



Summary Data		
Total Time (h:m:s)	6:19:51	1:52 pace
Moving Time (h:m:s)	6:00:33	1:46 pace
Distance (km)	202.78	
Moving Speed (kph)	33.7 avg.	56.4 max.
Elevation Gain (m)	+857 / -863	
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Temperature (°C)	15°C avg.	19°C high
Wind Speed (kph)	ESE 7.5 avg.	ESE 14.8 max.

Elevation Change	Total (m)
Total Elevation	1,720
Elevation Gain	857
Elevation Loss	863
Net Elevation Change	-5

Vertical Speed	Average (m/min)	Maximum (m/min)
Ascent	2.4	106.0
Descent	-2.4	-79.5

Grade	Average (%)	Maximum (%)
Overall Grade	-0.0	--
Ascent Grade	1.3	20.5
Descent Grade	-0.7	-17.6



Speed Data	Average (kph)	Maximum (kph)
Overall Speed	32.0	--
Moving Speed	33.7	56.4
Ascent	27.4	40.5
Descent	30.8	55.3
Flat	34.3	56.4

Pace Data	Average (m:s)	Best (m:s)
Overall Pace	1:52	--
Moving Pace	1:46	1:03
Ascent	2:11	1:28
Descent	1:56	1:05
Flat	1:44	1:03

Distance Data	Total (km)	% of Total
Distance	202.78	100
Ascent	9.16	4.5
Descent	10.31	5.1
Flat	183.31	90.4







