

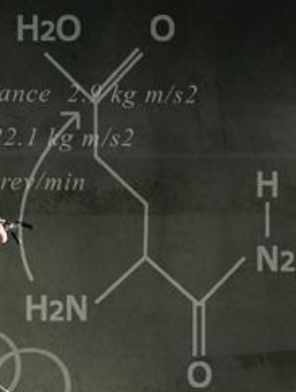
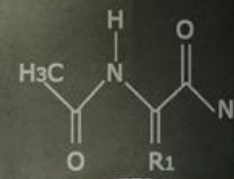
You dial in the motivation.

We'll dial in the mechanics.



Pedal Speed 1.8 m/s
Average Pedal Force 156.5 kg m/s

Weight 75.0 kg
Coefficient of Rolling 0.004
Grade 0.030 decimal



Rolling Resistance 2.9 kg m/s²
Slope Force 22.1 kg m/s²
Cadence 100 rev/min

$$\tau = 2\pi \sqrt{\frac{I_0}{m g r_0}}$$