

Weather Data	Start Time	End Time	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	Running Time h:m:00
15 Oct 4:00 pm 4476ft USGS/NPS Building, Moab 15 Oct 4:00 pm 71F 13% NW 6	15:56:30	16:20:35	Parking Lot	4596	4570	-26	1.99	0:24:04	8.2	505	531	12 min 7 sec	4.95	Start of Slick Rock Loop	0:24:04
15 Oct 4:00 pm 4476ft USGS/NPS Building, Moab 15 Oct 4:00 pm 71F 13% NW 6	16:20:40	16:45:23	Start of Slick Rock Loop	4570	4471	-98	1.9	0:24:42	8.2	436	534	13 min 0 sec	4.61	Furthest Point	0:48:47
15 Oct 5:00 pm 4476ft USGS/NPS Building, Moab 15 Oct 5:00 pm 71F 13% NNW 6	16:45:28	17:36:45	Furthest Point	4471	4573	101	3.53	0:51:16	7	1007	905	14 min 32 sec	4.13	End of Slick Rock Loop	1:40:04
15 Oct 6:00 pm 4476ft USGS/NPS Building, Moab 15 Oct 6:00 pm 69F 12% NW 6	17:36:50	17:58:00	End of Slick Rock Lopp	4573	4576	3	2	0:21:10	9.2	501	498	10 min 34 sec	5.67	Parking Lot	2:01:15
Totals/Averages							9.42			2449	2468		4.84		