

Complete Ride

From: Water Tower
To: Water Tower

You started the leg on 05-24-2020 17:20:34 and finished the leg on 05-24-2020 18:51:56

NOTE: This date and time may be UTC depending on the app you use

Distance 7.61 Miles

Time 1 Hours 31 Minutes 22 Seconds to complete

You climbed 2286 feet and descended 2234

*52 Feet of altitude change
Starting at 722 feet Above Sea Level
To 774 feet ASL*

The Munter Rate for this leg is 8.14

Your average speed for the leg was 4.99 mph

Your mile pace 12 minutes 1 seconds

Leg 1:

From: Water Tower
To: Top of Hurricane Mountain Rd

You started the leg on 05-24-2020 17:20:46 and finished the leg on 05-24-2020 17:44:23

NOTE: This date and time may be UTC depending on the app you use

Distance 1.76 Miles

Time 0 Hours 23 Minutes 37 Seconds to complete

You climbed 980 feet and descended 16

*965 Feet of altitude change
Starting at 725 feet Above Sea Level
To 1690 feet ASL*

The Munter Rate for this leg is 14.65

Your average speed for the leg was 4.46 mph

Your mile pace 13 minutes 27 seconds

Leg 2:

From: Top of Hurricane Mountain Rd

To: Junction of the Black Cap Trail and the Cranmore Connector

You started the leg on 05-24-2020 17:44:29 and finished the leg on 05-24-2020 17:55:37

NOTE: This date and time may be UTC depending on the app you use

Distance 0.64 Miles

Time 0 Hours 11 Minutes 8 Seconds to complete

You climbed 328 feet and descended 26

302 Feet of altitude change

Starting at 1686 feet Above Sea Level

To 1988 feet ASL

The Munter Rate for this leg is 10.51

Your average speed for the leg was 3.45 mph

Your mile pace 17 minutes 23 seconds

Leg 3:

From: Junction of the Black Cap Trail and the Cranmore Connector

To: Junction of the Hurricane Trail and Red Tail

You started the leg on 05-24-2020 17:55:42 and finished the leg on 05-24-2020 18:02:41

NOTE: This date and time may be UTC depending on the app you use

Distance 1.15 Miles

Time 0 Hours 6 Minutes 59 Seconds to complete

You climbed 65 feet and descended 715

-650 Feet of altitude change

Starting at 1988 feet Above Sea Level

To 1339 feet ASL

The Munter Rate for this leg is 32.89

Your average speed for the leg was 9.87 mph

Your mile pace 6 minutes 5 seconds

Leg 4:

From: Junction of the Hurricane Trail and Red Tail
To: Top of Red Tail

You started the leg on 05-24-2020 18:02:44 and finished the leg on 05-24-2020 18:31:01

NOTE: This date and time may be UTC depending on the app you use

Distance 1.40 Miles

Time 0 Hours 28 Minutes 17 Seconds to complete

You climbed 705 feet and descended 65

640 Feet of altitude change
Starting at 1335 feet Above Sea Level
To 1975 feet ASL

The Munter Rate for this leg is 8.91

Your average speed for the leg was 2.97 mph

Your mile pace 20 minutes 14 seconds

Leg 5:

From: Top of Red Tail
To: Top of Kandagnar

You started the leg on 05-24-2020 18:31:16 and finished the leg on 05-24-2020 18:34:52

NOTE: This date and time may be UTC depending on the app you use

Distance 0.70 Miles

Time 0 Hours 3 Minutes 36 Seconds to complete

You climbed 13 feet and descended 269

-256 Feet of altitude change
Starting at 1975 feet Above Sea Level
To 1719 feet ASL

The Munter Rate for this leg is 31.89

Your average speed for the leg was 11.74 mph

Your mile pace 5 minutes 7 seconds

Leg 6:

From: Top of Kandagnar
To: Bottom of Kandagnar

You started the leg on 05-24-2020 18:34:55 and finished the leg on 05-24-2020 18:42:56

NOTE: This date and time may be UTC depending on the app you use

Distance 0.96 Miles

Time 0 Hours 8 Minutes 1 Seconds to complete

You climbed 16 feet and descended 1033

-1017 Feet of altitude change
Starting at 1716 feet Above Sea Level
To 699 feet ASL

The Munter Rate for this leg is 34.73

Your average speed for the leg was 7.16 mph

Your mile pace 8 minutes 23 seconds

Leg 7:

From: Bottom of Kandagnar
To: Water Tower

You started the leg on 05-24-2020 18:42:59 and finished the leg on 05-24-2020 18:51:53

NOTE: This date and time may be UTC depending on the app you use

Distance 0.94 Miles

Time 0 Hours 8 Minutes 54 Seconds to complete

You climbed 170 feet and descended 91

79 Feet of altitude change
Starting at 699 feet Above Sea Level
To 778 feet ASL

The Munter Rate for this leg is 11.82

Your average speed for the leg was 6.34 mph

Your mile pace 9 minutes 28 seconds