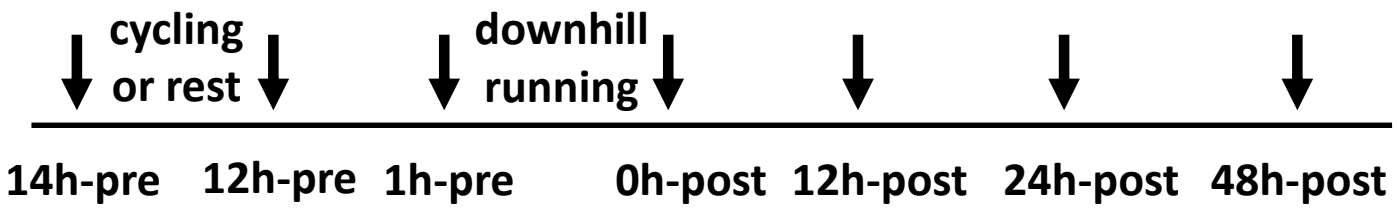
cycling
or rest
downhill
running
14h-pre
12h-pre
1h-pre
0h-post
12h-post
24h-post
48h-post