

Analysis of Chris Froome's Performance

Stage 19, Giro d'Italia 2018



Phase		Duration	Avg Power (w)	Heartrate Avg (max)	Cadence Avg* (max)	Time Gain on Dumoulin	VAM
1. 0-50	Start and First Climb	1h27	321	121 (144)	94 (126)		
2. 50-92	Transition	52'	213	106 (140)	88 (134)		
3. 92-110	Finestre (whole climb)	1h04	407	145 (155)	94 (121)		1514
3a)	- Finestre First Part	40'	408	142 (151)	94 (120)		1538
3b)	- Finestre Attack	16"	603	152 (154)	111 (118)		
3c)	- Finestre Solo	24'	401	150 (155)	95 (118)	38"	1475
4. 110-121	Descent	12'30	181	123 (145)	90 (123)	50"	
5. 121-137	Sestriere Drag/Climb	31'30	376	142 (152)	94 (121)	23"	1134
6. 137-145	Descent	7'40	126	123 (145)	98 (131)	45"	
6. 145-177	Transition	42'	306	134 (146)	90 (125)	40"	
7. 178-185	Jafferau Climb	25'01	392	151 (159)	89 (109)	2"	1469

**average cadence excludes zeros - so on descents is average of when pedalling. Some of the maximum cadences may not be accurate - particularly during phases of intermittent pedalling, for example on descents. For climbs (when constantly pedalling) maximum cadences should be more accurate.*

Notes:

Due to the use of Osymetric rings, Chris's power numbers over-report by approximately 6% - so comparisons with other riders need to consider this.

Weight on morning of stage 19: 68.9kg