

Date	Start Time	End Time	Leg	Start	Starting Elev ft	Ending Elev ft	Altitude Change +/- ft	Distance Miles	Time h:m:s	Munter Rate	Total Ascent	Total Descent	Mile Pace	Speed mph	End
6/22/20	9:46:16	15:32:43	Total Ride	Start	459	492	32	25.13	5:46:27	7.2	5537	5483	13 min 29 sec	4.45	Finish
6/22/20	9:46:16	9:53:40	1	Frechette	459	469	9	1.45	0:07:24	19.1	269	259	5 min 7 sec	11.72	Marshal Parking
6/22/20	9:53:43	10:30:07	2	Marshall Parking	472	734	262	2.32	0:36:23	7.5	590	328	15 min 41 sec	3.82	Start of High School Loop
6/22/20	10:30:10	10:33:43	3	Start of High School Loop	731	656	-75	0.55	0:03:32	18.9	26	101	6 min 26 sec	9.32	Start of First Rest
6/22/20	10:33:46	10:46:37	4	Start of Rest	652	652			0:12:50						End of Rest
6/22/20	10:46:40	11:13:16	5	End of Rest	652	935	282	1.86	0:26:36	8.7	515	232	14 min 16 sec	4.21	End of High School Loop
6/22/20	11:13:19	11:50:49	6	End of High School Loop	938	961	22	2.72	0:37:30	7.1	495	472	13 min 48 sec	4.34	End of Tent Boulder FR 379
6/22/20	11:50:52	11:54:25	7	End of Tent Boulder	957	889	-68	0.39	0:03:32	14.2	19	88	9 min 5 sec	6.6	Start of the Carroll Reed Conector to Stoney
6/22/20	11:54:28	11:57:19	8	Start of the Carroll Reed Conector to Stoney	892	882	-9	0.16	0:02:51	5.9	32	42	18 min 15 sec	3.29	Stoney Trail
6/22/20	11:57:22	12:11:46	9	Stoney Trail	879	574	-305	1.2	0:14:24	11.9	108	413	12 min 0 sec	5	Hale's Location via Lower Stoney
6/22/20	12:11:49	12:24:10	10	Hale's	577	754	177	0.96	0:12:20	10.1	321	144	12 min 51 sec	4.67	Upper Hale's
6/22/20	12:24:13	12:58:22	11	Upper Hale's	761	1446	685	1.6	0:34:08	8.2	790	104	21 min 20 sec	2.81	Summit of Whitehorse
6/22/20	12:58:25	13:12:01	12	2nd Rest	1453	1453			0:13:35						2nd Rest
6/22/20	13:12:04	13:15:16	13	Summit of Whitehorse	1453	1171	-282	0.51	0:03:12	31.6	0	282	6 min 14 sec	9.6	Junction Red Ridge Link and Red Ridge
6/22/20	13:15:19	13:27:10	14	Junction of Red Ridge Link and Red Ridge	1154	862	-291	0.9	0:11:50	11.8	75	367	13 min 10 sec	4.56	Cathedral Rd
6/22/20	13:27:13	13:34:01	15	Cathedral Rd	859	1085	226	0.4	0:06:47	11.8	236	9	16 min 50 sec	3.56	Summit of Cathedral
6/22/20	13:34:04	13:38:01	16	Summit of Cathedral	1085	774	-311	0.51	0:03:57	26.8	13	324	7 min 48 sec	7.68	Base of Cathedral Descent
6/22/20	13:38:04	13:45:04	17	Base of Cathedral Descent	767	557	-209	0.41	0:07:00	11.2	78	288	16 min 57 sec	3.54	Diana's Bath
6/22/20	13:45:07	13:54:55	18	Diana's Bath	557	748	190	0.61	0:09:48	9.6	252	62	16 min 1 sec	3.74	Junction North Moat and Red Ridge Trail
6/22/20	13:54:58	14:15:55	19	Junction North Moat Tr and Red Ridge	748	895	147	1.46	0:20:56	8	354	206	14 min 20 sec	4.18	Junction Red Ridge Trail and FR 379
6/22/20	14:15:58	14:24:58	20	Junction of Red Ridge Trail and FR 379	895	682	-213	1.15	0:09:00	16.7	111	324	7 min 49 sec	7.67	Junction FR 379 and Mineral Site Trail
6/22/20	14:25:01	14:51:10	21	Junction of FR 379 and Mineral Site Trail	679	915	236	1.62	0:26:08	7.6	583	347	16 min 8 sec	3.72	Junction of Mineral Site Trail and FR 380
6/22/20	14:51:13	14:56:28	22	Junction of Mineral Site Trail and FR 380	915	784	-131	0.91	0:05:15	21.3	98	229	5 min 45 sec	10.42	Junction of FR 379 and Lager Trail
6/22/20	14:56:31	15:22:28	23	Junction of FR 379 and Lager	787	561	-226	2.33	0:25:56	10.3	452	679	11 min 7 sec	5.39	Junction of Shumway and Heather Hill Rd
6/22/20	15:22:31	15:23:40	24	Junction Shumway and Heather Hill Rd	561	531	-29	0.2	0:01:08	21.7	9	39	5 min 40 sec	10.56	Junction Heather Hill Rd and RR Tracks
6/22/20	15:23:43	15:32:46	25	Junction Heather Hill Rd and RR Tracks	524	492	-32	0.91	0:09:03	10.4	111	144	9 min 55 sec	6.05	Frechette Tire