

Summary

Overall

Time: 01:15:03  
 Distance: 24.70 mi  
 Elevation Gain: 1,558 ft  
 Calories: 2,392 C

Timing

Pace **Speed**

Time: 01:15:03  
 Moving Time: 01:14:04  
 Elapsed Time: 01:16:03  
 Avg Speed: 19.8 mph  
 Avg Moving Speed: 20.1 mph  
 Max Speed: 42.9 mph

Elevation

Elevation Gain: 1,558 ft  
 Elevation Loss: 1,541 ft  
 Min Elevation: -23 ft  
 Max Elevation: 225 ft

Cadence

Avg Bike Cadence: 88 rpm  
 Max Bike Cadence: 109 rpm

Laps 25

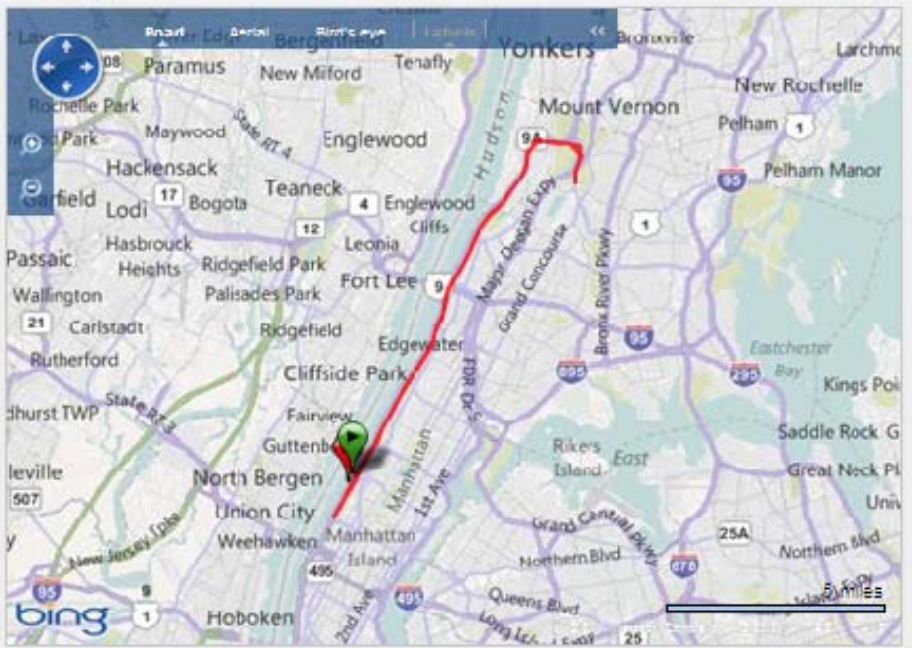
View Splits

Split	Time	Distance	Avg Speed
1	00:03:20	1.00	18.0
2	00:02:46	1.00	21.6
3	00:02:46	1.00	21.6
4	00:02:39	1.00	22.0
5	00:03:17	1.00	18.2
6	00:03:08	1.00	19.1
7	00:03:30	1.00	17.1
8	00:02:41	1.00	22.3
9	00:02:36	1.00	23.0
10	00:02:00	1.00	29.8
11	00:03:32	1.00	16.9
12	00:02:47	1.00	21.5
13	00:03:35	1.00	16.7
14	00:03:16	1.00	18.3
15	00:02:58	1.00	20.1
16	00:02:27	1.00	24.4
17	00:03:16	1.00	18.3

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Map

Laps

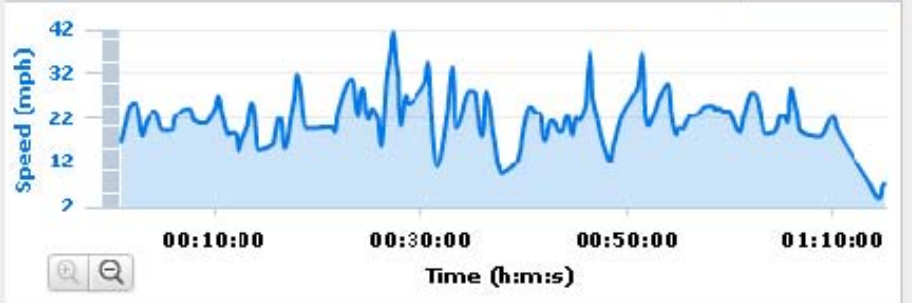


Charts

Average

Timing

Time



Elevation

Distance

