


24,79 km
Distanza


4:02:20
Durata


2.177 kcal
Energia


9:46 min/km
Andatura

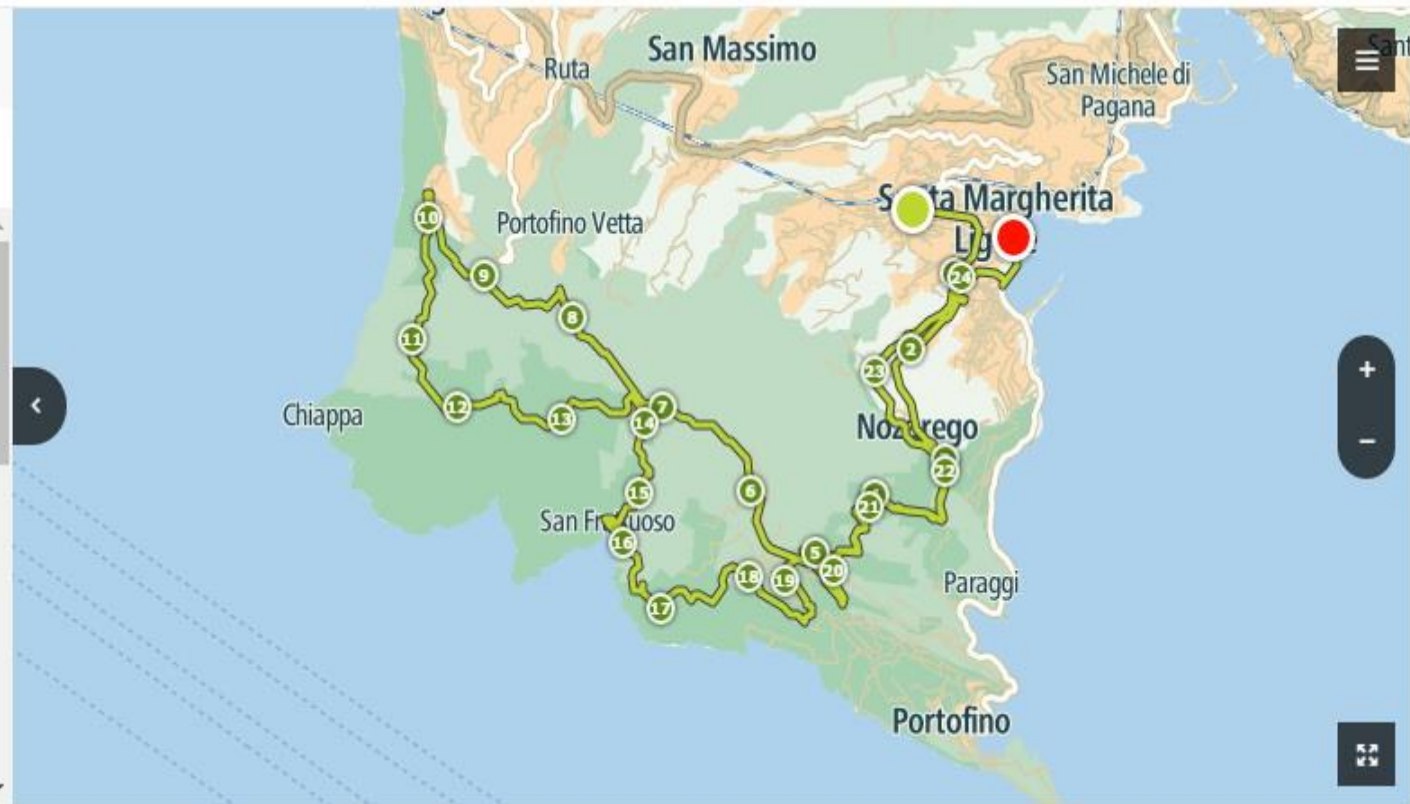

1.853 m
Ascesa


150 bpm
Freq. card.


139 passi/min
Frequenza passo

SPLIT

km	ANDAT...	VELOCITÀ	FC
1	7:10	8,36	128
2	7:15	8,26	138
3	7:39	7,83	180
4	8:15	7,26	154
5	9:59	6	172
6	14:21	4,18	167
7	8:11	7,33	152
8	6:27	9,28	171
9	7:11	8,35	169
10	7:57	7,54	143







Altitudine



Altitudine



m

513

386

259

132

5

