# LYNX vs REALITY: Post by Bradox 78 » Tue Oct 06, 2015 9:08 am

"Last August, I spent a week of vacation in l'Alpe d'Huez. I used this opportunity to compare the Lynx simulation with the real Marmotte climb of the Tour de France. I have owned my LYNX Trainer for over one year now and really love it. My test configurations were as below:"

	LYNX TRAINER	ACTUAL RIDE
BIKE	Specialized Secteur Comp	Canyon Ultimate CF SLX 9.0 SL
GEARS	Shimano 105 10 speed compact 50/34T 172.5 mm, 11-28T	SRAM Red 10 speed compact 50/34T 172.5 mm, 11-28T
POWER METER	LYNX Trainer roller with Vride software	Powertap P1 pedals
COMPUTER	Windows laptop	Garmin Edge 800
SPEED/CADENCE SENSOR	Garmin GSC-10,	Garmin GSC-10
HEART RATE MONITOR	Garmin	Garmin
WEIGHT PARAMETERS	80,5 kg	80,6 kg
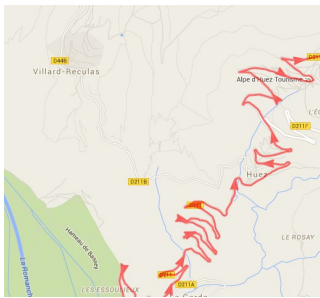
SHOWN: Above see a map of the section of Tour de France known as Marmotte that competitive rider and LYNX VRider Herve X. (shown to the RIGHT) rode during his summer vaction in France last summer.

SHOWN: To the left is Bradox's LYNX Trainer with HD video screen, set up and ready to climb the Alpe d'Huez section of Marmotte, which is shown in the inset above.
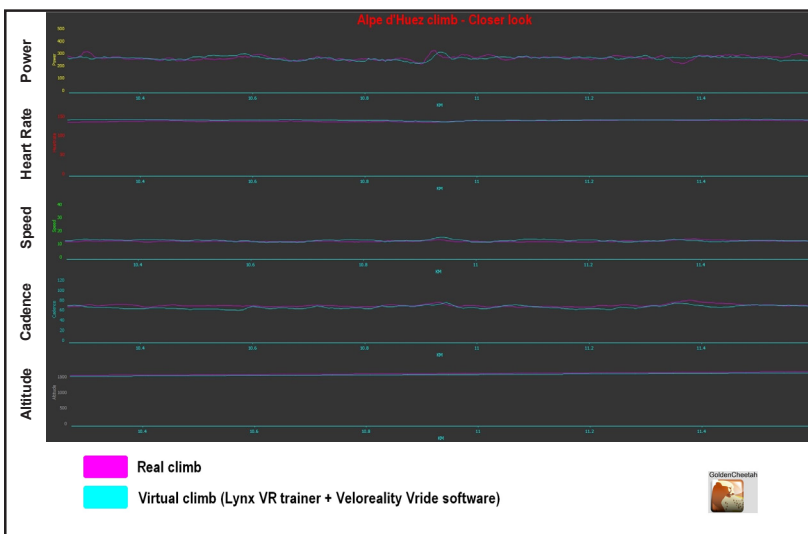
"As you can see, the simulation is remarkably similar to the real climb, whatever the parameter considered. The Lynx + Vride experience almost replicates the true degree of physical effort required for the real climb."

"It would be an understatement to say that this piece of hardware easily surpasses my former Elite RealAxiom and all other trainers I have tried. It is much quieter and the ride simulation feels far more accurate and realistic."

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