

# Jenkinson Lake 34 miler

Sat, May 8, 2010 8:01 AM Pacific Time (US & Canada)

By [burningringo](#)

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

Wow, That was pretty hard. Look at the Elevation Gain and loss. I knew it was hard when the really fast guys were coming in while I was getting ready for my last lap at 6 hours. I tried to pace myself, I think I did a pretty good job with my splits. I had to work hard at the end to get in under 8 hours.

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## Summary

### Overall

Time: 07:59:02  
Distance: 33.35 mi  
Elevation Gain: 4,674 ft  
Calories: 5,049 C

### Timing

Pace Speed

Time: 07:59:02  
Moving Time: 07:18:12  
Elapsed Time: 07:59:03  
Avg Pace: 14:21 min/mi  
Avg Moving Pace: 13:08 min/mi  
Best Pace: 04:21 min/mi

### Elevation

Elevation Gain: 4,674 ft  
Elevation Loss: 4,679 ft  
Min Elevation: 3,409 ft  
Max Elevation: 3,841 ft

### Heart Rate

bpm % of Max Zones

Avg HR: 152 bpm  
Max HR: 181 bpm

### Laps

4

[View Splits](#)

Split	Time	Distance	Avg Pace
1	01:52:44	8.48	13:17
2	01:50:46	8.17	13:33
3	02:08:24	8.29	15:29
4	02:07:06	8.41	15:06
<b>Summary</b>	<b>07:59:02</b>	<b>33.35</b>	<b>14:21</b>

### Additional Information



Device:  
[Forerunner 305](#), 2.90.0.0

Elevation Corrections :  
Enabled

Summary Data:  
Original

## Map

Laps

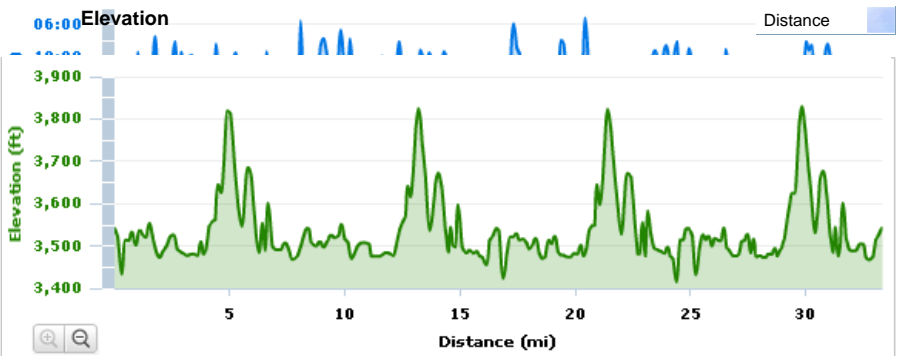


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## Charts

Average

### Timing



### Heart Rate



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