

Calories Burned Cycling for an Hour

Speed (mph)	130 lb.	155 lb.	185 lb.	205 lb.
12 - 13.9	472	563	654	745
14 - 15.9 MPH	590	704	817	931
16 - 19	708	844	981	1,117
> 20	944	1,126	1,308	1,489

How Many Calories Does A 12 Mile Bike Ride Burn

Allen St. John



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