

Translating Uphill Cycling into a Head-Wind and Vice Versa.

Both when I lived in the Netherlands (flat as a pancake, but a lot of wind) and in Tasmania (a lot of hills) I commuted to work by bike. Soon I realized that cycling uphill is not very different than cycling against the wind, both require more effort.

This study expresses an incline of a hill, into an "Incline Equivalent Windspeed". This means that we can now compare cycling uphill to cycling against the wind.