

Folsom Lake Spring Trail Run 50K

Sat, Apr 24, 2010 7:01 AM Pacific Time (US & Canada)

By [burningringo](#)

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

Garmin shorted me a mile or so, was a 50K I had hoped to get under 6 hours.

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Summary

Overall

Time: 06:19:39
Distance: 29.34 mi
Elevation Gain: 2,159 ft
Calories: 4,358 C

Timing

Pace Speed

Time: 06:19:39
Moving Time: 06:02:32
Elapsed Time: 06:19:40
Avg Pace: 12:56 min/mi
Avg Moving Pace: 12:21 min/mi
Best Pace: 06:02 min/mi

Elevation

Elevation Gain: 2,159 ft
Elevation Loss: 2,150 ft
Min Elevation: 451 ft
Max Elevation: 577 ft

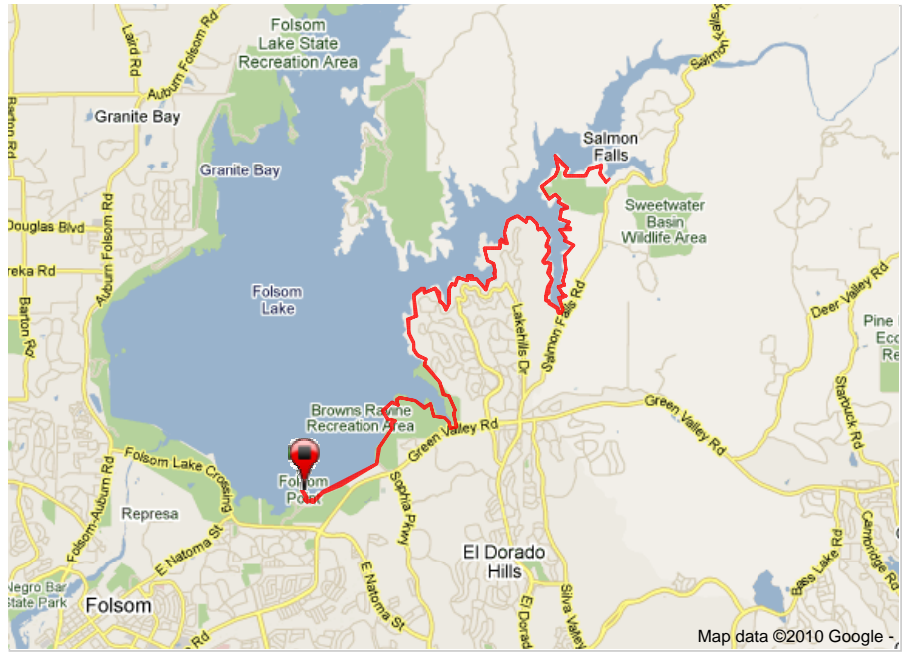
Heart Rate

bpm % of Max Zones

Avg HR: 157 bpm
Max HR: 171 bpm

Map

Laps

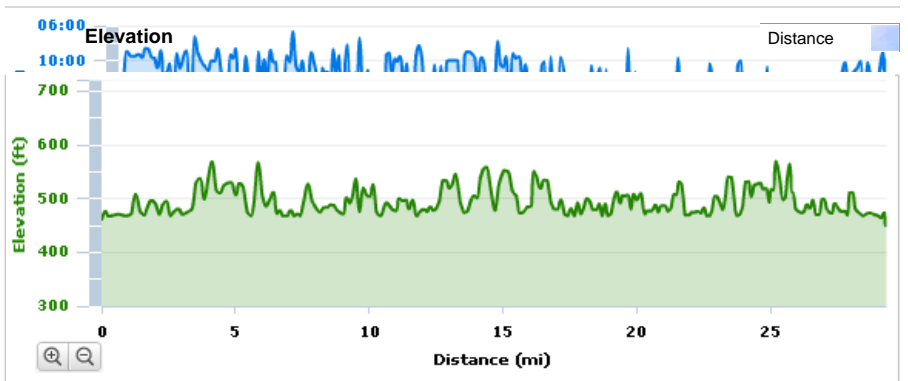


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Charts

Average

Timing



Heart Rate



Laps 2

[View Splits](#)

Split	Time	Distance	Avg Pace
1	02:47:18	14.73	11:21
2	03:32:21	14.60	14:32
Summary	06:19:39	29.34	12:56

Additional Information



Device: **Forerunner 305**, 2.90.0.0

Elevation Corrections: Enabled

Summary Data: Original