

QH3 Hash Trails of 2013

02 January 2014 13:12

QH3 trails for 2013 (783 - 818) as done by Durex and recorded on Garmin Forerunner 110.

Some trails not recorded (due to absence or GPS malfunction), namely: Runs 797, 798 and 812. Bugger has provided trails for Runs 783, 808, 809 and 818.



QH3 Run 818

30 December 2013 as done by BUGGER

▼ Summary

Distance: 4.38 mi
Time: 54:02
Avg Pace: 12:20 min/mi
Elevation Gain: 51 m
Calories: 642 C

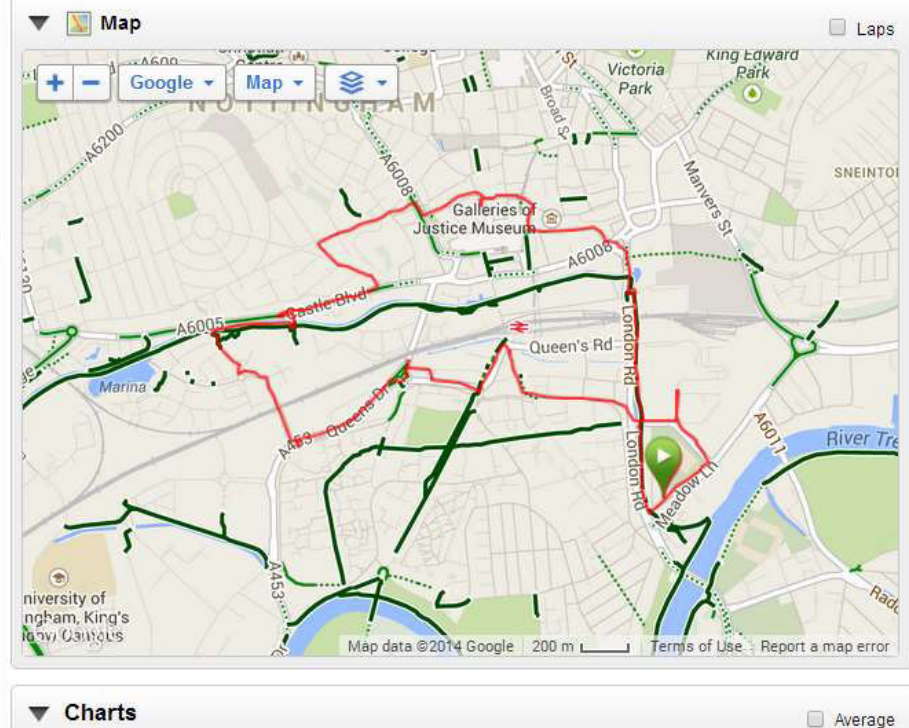
▼ Details

▼ ⌚ **Timing**

Time:	54:02
Moving Time:	51:21
Elapsed Time:	54:02
Avg Pace:	12:20 min/mi
Avg Moving Pace:	11:43 min/mi
Best Pace:	5:29 min/mi

▼ Elevation

Elevation Gain: 51 m
Elevation Loss: 51 m
Min Elevation: 26 m
Max Elevation: 57 m



Screen clipping taken: 29/01/2014 11:24

QH3 Run 817

22 December 2013

▼ Summary

Distance: 4.44 mi
Time: 53:43
Avg Pace: 12:05 min/mi
Elevation Gain: 29 m
Calories: 611 C

▼ Details

▼ ⌚ Timing

Pace Speed

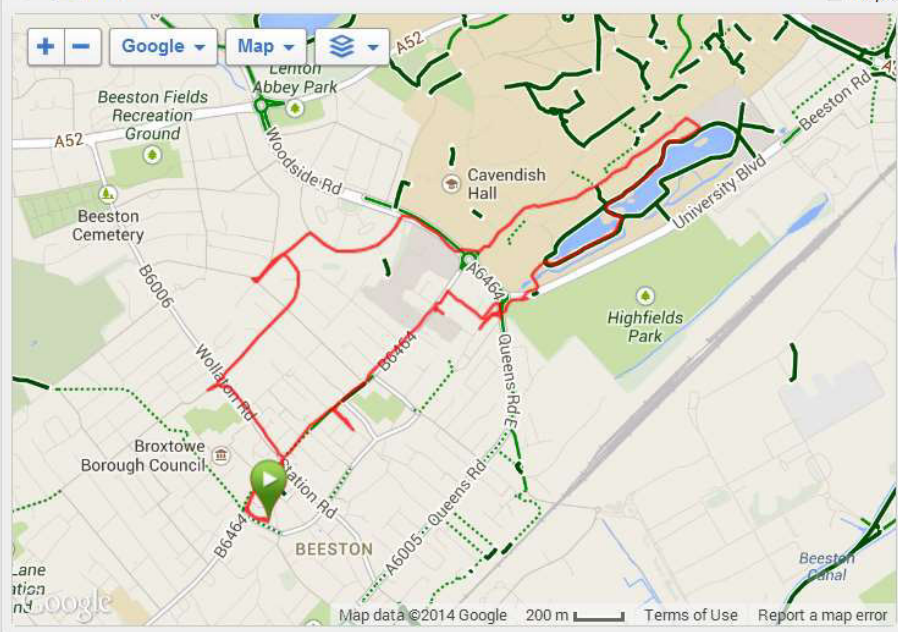
Time: 53:43
Moving Time: 48:42
Elapsed Time: 53:43
Avg Pace: 12:05 min/mi
Avg Moving Pace: 10:58 min/mi
Best Pace: 6:51 min/mi

▼ 📶 Elevation

Elevation Gain: 29 m
Elevation Loss: 28 m
Min Elevation: 27 m
Max Elevation: 46 m

▼ Map

☐ Laps



QH3 Run 816

01 December 2013

▼ Summary

Distance: 4.42 mi
Time: 1:18:39
Avg Pace: 17:46 min/mi
Elevation Gain: 146 m
Calories: 541 C

▼ Details

▼ ⌚ Timing

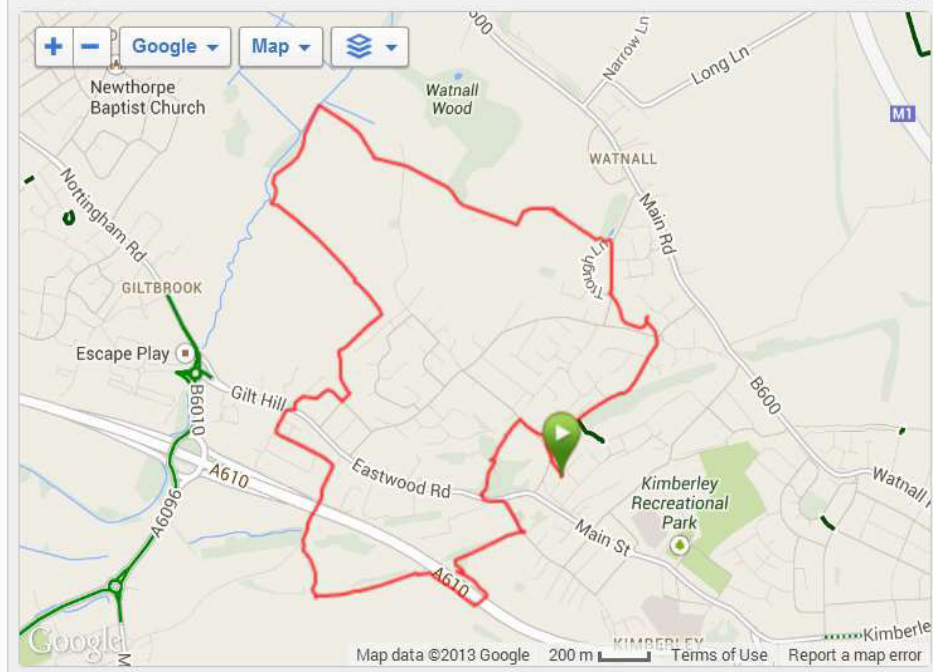
Pace Speed

Time: 1:18:39
Moving Time: 1:06:35
Elapsed Time: 1:18:39
Avg Pace: 17:46 min/mi
Avg Moving Pace: 15:03 min/mi
Best Pace: 6:54 min/mi

▼ 📏 Elevation

Elevation Gain: 146 m
Elevation Loss: 144 m
Min Elevation: 66 m
Max Elevation: 144 m

▼ Map



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:23

QH3 Run 815

25 November 2013

▼ Summary

Distance: 4.74 mi
Time: 1:03:28
Avg Pace: 13:23 min/mi
Elevation Gain: 7 m
Calories: 630 C

▼ Details

▼ ⌚ Timing

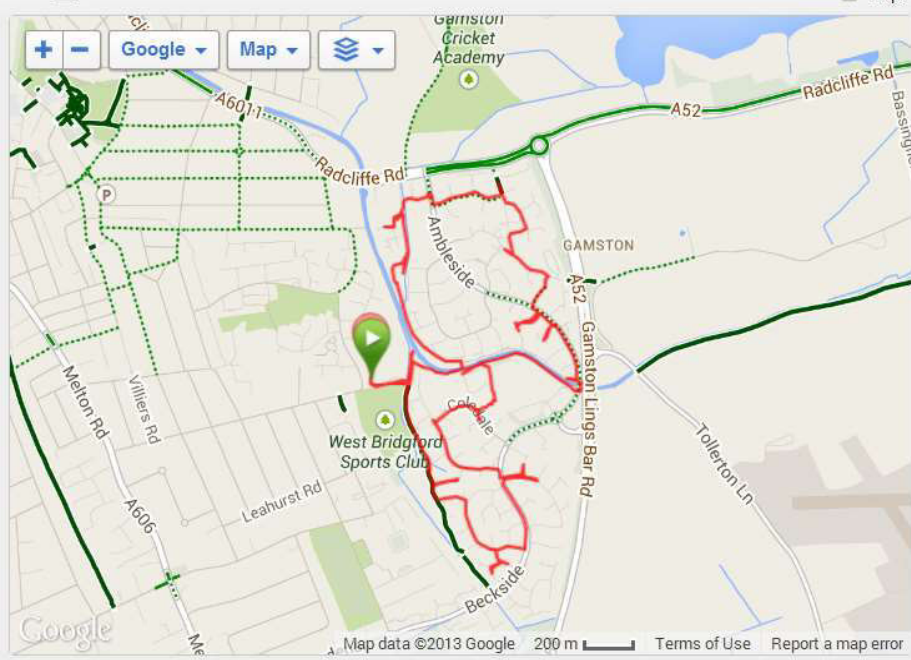
Pace Speed

Time: 1:03:28
Moving Time: 57:05
Elapsed Time: 1:03:28
Avg Pace: 13:23 min/mi
Avg Moving Pace: 12:03 min/mi
Best Pace: 6:56 min/mi

▼ 📈 Elevation

Elevation Gain: 7 m
Elevation Loss: 8 m
Min Elevation: 24 m
Max Elevation: 36 m

▼ Map



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:28

QH3 Run 814

17 November 2013

Summary

Distance: 5.86 mi
Time: 1:08:42
Avg Pace: 11:43 min/mi
Elevation Gain: 51 m
Calories: 831 C

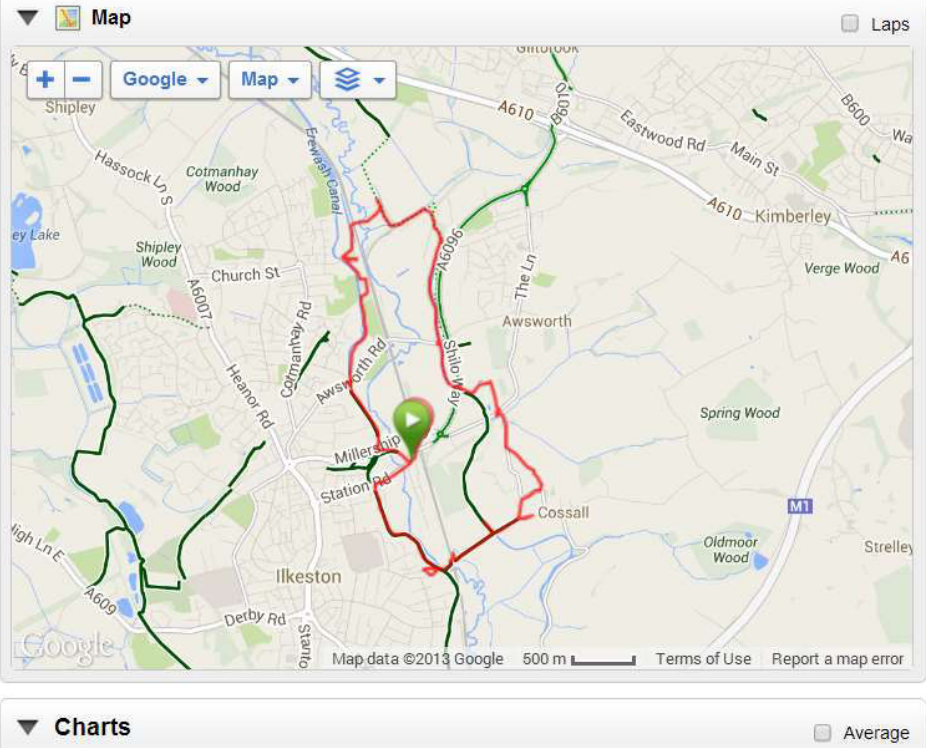
Details

Timing Pace Speed

Time: 1:08:42
Moving Time: 1:04:01
Elapsed Time: 1:08:42
Avg Pace: 11:43 min/mi
Avg Moving Pace: 10:56 min/mi
Best Pace: 4:47 min/mi

Elevation

Elevation Gain: 51 m
Elevation Loss: 51 m
Min Elevation: 47 m
Max Elevation: 83 m



Screen clipping taken: 02/12/2013 10:31

QH3 Run 813

03 November 2013

▼ Summary

Distance: 2.62 mi
Time: 47:08
Avg Pace: 18:01 min/mi
Elevation Gain: 81 m
Calories: 329 C

▼ Details

▼ ⌚ Timing

Pace Speed

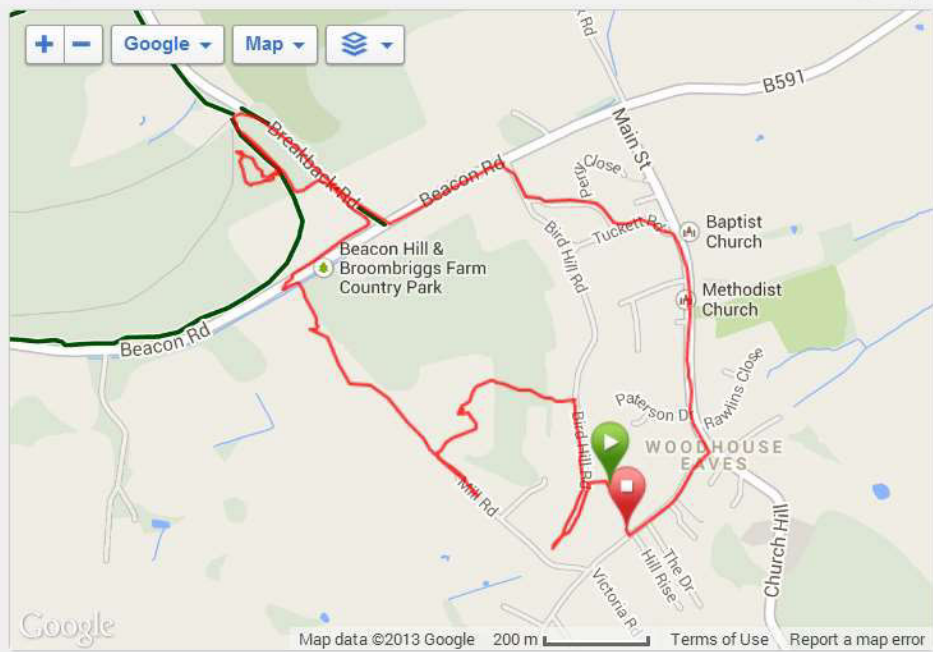
Time: 47:08
Moving Time: 39:50
Elapsed Time: 47:08
Avg Pace: 18:01 min/mi
Avg Moving Pace: 15:14 min/mi
Best Pace: 4:50 min/mi

▼ 📈 Elevation

Elevation Gain: 81 m
Elevation Loss: 90 m
Min Elevation: 102 m
Max Elevation: 170 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:33

QH3 Run 811

20 October 2013

▼ Summary

Distance: 6.78 mi
Time: 1:32:04
Avg Pace: 13:35 min/mi
Elevation Gain: 87 m
Calories: 923 C

▼ Details

▼ ⌚ Timing

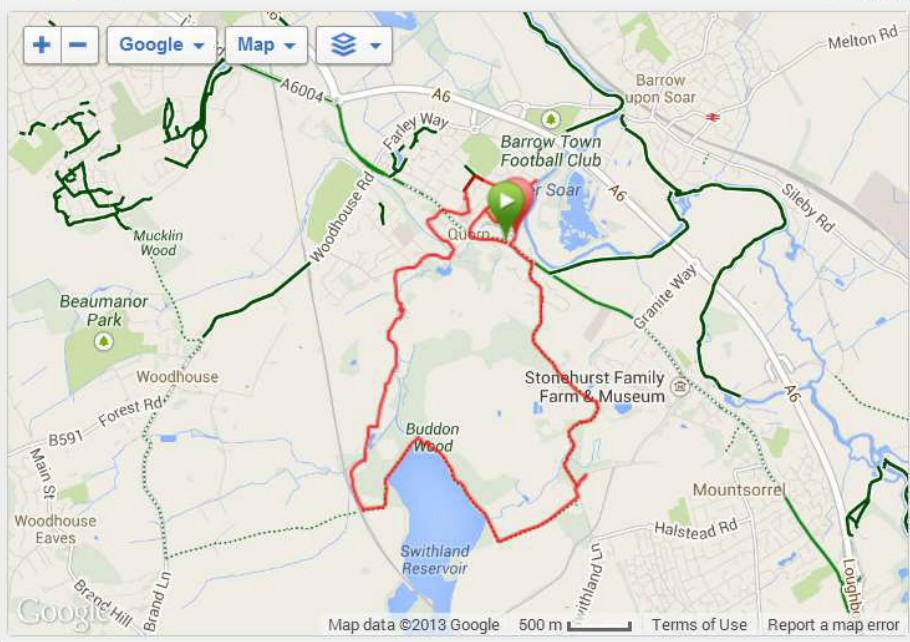
Pace Speed

Time: 1:32:04
Moving Time: 1:19:00
Elapsed Time: 1:32:04
Avg Pace: 13:35 min/mi
Avg Moving Pace: 11:40 min/mi
Best Pace: 5:33 min/mi

▼ 🏔️ Elevation

Elevation Gain: 87 m
Elevation Loss: 84 m
Min Elevation: 41 m
Max Elevation: 96 m

▼ Map



▼ Charts

☐ Average

QH3 Run 810

30 September 2013

▼ Summary

Distance: 3.77 mi
Time: 47:21
Avg Pace: 12:33 min/mi
Elevation Gain: 11 m
Calories: 518 C

▼ Details

▼ ⌚ Timing

Pace Speed

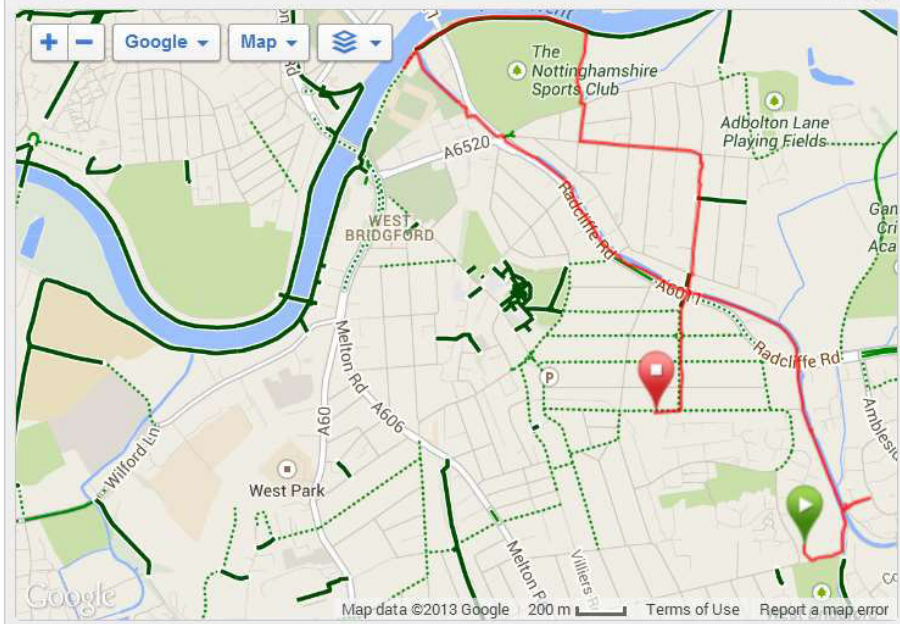
Time: 47:21
Moving Time: 42:44
Elapsed Time: 47:21
Avg Pace: 12:33 min/mi
Avg Moving Pace: 11:20 min/mi
Best Pace: 6:07 min/mi

▼ 📈 Elevation

Elevation Gain: 11 m
Elevation Loss: 12 m
Min Elevation: 23 m
Max Elevation: 33 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:39

QH3 Run 809

15 September 2013 as done by BUGGER

▼ Summary

Distance:

7.34 mi

Time:

1:45:55

Avg Pace:

14:26 min/mi

Elevation Gain:

120 m

Calories:

1,005 C

▼ Details

▼ ⌚ Timing

Pace

Speed

Time:

1:45:55

Moving Time:

1:37:15

Elapsed Time:

1:45:55

Avg Pace:

14:26 min/mi

Avg Moving Pace:

13:15 min/mi

Best Pace:

5:47 min/mi

▼ 🏔️ Elevation

Elevation Gain:

120 m

Elevation Loss:

127 m

Min Elevation:

128 m

Max Elevation:

175 m

▼ Map

+

-

Google

Map

▼ Charts

Average

Screen clipping taken: 29/01/2014 11:22

6 October 2013 as done by BUGGER

6 October 2013 as done by BUGGER

▼ Summary

Distance:

5.01 mi

Time:

1:26:53

Avg Pace:

17:20 min/mi

Elevation Gain:

262 m

Calories:

676 C

▼ Details

▼ ⌚ Timing

Time:

1:26:53

Moving Time:

1:11:41

Elapsed Time:

1:26:53

Avg Pace:

17:20 min/mi

Avg Moving Pace:

14:18 min/mi

Best Pace:

6:29 min/mi

▼ 📶 Elevation

Elevation Gain:

262 m

Elevation Loss:

259 m

Min Elevation:

276 m

Max Elevation:

396 m

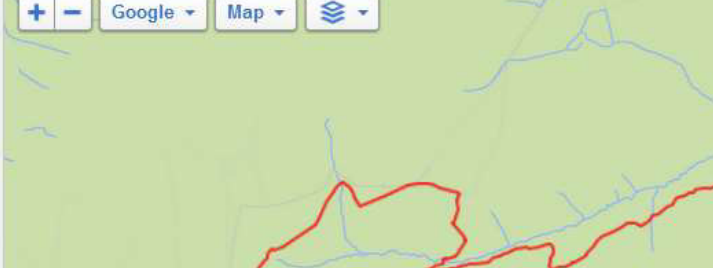
▼ Map

+

-

Google

Map



Map data ©2014 Google

200 m

Terms of Use

Report a map error

▼ Charts

Average

Screen clipping taken: 29/01/2014 11:23

QH3 Run 807

01 September 2013

▼ Summary

Distance: 6.09 mi
Time: 1:17:20
Avg Pace: 12:42 min/mi
Elevation Gain: 100 m
Calories: 822 C

▼ Details

▼ ⌚ Timing

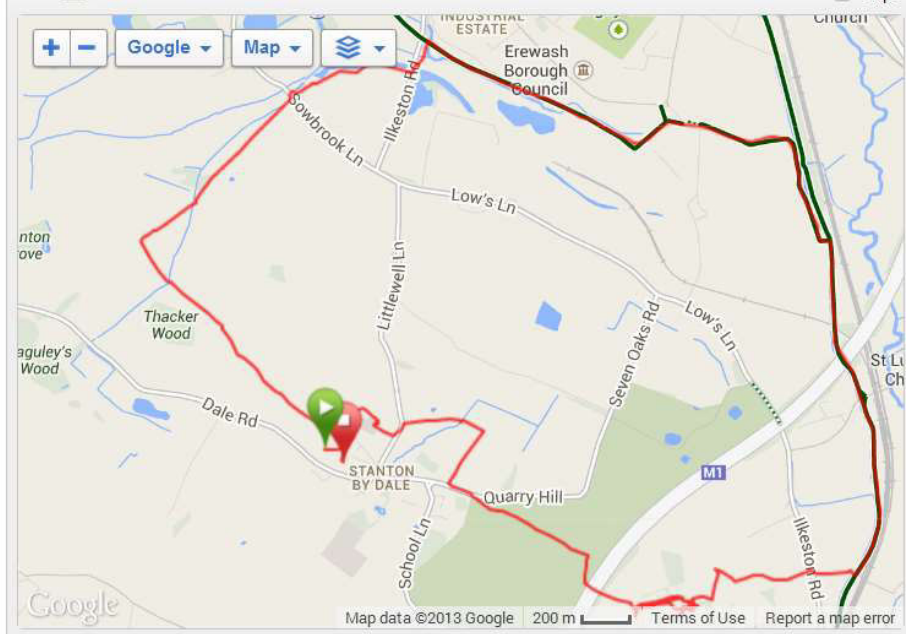
Pace Speed

Time: 1:17:20
Moving Time: 1:12:31
Elapsed Time: 1:17:20
Avg Pace: 12:42 min/mi
Avg Moving Pace: 11:55 min/mi
Best Pace: 6:40 min/mi

▼ 📈 Elevation

Elevation Gain: 100 m
Elevation Loss: 99 m
Min Elevation: 37 m
Max Elevation: 99 m

▼ Map



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:42

QH3 Run 806

27 August 2013

▼ Summary

Distance: 3.12 mi
Time: 54:19
Avg Pace: 17:25 min/mi
Elevation Gain: 64 m
Calories: 320 C

▼ Details

▼ ⌚ Timing

Pace Speed

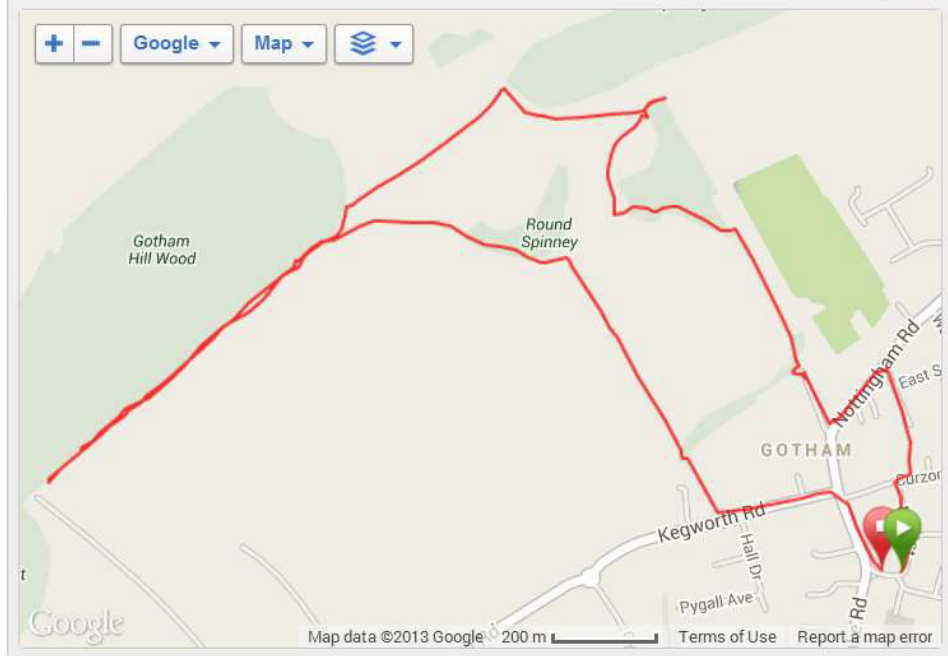
Time: 54:19
Moving Time: 52:23
Elapsed Time: 54:29
Avg Pace: 17:25 min/mi
Avg Moving Pace: 16:48 min/mi
Best Pace: 8:22 min/mi

▼ 📈 Elevation

Elevation Gain: 64 m
Elevation Loss: 71 m
Min Elevation: 35 m
Max Elevation: 101 m

▼ Map

☐ Laps



▼ Charts

☐ Average

QH3 Run 805

18 August 2013

▼ Summary

Distance: 3.14 mi
Time: 44:20
Avg Pace: 14:07 min/mi
Elevation Gain: 29 m
Calories: 424 C

▼ Details

▼ ⌚ Timing

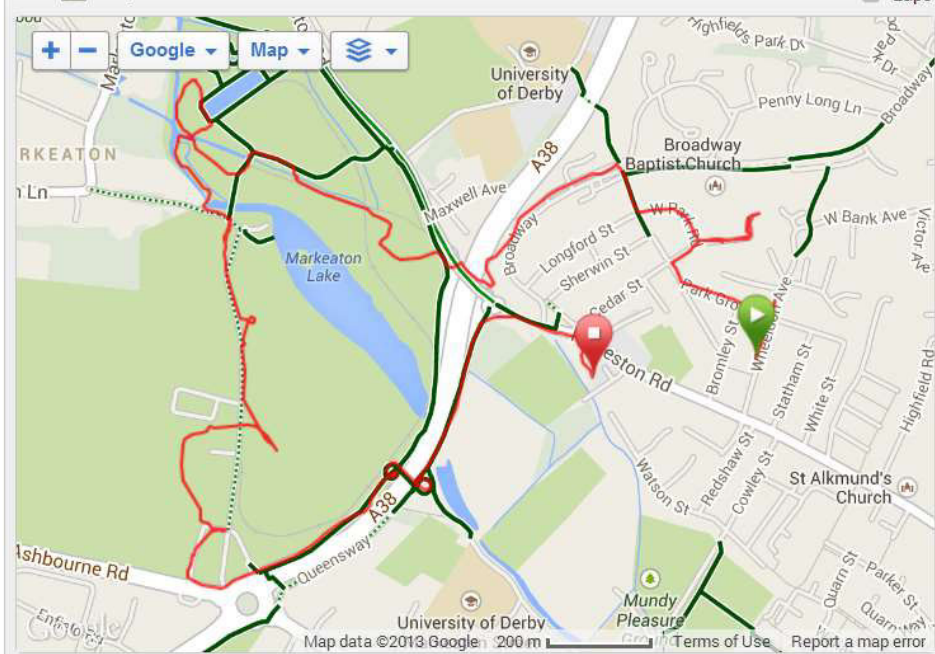
Pace Speed

Time: 44:20
Moving Time: 41:00
Elapsed Time: 44:20
Avg Pace: 14:07 min/mi
Avg Moving Pace: 13:04 min/mi
Best Pace: 7:05 min/mi

▼ 🏔️ Elevation

Elevation Gain: 29 m
Elevation Loss: 26 m
Min Elevation: 58 m
Max Elevation: 73 m

▼ Map



▼ Charts

Average

Screen clipping taken: 02/12/2013 10:47

QH3 Run 804

04 August 2013

▼ Summary

Distance: 5.21 mi
Time: 1:21:08
Avg Pace: 15:35 min/mi
Elevation Gain: 86 m
Calories: 658 C

▼ Details

▼ ⌚ Timing

Pace Speed

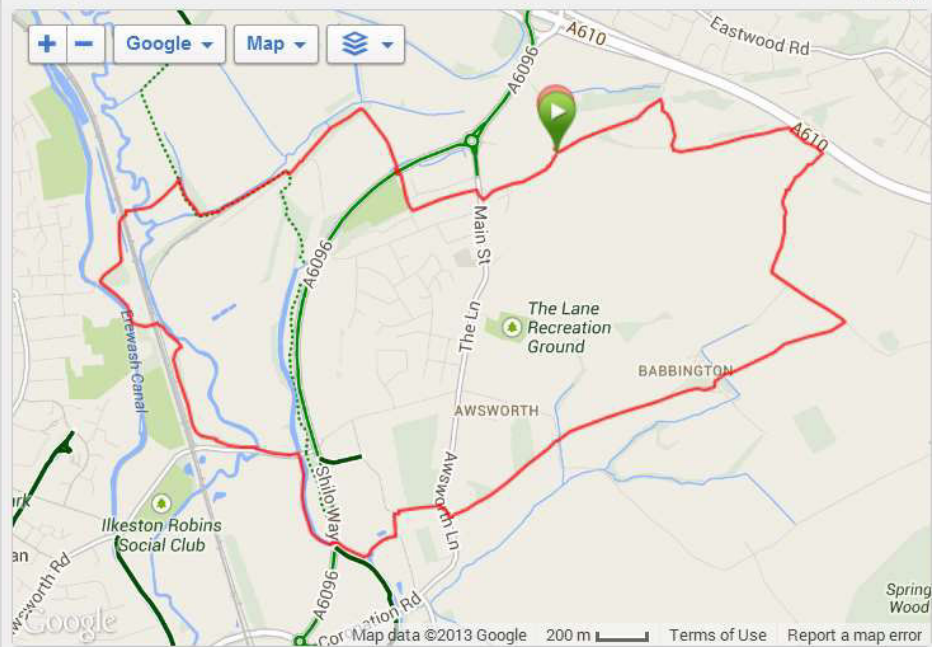
Time: 1:21:08
Moving Time: 1:09:53
Elapsed Time: 1:21:08
Avg Pace: 15:35 min/mi
Avg Moving Pace: 13:25 min/mi
Best Pace: 7:28 min/mi

▼ 📈 Elevation

Elevation Gain: 86 m
Elevation Loss: 81 m
Min Elevation: 48 m
Max Elevation: 127 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:48

QH3 Run 803

29 July 2013

▼ Summary

Distance: 5.48 mi
Time: 1:00:26
Avg Pace: 11:02 min/mi
Elevation Gain: 44 m
Calories: 777 C

▼ Details

▼ ⌚ Timing

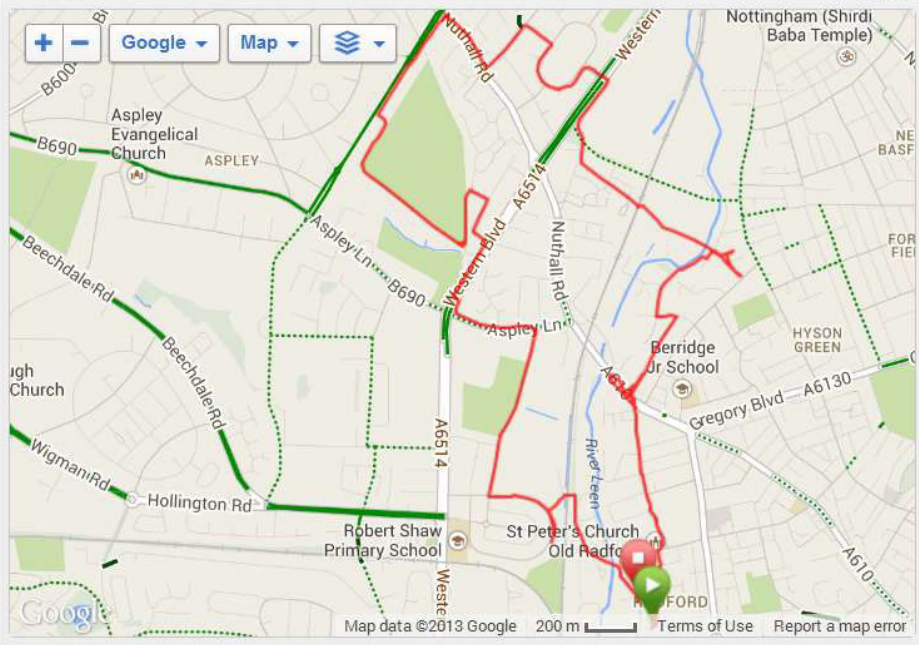
Pace Speed

Time: 1:00:26
Moving Time: 57:10
Elapsed Time: 1:00:26
Avg Pace: 11:02 min/mi
Avg Moving Pace: 10:26 min/mi
Best Pace: 1:53 min/mi

▼ 📶 Elevation

Elevation Gain: 44 m
Elevation Loss: 52 m
Min Elevation: 26 m
Max Elevation: 59 m

▼ Map



▼ Charts

☐ Average

QH3 Run 802

21 July 2013

Summary

Distance: 5.09 mi
Time: 1:20:03
Avg Pace: 15:44 min/mi
Elevation Gain: 112 m
Calories: 662 C

Details

Timing

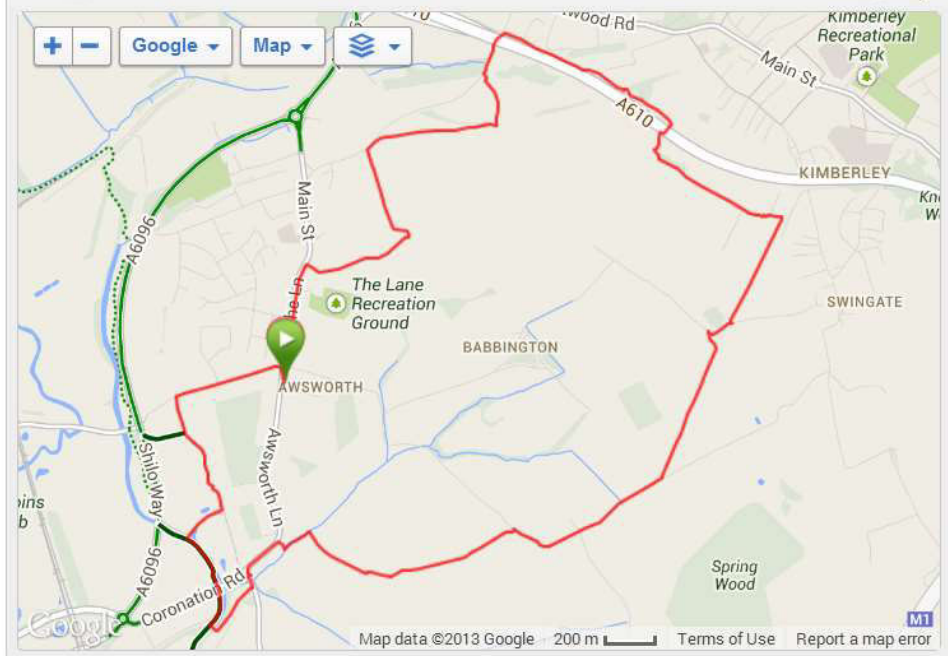
Pace Speed

Time: 1:20:03
Moving Time: 1:11:49
Elapsed Time: 1:20:03
Avg Pace: 15:44 min/mi
Avg Moving Pace: 14:07 min/mi
Best Pace: 1:21 min/mi

Elevation

Elevation Gain: 112 m
Elevation Loss: 108 m
Min Elevation: 56 m
Max Elevation: 138 m

Map



Charts

Average

Screen clipping taken: 02/12/2013 10:53

QH3 Run 801

01 July 2013

▼ Summary

Distance: 5.94 mi
Time: 1:19:37
Avg Pace: 13:24 min/mi
Elevation Gain: 50 m
Calories: 828 C

▼ Details

▼ ⌚ Timing

Pace Speed

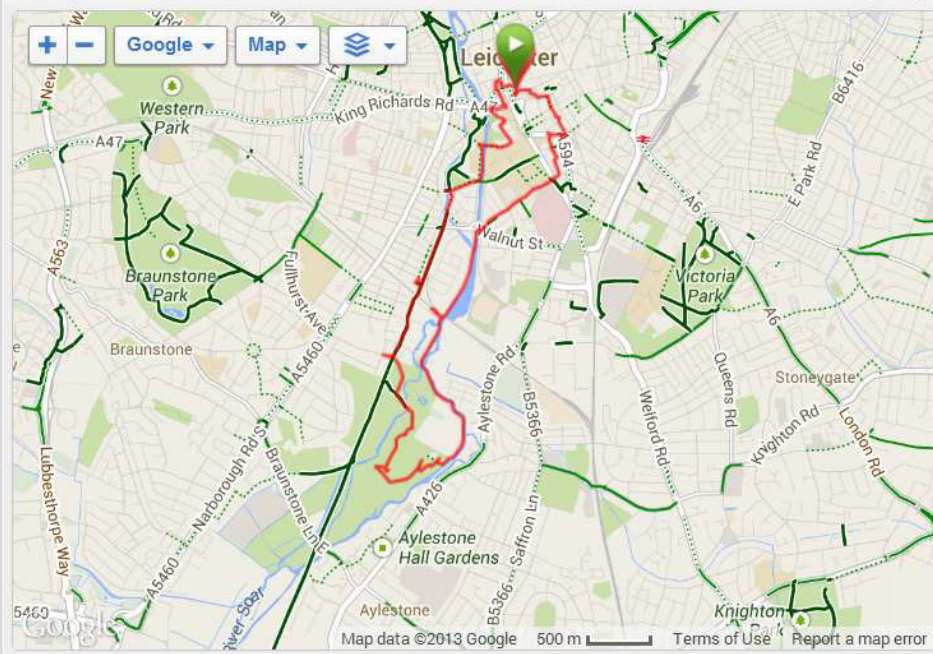
Time: 1:19:37
Moving Time: 1:13:43
Elapsed Time: 1:19:37
Avg Pace: 13:24 min/mi
Avg Moving Pace: 12:24 min/mi
Best Pace: 5:50 min/mi

▼ 📈 Elevation

Elevation Gain: 50 m
Elevation Loss: 45 m
Min Elevation: 54 m
Max Elevation: 86 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:57

QH3 Run 800

07 July 2013

Summary

Distance: 4.20 mi
Time: 1:18:32
Avg Pace: 18:42 min/mi
Elevation Gain: 183 m
Calories: 476 C

Details

Timing

Pace Speed

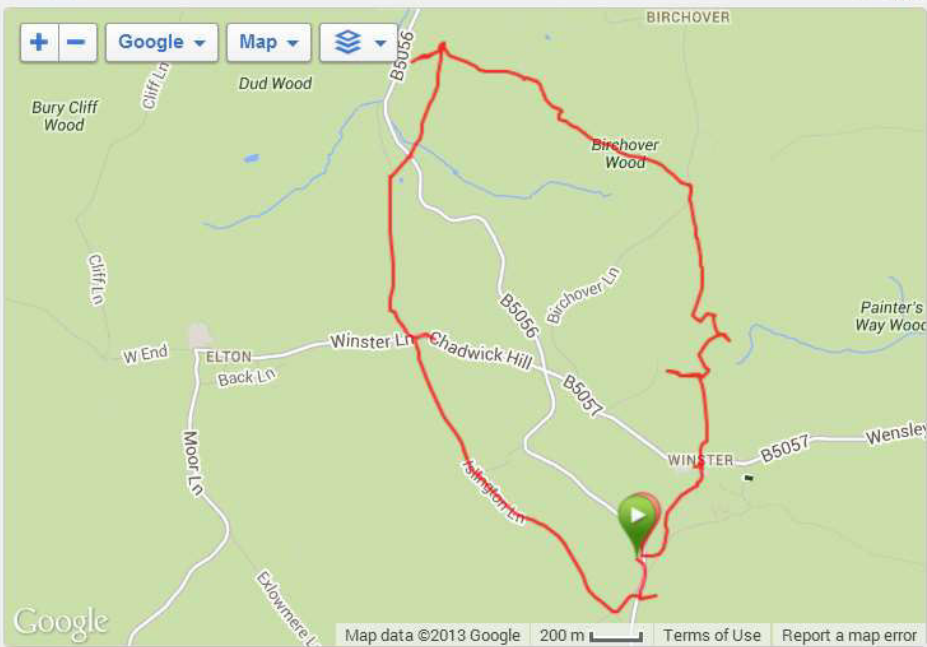
Time: 1:18:32
Moving Time: 1:07:09
Elapsed Time: 1:18:32
Avg Pace: 18:42 min/mi
Avg Moving Pace: 16:00 min/mi
Best Pace: 5:35 min/mi

Elevation

Elevation Gain: 183 m
Elevation Loss: 185 m
Min Elevation: 190 m
Max Elevation: 296 m

Map

Laps



Charts

Average

Screen clipping taken: 02/12/2013 10:55

QH3 Run799

16 June 2013

▼ Summary

Distance: 6.43 mi
Time: 1:22:30
Avg Pace: 12:49 min/mi
Elevation Gain: 127 m
Calories: 860 C

▼ Details

▼ ⌚ Timing

Pace Speed

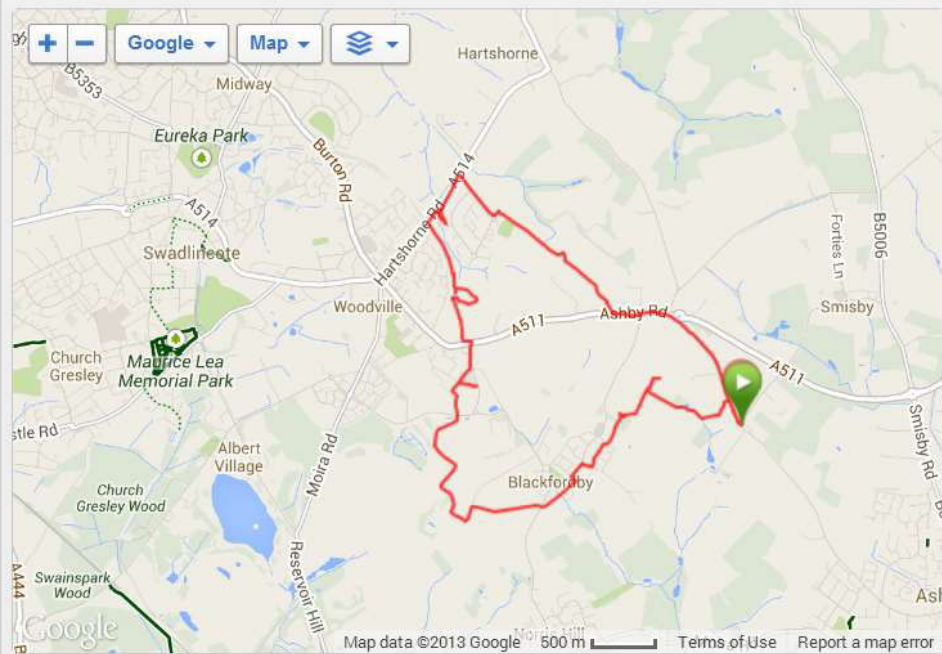
Time: 1:22:30
Moving Time: 1:17:32
Elapsed Time: 1:22:30
Avg Pace: 12:49 min/mi
Avg Moving Pace: 12:03 min/mi
Best Pace: 6:51 min/mi

▼ 📈 Elevation

Elevation Gain: 127 m
Elevation Loss: 126 m
Min Elevation: 115 m
Max Elevation: 180 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 10:59

QH3 Run 796

19 May 2013

▼ Summary

Distance: 4.96 mi
Time: 1:04:48
Avg Pace: 13:04 min/mi
Elevation Gain: 87 m
Calories: 664 C

▼ Details

▼ ⌚ Timing

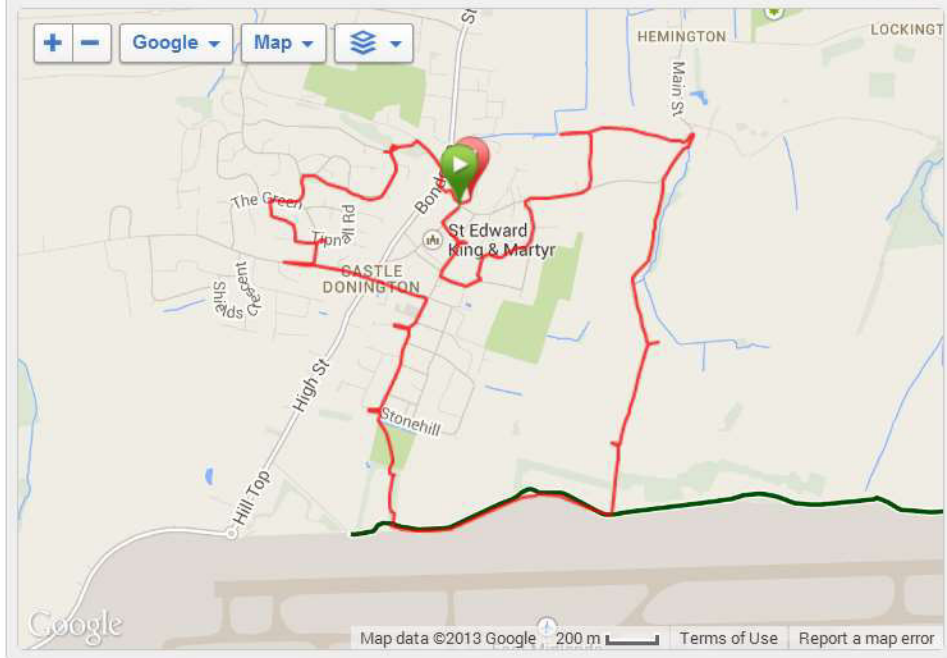
Pace Speed

Time: 1:04:48
Moving Time: 58:57
Elapsed Time: 1:04:48
Avg Pace: 13:04 min/mi
Avg Moving Pace: 11:53 min/mi
Best Pace: 7:06 min/mi

▼ 📈 Elevation

Elevation Gain: 87 m
Elevation Loss: 85 m
Min Elevation: 35 m
Max Elevation: 97 m

▼ Map



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 11:01

QH3 Run 795

05 May 2013

▼ Summary

Distance: 7.54 mi
Time: 1:29:12
Avg Pace: 11:50 min/mi
Elevation Gain: 122 m
Calories: 1,054 C

▼ Details

▼ ⌚ Timing

Pace Speed

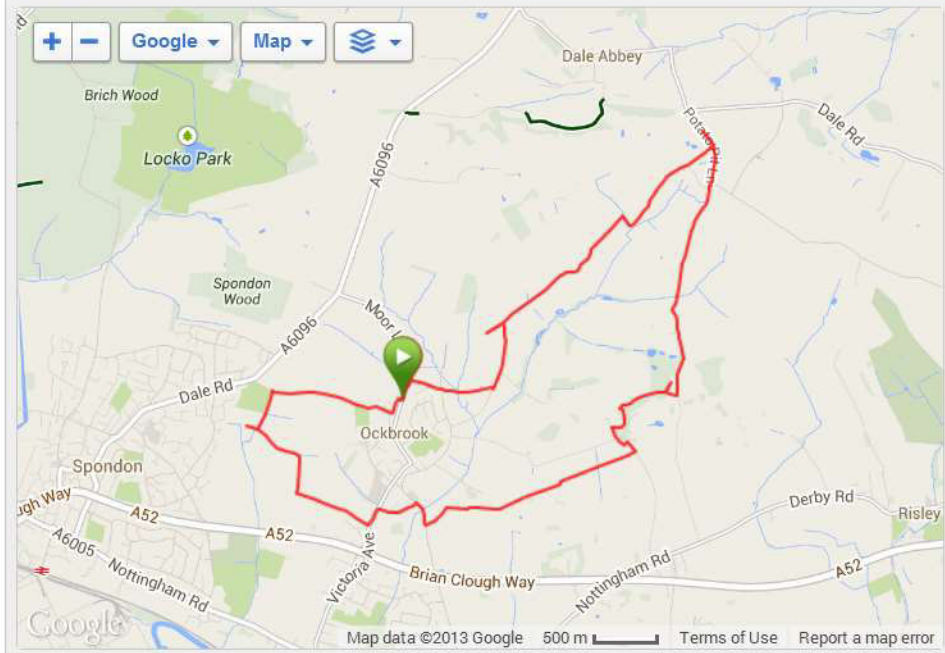
Time: 1:29:12
Moving Time: 1:24:48
Elapsed Time: 1:29:12
Avg Pace: 11:50 min/mi
Avg Moving Pace: 11:15 min/mi
Best Pace: 6:16 min/mi

▼ 📈 Elevation

Elevation Gain: 122 m
Elevation Loss: 136 m
Min Elevation: 55 m
Max Elevation: 123 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 11:06

QH3 Run 794

29 April 2013

Summary

Distance: 3.26 mi
Time: 59:24
Avg Pace: 18:12 min/mi
Elevation Gain: 78 m
Calories: 436 C

Details

Timing

Pace Speed

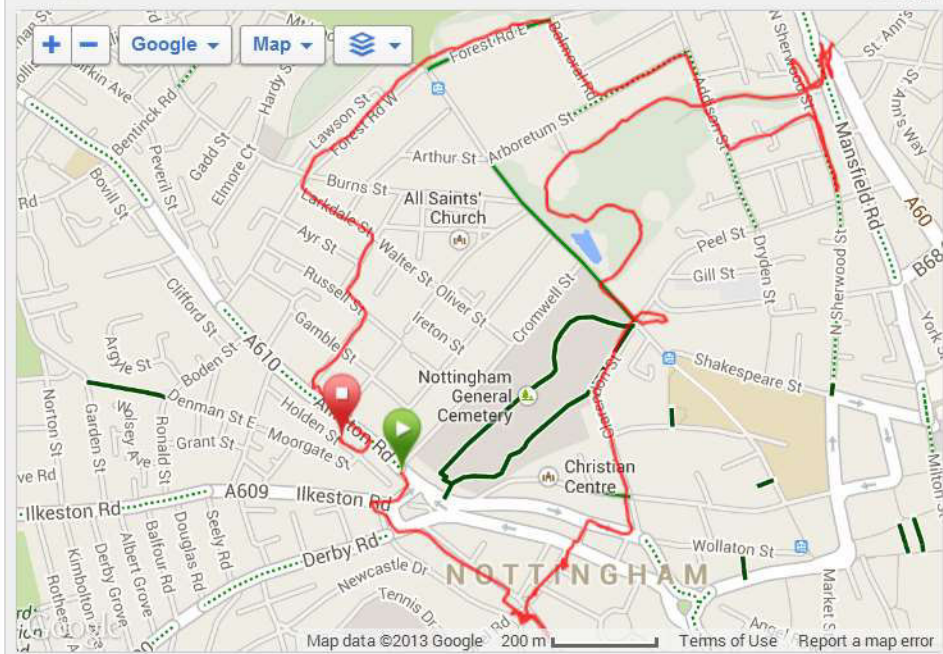
Time: 59:24
Moving Time: 49:50
Elapsed Time: 59:24
Avg Pace: 18:12 min/mi
Avg Moving Pace: 15:16 min/mi
Best Pace: :45 min/mi

Elevation

Elevation Gain: 78 m
Elevation Loss: 81 m
Min Elevation: 52 m
Max Elevation: 129 m

Map

Laps



Charts

Average

Screen clipping taken: 02/12/2013 11:08

QH3 Run 793

21 April 2013

▼ Summary

Distance: 6.54 mi
Time: 1:58:30
Avg Pace: 18:07 min/mi
Elevation Gain: 105 m
Calories: 741 C

▼ Details

▼ ⌚ Timing

Pace Speed

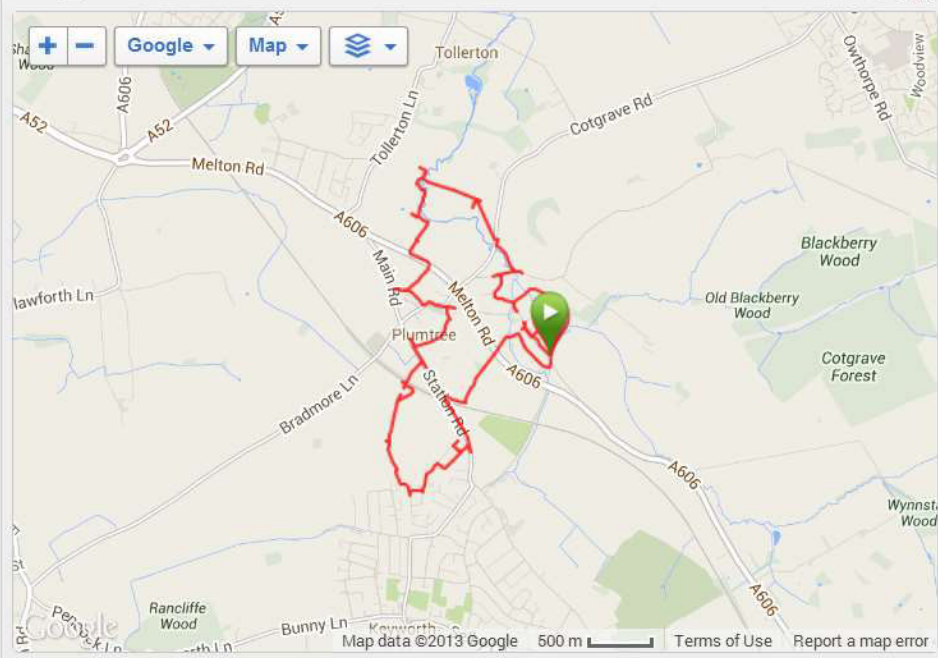
Time: 1:58:30
Moving Time: 1:43:34
Elapsed Time: 1:58:30
Avg Pace: 18:07 min/mi
Avg Moving Pace: 15:50 min/mi
Best Pace: 8:30 min/mi

▼ 📈 Elevation

Elevation Gain: 105 m
Elevation Loss: 124 m
Min Elevation: 42 m
Max Elevation: 85 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 11:10

QH3 Run 792

07 April 2013

▼ Summary

Distance: 7.37 mi
Time: 1:28:50
Avg Pace: 12:03 min/mi
Elevation Gain: 91 m
Calories: 1,035 C

▼ Details

▼ ⌚ Timing

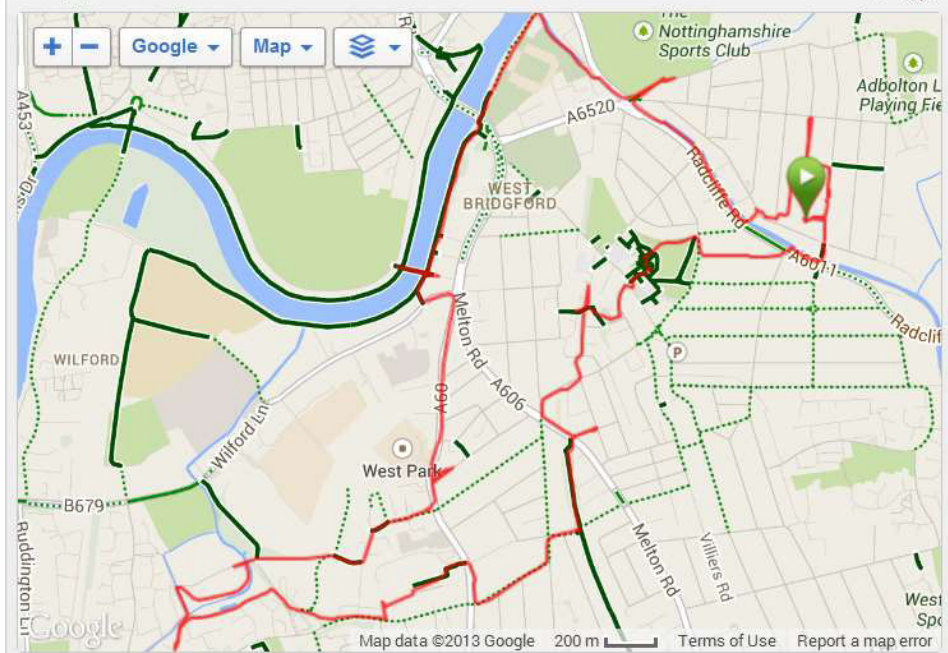
Pace Speed

Time: 1:28:50
Moving Time: 1:24:46
Elapsed Time: 1:41:54
Avg Pace: 12:03 min/mi
Avg Moving Pace: 11:30 min/mi
Best Pace: 6:22 min/mi

▼ 📈 Elevation

Elevation Gain: 91 m
Elevation Loss: 89 m
Min Elevation: 27 m
Max Elevation: 44 m

▼ Map



▼ Charts

Average

Screen clipping taken: 02/12/2013 11:12

QH3 Run 791

25 March 2013

▼ Summary

Distance: 5.46 mi
Time: 1:25:40
Avg Pace: 15:42 min/mi
Elevation Gain: 15 m
Calories: 721 C

▼ Details

▼ ⌚ Timing

Pace Speed

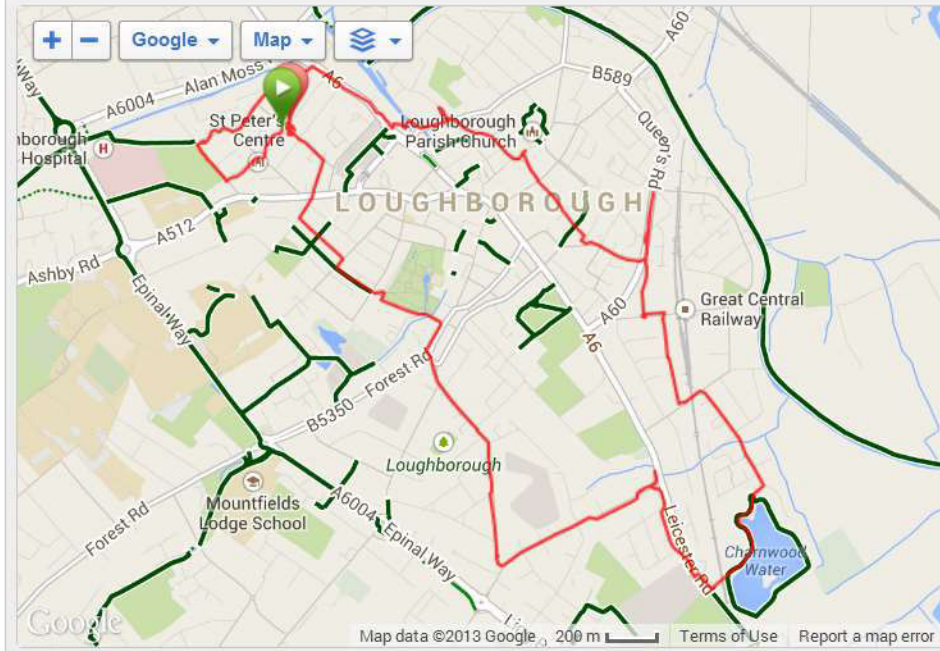
Time: 1:25:40
Moving Time: 1:14:43
Elapsed Time: 1:25:40
Avg Pace: 15:42 min/mi
Avg Moving Pace: 13:41 min/mi
Best Pace: 6:19 min/mi

▼ 📏 Elevation

Elevation Gain: 15 m
Elevation Loss: 37 m
Min Elevation: 42 m
Max Elevation: 70 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 11:13

QH3 Run 790

17 March 2013

Summary

Distance: 6.32 mi
Time: 1:12:13
Avg Pace: 11:25 min/mi
Elevation Gain: 18 m
Calories: 899 C

Details

Timing

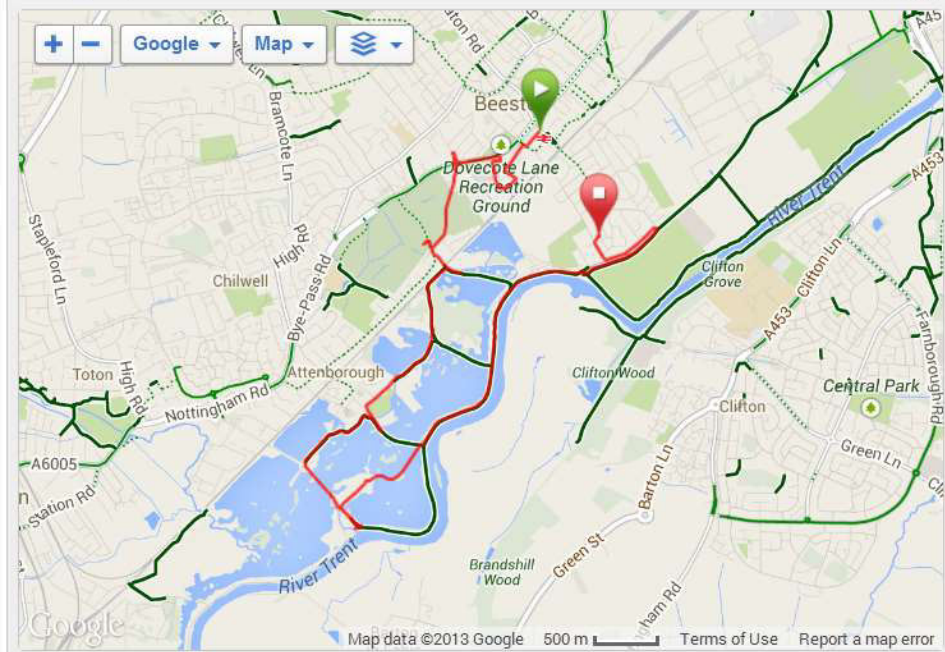
Pace Speed

Time: 1:12:13
Moving Time: 1:08:37
Elapsed Time: 1:12:13
Avg Pace: 11:25 min/mi
Avg Moving Pace: 10:51 min/mi
Best Pace: :40 min/mi

Elevation

Elevation Gain: 18 m
Elevation Loss: 16 m
Min Elevation: 24 m
Max Elevation: 38 m

Map



Charts

Average

Screen clipping taken: 02/12/2013 11:15

QH3 Run 789

03 March 2013

▼ Summary

Distance: 4.72 mi
Time: 1:05:15
Avg Pace: 13:49 min/mi
Elevation Gain: 28 m
Calories: 636 C

▼ Details

▼ ⌚ Timing

Pace Speed

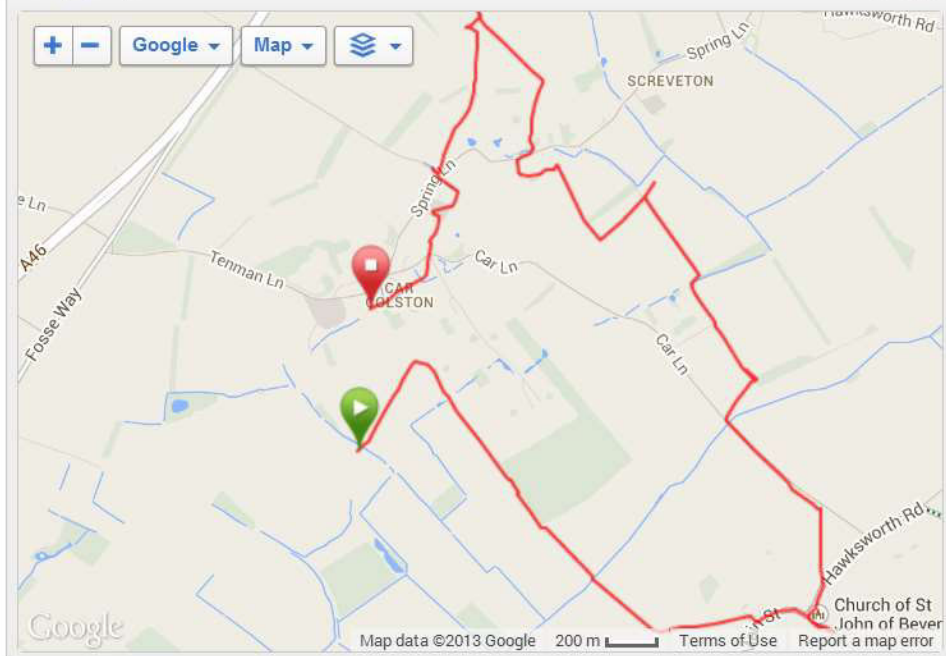
Time: 1:05:15
Moving Time: 1:00:02
Elapsed Time: 1:05:15
Avg Pace: 13:49 min/mi
Avg Moving Pace: 12:43 min/mi
Best Pace: 6:50 min/mi

▼ 📈 Elevation

Elevation Gain: 28 m
Elevation Loss: 22 m
Min Elevation: 17 m
Max Elevation: 38 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 11:17

QH3 Run 788

25 February 2013

▼ Summary

Distance: 2.64 mi
Time: 33:14
Avg Pace: 12:35 min/mi
Elevation Gain: 6 m
Calories: 348 C

▼ Details

▼ ⌚ Timing

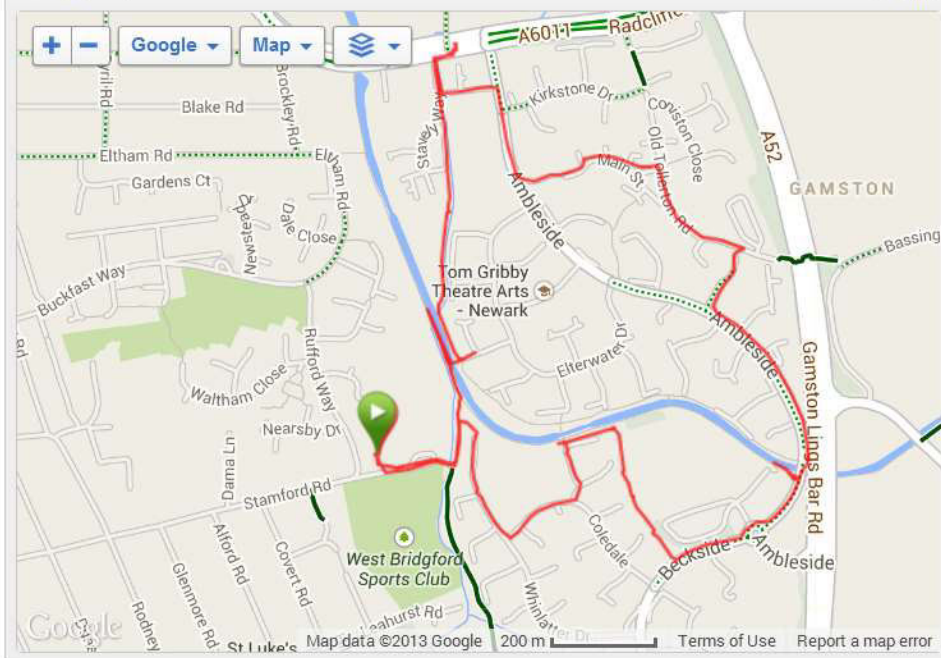
Pace Speed

Time: 33:14
Moving Time: 31:24
Elapsed Time: 33:14
Avg Pace: 12:35 min/mi
Avg Moving Pace: 11:53 min/mi
Best Pace: 7:51 min/mi

▼ 📈 Elevation

Elevation Gain: 6 m
Elevation Loss: 5 m
Min Elevation: 25 m
Max Elevation: 36 m

▼ Map



▼ Charts

Average

Screen clipping taken: 02/12/2013 11:18

QH3 Run 787

17 February 2013

▼ Summary

Distance: 6.15 mi
Time: 1:41:29
Avg Pace: 16:30 min/mi
Elevation Gain: 181 m
Calories: 778 C

▼ Details

▼ ⌚ Timing

Pace Speed

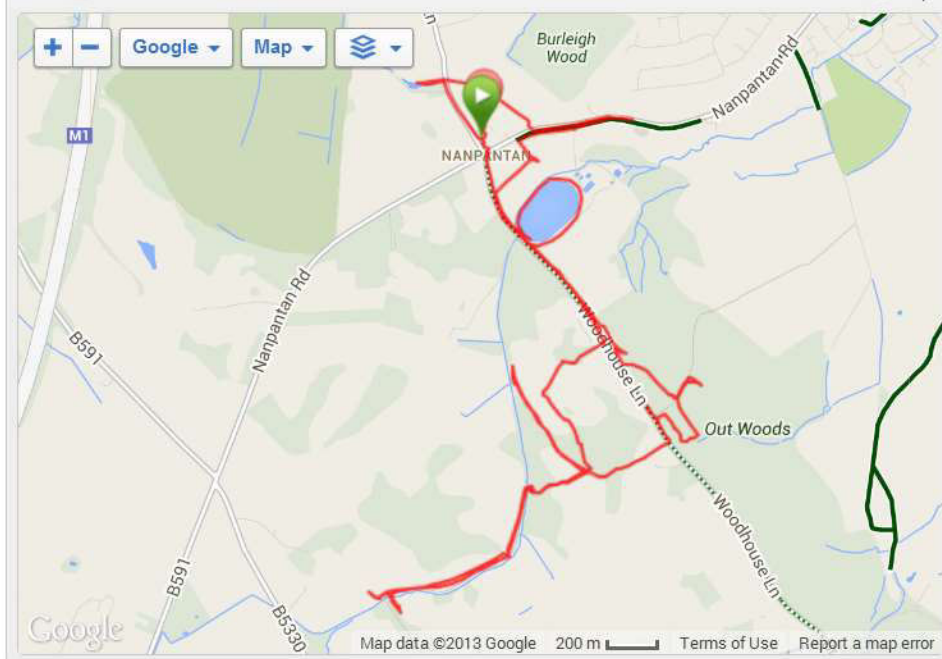
Time: 1:41:29
Moving Time: 1:24:12
Elapsed Time: 1:41:29
Avg Pace: 16:30 min/mi
Avg Moving Pace: 13:41 min/mi
Best Pace: 6:44 min/mi

▼ 📈 Elevation

Elevation Gain: 181 m
Elevation Loss: 180 m
Min Elevation: 83 m
Max Elevation: 152 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 11:20

QH3 Run 786

03 February 2013

▼ Summary

Distance: 3.81 mi
Time: 45:35
Avg Pace: 11:58 min/mi
Elevation Gain: 35 m
Calories: 548 C

▼ Details

▼ ⌚ Timing

Pace Speed

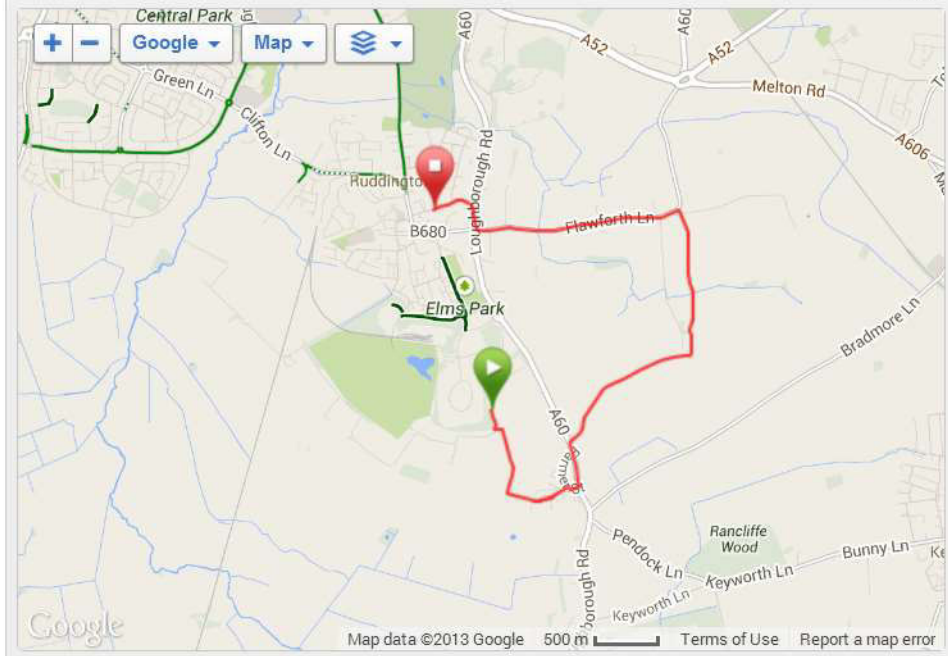
Time: 45:35
Moving Time: 44:03
Elapsed Time: 45:38
Avg Pace: 11:58 min/mi
Avg Moving Pace: 11:34 min/mi
Best Pace: 6:17 min/mi

▼ 📈 Elevation

Elevation Gain: 35 m
Elevation Loss: 36 m
Min Elevation: 37 m
Max Elevation: 54 m

▼ Map

☐ Laps



▼ Charts

☐ Average

Screen clipping taken: 02/12/2013 11:22

QH3 Run 785

28 January 2013

Summary

Distance: 5.40 mi
Time: 1:16:45
Avg Pace: 14:12 min/mi
Elevation Gain: 20 m
Calories: 696 C

Details

Timing

Pace Speed

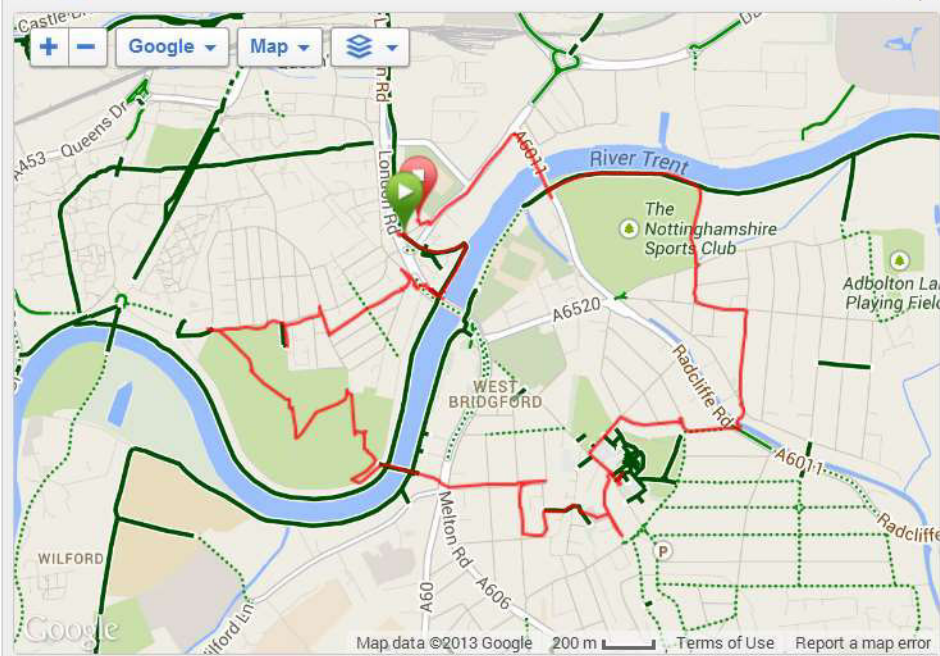
Time: 1:16:45
Moving Time: 1:08:49
Elapsed Time: 1:16:45
Avg Pace: 14:12 min/mi
Avg Moving Pace: 12:44 min/mi
Best Pace: 6:45 min/mi

Elevation

Elevation Gain: 20 m
Elevation Loss: 20 m
Min Elevation: 19 m
Max Elevation: 33 m

Map

Laps



Charts

Average

Screen clipping taken: 02/12/2013 11:23

QH3 Run 784

20 January 2013

Summary

Distance: 5.32 mi
Time: 1:54:53
Avg Pace: 21:36 min/mi
Elevation Gain: 82 m
Calories: 896 C

Details

Timing

Pace Speed

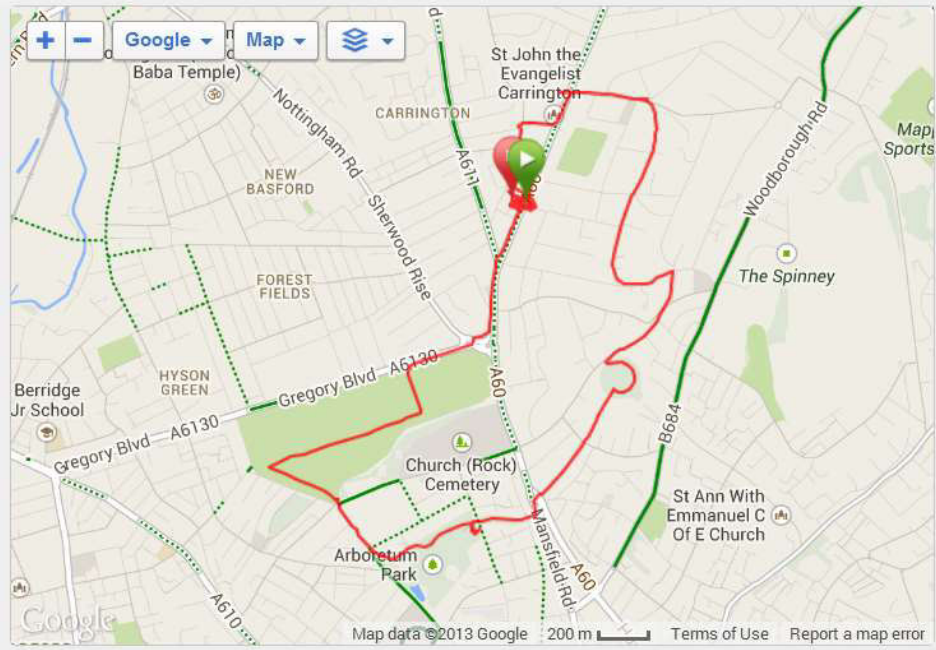
Time: 1:54:53
Moving Time: 1:16:34
Elapsed Time: 1:54:53
Avg Pace: 21:36 min/mi
Avg Moving Pace: 14:24 min/mi
Best Pace: :40 min/mi

Elevation

Elevation Gain: 82 m
Elevation Loss: 95 m
Min Elevation: 48 m
Max Elevation: 100 m

Map

Laps



Charts

Average

Screen clipping taken: 02/12/2013 11:24

QH3 Run 783

6 January 2013 as recorded by BUGGER

▼ Summary

Distance:

4.19 mi

Time:

1:02:35

Avg Pace:

14:57 min/mi

Elevation Gain:

108 m

Calories:

560 C

▼ Details

▼ ⌚ Timing

Time:

1:02:35

Moving Time:

1:00:31

Elapsed Time:

1:02:35

Avg Pace:

14:57 min/mi

Avg Moving Pace:

14:27 min/mi

Best Pace:

6:22 min/mi

▼ 🏔️ Elevation

Elevation Gain:

108 m

Elevation Loss:

113 m

Min Elevation:

21 m

Max Elevation:

93 m

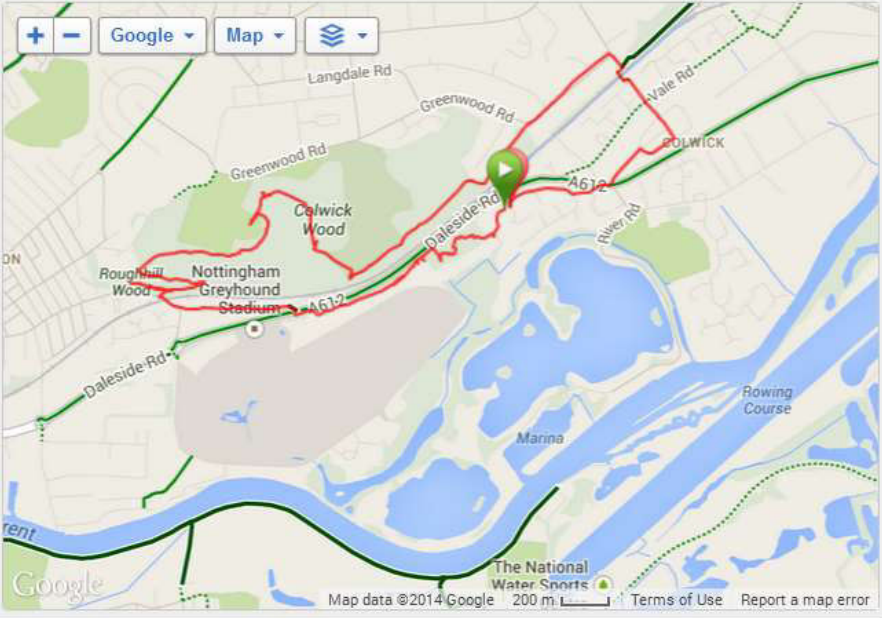
▼ Map

+

-

Google

Map



Laps

▼ Charts

Average

Screen clipping taken: 29/01/2014 11:18