

Auburn Trail 50K

Sat, Jun 5, 2010 7:04 AM Pacific Time (US & Canada)

By [burningringo](#)

Activity Type: **Trail Running** | Event Type: **Race**

Auburn to no-hands, up K2, Olmstead loop, back to no-hands bridge then repeat loop again before heading up to Auburn overlook.

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Summary

Overall

Time:	07:55:11
Distance:	32.87 mi
Elevation Gain:	5,122 ft
Calories:	5,049 C

Timing

Pace Speed

Time:	07:55:11
Moving Time:	07:22:47
Elapsed Time:	08:04:52
Avg Pace:	14:27 min/mi
Avg Moving Pace:	13:28 min/mi
Best Pace:	05:32 min/mi

Elevation

Elevation Gain:	5,122 ft
Elevation Loss:	5,121 ft
Min Elevation:	541 ft
Max Elevation:	1,627 ft

Heart Rate

bpm % of Max Zones

Avg HR:	154 bpm
Max HR:	174 bpm

Additional Information

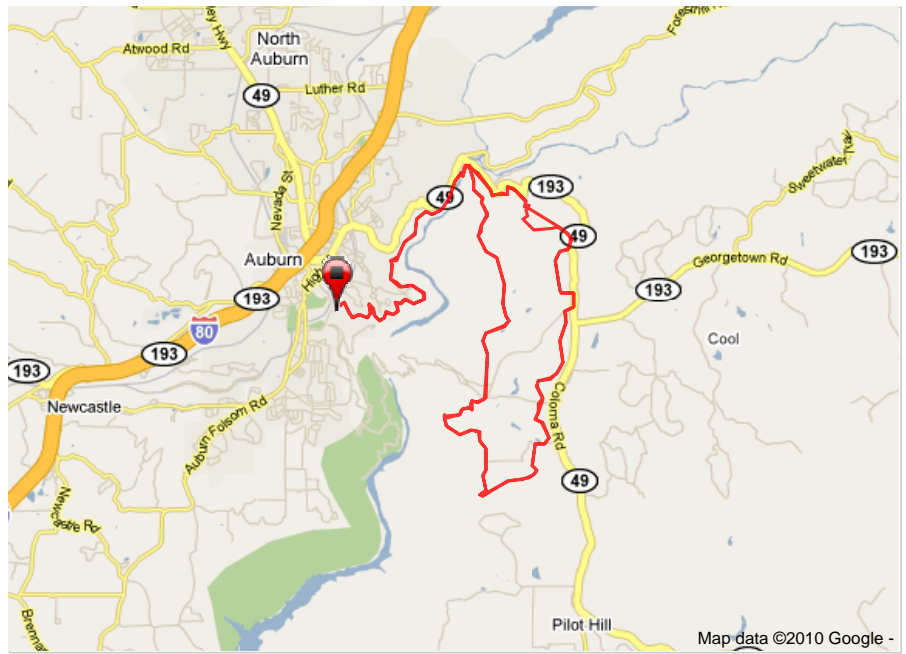


Device:
Forerunner 305, 2.90.0.0

Elevation Corrections :
Enabled

Summary Data:
Original

Map

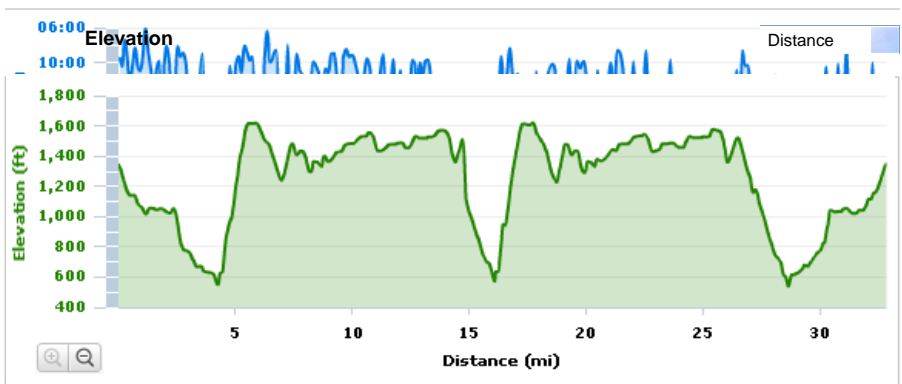


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Charts

Average

Timing



Heart Rate



