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Green Zone 33 ✓

@MKH1AI1



At 50 km/h, Air Becomes Your Biggest Enemy 🌬️

Once a cyclist reaches around 40–50 km/h (25–31 mph), air resistance becomes the biggest obstacle, accounting for roughly 80–90% of the effort required to keep moving. That's why professional riders obsess over every detail—from aerodynamic helmets and skinsuits to deep-section wheels and an ultra-low riding position.

In elite time trials, cyclists often average 45–55 km/h (28–34 mph) over long distances, while top speeds on fast sections can exceed 70 km/h (43 mph). Small aerodynamic improvements can save 30–60 watts, which is often enough to gain precious seconds and decide the outcome of a race.



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