



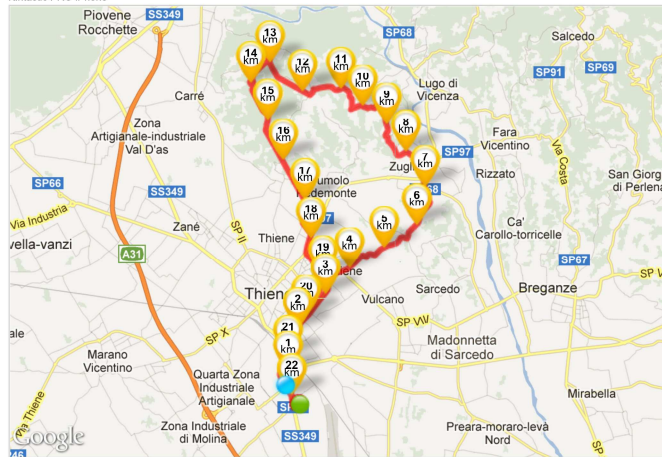
chrome

Il browser veloce

Scarica Chrome

Mountain Biking

runtastic PRO iPhone



Distance 22.25 km

Duration 01:08:28

Duration pause 00:00:01

Average Pace 03:04 min/km

Average Speed 19.5 km/h

Calories 1377 kcal

Elevation (gain/loss) 307 m / 306 m

Heart Rate (avg/max) - / -

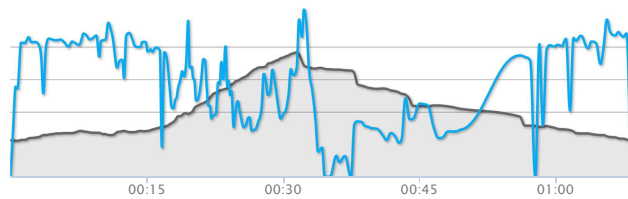
Options

Fullscreen



Location: Thiene, Italy

— GPS Elevation — Speed — Pace

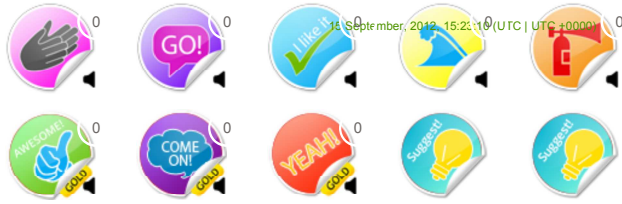


SPLIT TABLE

Distance	Pace	Speed Avg.	Duration	Elevation gain	Elevation loss
1.00 km	2:23 min/km	25.13 km/h	2:40	8 m	0 m
2.00 km	2:10 min/km	27.50 km/h	4:42	11 m	0 m
3.00 km	2:08 min/km	27.94 km/h	6:49	3 m	0 m
4.00 km	2:04 min/km	28.81 km/h	9:08	7 m	6 m
5.00 km	2:02 min/km	29.44 km/h	11:06	0 m	9 m
6.00 km	2:14 min/km	26.71 km/h	13:22	15 m	4 m
7.00 km	2:10 min/km	27.58 km/h	15:26	10 m	4 m
8.00 km	2:45 min/km	21.74 km/h	18:06	30 m	0 m
9.00 km	2:49 min/km	21.22 km/h	20:59	55 m	4 m
10.00 km	3:02 min/km	19.72 km/h	23:59	53 m	0 m
11.00 km	4:39 min/km	12.89 km/h	28:47	74 m	0 m
12.00 km	2:01 min/km	29.71 km/h	32:03	31 m	26 m
13.00 km	1:59 min/km	30.16 km/h	32:50	0 m	20 m
14.00 km	9:07 min/km	6.58 km/h	41:20	3 m	70 m
15.00 km	5:15 min/km	11.41 km/h	46:32	0 m	53 m
16.00 km	4:08 min/km	14.48 km/h	55:58	4 m	34 m
17.00 km	5:46 min/km	10.40 km/h	56:33	0 m	28 m
18.00 km	3:42 min/km	16.19 km/h	58:56	3 m	4 m
19.00 km	2:31 min/km	23.75 km/h	1:01:30	0 m	13 m
20.00 km	1:38 min/km	36.44 km/h	1:03:28	0 m	11 m

Distance	Pace	Speed Avg.	Duration	Elevation gain	Elevation loss
21.00 km	2:43 min/km	22.08 km/h	1:05:33	0 m	8 m
22.22 km	2:03 min/km	29.17 km/h	1:08:03	0 m	12 m

CHEERING



MOTIVATION FEED

There is no cheering for this activity.