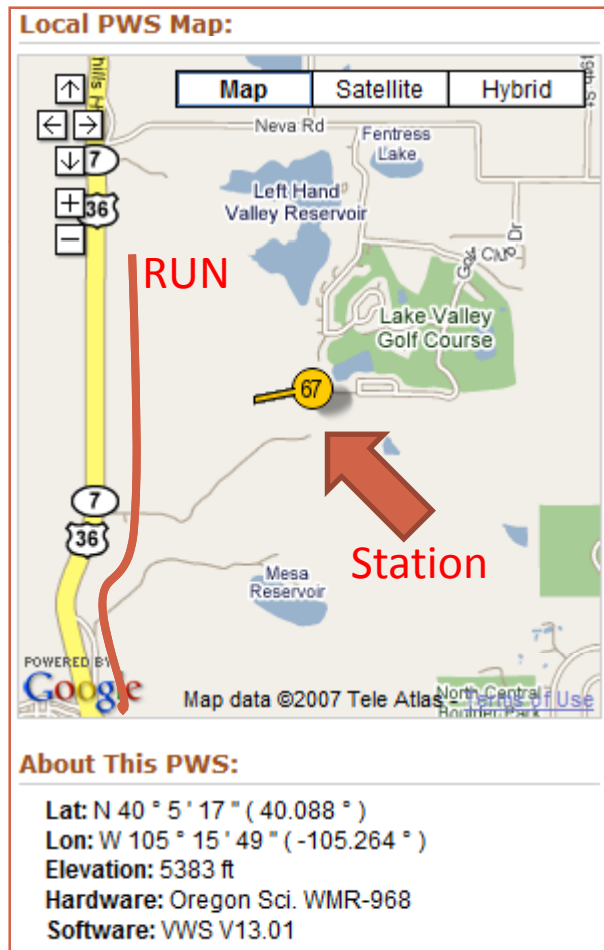
Good result for AW Concept !

High level Assessment



Location of Weather Station
Ridge @ Lake Valley

STD run at 3:03PM - AW run at 3:43pm
Wind direction was variable during this period.



Tabular - detail



Tabular Data for September 2, 2007							
Time	Temperature	Dew Point	Pressure	Wind	Wind Speed	Wind Gust	Humidity
14:56	90.5 °F / 32.5 °C	34.9 °F / 1.6 °C	24.63in / 834.0hPa	Calm		4mph / 6.4km/h	14%
15:01	90.5 °F / 32.5 °C	34.9 °F / 1.6 °C	24.63in / 834.0hPa	SSE	6mph / 9.7km/h	6mph / 9.7km/h	14%
15:06	90.5 °F / 32.5 °C	34.9 °F / 1.6 °C	24.63in / 834.0hPa	SSW	3mph / 4.8km/h	6mph / 9.7km/h	14%
15:11	93.1 °F / 33.9 °C	35.0 °F / 1.7 °C	24.63in / 834.0hPa	SSW	3mph / 4.8km/h	6mph / 9.7km/h	13%
15:16	93.1 °F / 33.9 °C	35.0 °F / 1.7 °C	24.63in / 834.0hPa	Calm		6mph / 9.7km/h	13%
15:21	93.1 °F / 33.9 °C	35.0 °F / 1.7 °C	24.63in / 834.0hPa	SSE	4mph / 6.4km/h	4mph / 6.4km/h	13%
15:26	93.1 °F / 33.9 °C	35.0 °F / 1.7 °C	24.63in / 834.0hPa	South	6mph / 9.7km/h	6mph / 9.7km/h	13%
15:31	91.3 °F / 32.9 °C	35.5 °F / 1.9 °C	24.63in / 834.0hPa	South	5mph / 8.0km/h	6mph / 9.7km/h	14%
15:36	90.5 °F / 32.5 °C	34.9 °F / 1.6 °C	24.63in / 834.0hPa	South	8mph / 12.9km/h	8mph / 12.9km/h	14%
15:41	90.5 °F / 32.5 °C	34.9 °F / 1.6 °C	24.63in / 834.0hPa	Calm		5mph / 8.0km/h	14%
15:46	90.5 °F / 32.5 °C	34.9 °F / 1.6 °C	24.63in / 834.0hPa	Calm		5mph / 8.0km/h	14%
15:51	90.4 °F / 32.4 °C	34.7 °F / 1.5 °C	24.63in / 834.0hPa	WSW	3mph / 4.8km/h	6mph / 9.7km/h	14%
15:56	87.8 °F / 31.0 °C	29.0 °F / -1.7 °C	24.63in / 834.0hPa	WNW	14mph / 22.5km/h	14mph / 22.5km/h	12%
16:01	84.4 °F / 29.1 °C	28.2 °F / -2.1 °C	24.63in / 834.0hPa	NW	19mph / 30.6km/h	19mph / 30.6km/h	13%
16:06	83.9 °F / 28.8 °C	27.8 °F / -2.3 °C	24.63in / 834.0hPa	West	15mph / 24.1km/h	19mph / 30.6km/h	13%
16:11	82.1 °F / 27.8 °C	26.4 °F / -3.1 °C	24.63in / 834.0hPa	NW	16mph / 25.7km/h	20mph / 32.2km/h	13%
16:16	82.1 °F / 27.8 °C	26.4 °F / -3.1 °C	24.63in / 834.0hPa	WNW	17mph / 27.4km/h	20mph / 32.2km/h	13%
16:21	81.0 °F / 27.2 °C	25.6 °F / -3.6 °C	24.63in / 834.0hPa	WNW	13mph / 20.9km/h	13mph / 20.9km/h	13%
16:26	80.3 °F / 26.8 °C	25.0 °F / -3.9 °C	24.63in / 834.0hPa	West	19mph / 30.6km/h	19mph / 30.6km/h	13%
16:31	79.2 °F / 26.2 °C	24.2 °F / -4.3 °C	24.63in / 834.0hPa	WNW	16mph / 25.7km/h	19mph / 30.6km/h	13%

STD

AW

- Ride began at 2:43 pm – STD run began 20mins later @ 3:03 pm – consistent head winds ~4km/h – gusts ~ 7.5km/h
- AW run began 59 mins after 2:43pm – thus 2nd run began at 3:43pm – winds were initially calm – then cross wind coming WSW at 4Km/h with gusts of 7km/hr .

WKO+ Information from Dirk

Workout Settings	
Athlete name	Friel, Dirk
Workout date	Sun 9/2/2007
Workout time	2:43:34 PM
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 ▾
88°F	
SRM Calibration 324	
overall feel was 5 out of 10. bit tired.	
Run #1 STD- wind started to pick up.	
Run #2 AW- wind really picked up and I had a cross/tail wind from the west. I had to come out of my time trial position twice due to cross winds. New PR for this section.	

SRM #1	SRM #2	Entire workout (226 watts)	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Duration: 9:58.80			
Work: 203 kJ			
TSS: 14.8 (0.942)			
Norm Power: 339			
VI: 1			
Distance: 4.619 mi			
	Min	Max	Avg
Power:	0	630	340 watts
Heart rate:	0	232	160 bpm
Cadence:	30	112	97 rpm
Speed:	2.7	39.9	27.8 mph
Pace:	1:30	21:57	2:10 min/mi
Crank Torque:	0	949	296 lb-in

SRM #1	SRM #2	Entire workout (226 watts)	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Duration: 9:25.80			
Work: 189 kJ			
TSS: 13.5 (0.926)			
Norm Power: 333			
VI: 1			
Distance: 4.613 mi			
	Min	Max	Avg
Power:	0	699	334 watts
Heart rate:	0	179	89 bpm
Cadence:	29	114	95 rpm
Speed:	3.2	41.3	29.4 mph
Pace:	1:27	18:34	2:03 min/mi
Crank Torque:	0	993	298 lb-in

Performance difference – AW ahead 33 secs

- Wattage Average difference = AW = 6 watts less
- Time difference – 33 secs in favor of AW wheel
 - WORK on AW is less than STD... 14 kJs