

Rider Report

Record attempt: 300 km, 200 miles, 12 hours, 300 miles, 500 km, 24 hours and 500 miles (road, standard bike)

Rider: Ole Asbjørn Solberg

Start date/time: July 24th, 17:00

Start location: Hyggen, Asker, Norway — [map link](#)

Conditions

24 degrees Celsius and light winds from west/north-west from the start. Temperature gradually falling to 17 degrees during the night. Almost ideal conditions for about 16-17 hours. Light rain from the morning and wind picking up gradually. The last 4-5 hours were brutal, with quite heavy wind from the southwest (8-10 m/s, gusting 12-13) and temperatures around 17 degrees Celsius.

Why did you want to do a record?

Last year I took part in the RAAM qualification event at Hælne in Denmark, achieving 781 km in 24 hours. Since I knew that the existing record for my age group (60+) was 762.4 km, I decided to go for an official record attempt.

Equipment?

I used a TT bike (Orbea Ordu, 2023 model) with an upgraded cockpit, aero bottle mounts and trispoke/disc wheel. The spare bike was an aero racer (Orbea Orca Aero) with clip-on aerobars and trispoke/disc wheel.

What did you drink and eat?

Most of the energy intake came from drinking, with 0.65 l per hour as a rule of thumb. During the first and last phase (daytime) I used a sports drink with slow carbs and extra electrolytes. During the night I used a food-replacement powder mixed with water. This nutrient includes some protein and fat in addition to carbs. During the daytime my carbohydrate intake was 85 g per hour, and during the night around 70 g per hour. In addition, I ate small pieces of bread to keep my stomach in order. Into the night, bread was replaced with small cookies.

What was the best part?

The feeling at the start, cruising at around 38-39 km/h for the first 6 hours, feeling like a million dollars; the audience performing the famous «row» ritual (developed during the FIFA World Cup in football this summer) when I passed lap 50 on day 2; and all my friends showing up to celebrate at the finish. My two officials, Bjørn Bergenheim and Lars Espen Kristiansen, took care of safety, timing and formalities. Isabell Jørgensen took care of my nutrition, while Taro Phi Nguyen made sure my bikes were in order. This was really a team effort. As a fun fact, I'll also mention that Norway's first and only astronaut came to cheer — Jannicke Mikkelsen (she grew up in, and lives in, Hyggen).

What was the hardest part?

The last 7 hours, with increasing wind and rain, made it hard to keep the bike stable. It's not fun riding a TT bike with an 85 mm trispoke front wheel in gusty winds up to 13 m/s, with speed dropping to 24 km/h — especially heading into hour 18.

Did anything particularly unusual happen?

Everything went more or less according to plan. The only thing we hadn't thought through was the feed-zone handouts — I lost a few bottles and cakes in the beginning.

Finish location: Hyggen, Asker, Norway — [map link](#)

Finish time: July 25th, 17:00