Chicago to St. Louis - Doctors Without Borders - Day 1

Finish

Previous Next

Tue, Jun 11, 2013 6:31 AM Central Time (US & Canada)
By DBSTL2

Activity Type: Cycling
Event Type: Special Event
Course: --

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Summary

Distance:	63.43 mi
Time:	9:03:11
Avg Speed:	7.0 mph
Elevation Gain:	1,020 ft
Calories:	1,804 C
Avg Temperature:	78.6 °F

Details

Timing

Pace Speed

Time:	9:03:11
Moving Time:	6:14:01
Elapsed Time:	9:03:11
Avg Speed:	7.0 mph
Avg Moving Speed:	10.2 mph
Max Speed:	24.0 mph

Elevation

Elevation Gain:	1,020 ft
Elevation Loss:	1,093 ft
Min Elevation:	352 ft
Max Elevation:	577 ft

Heart Rate

bpm % of Max Zones

Avg HR:	97 bpm
Max HR:	135 bpm

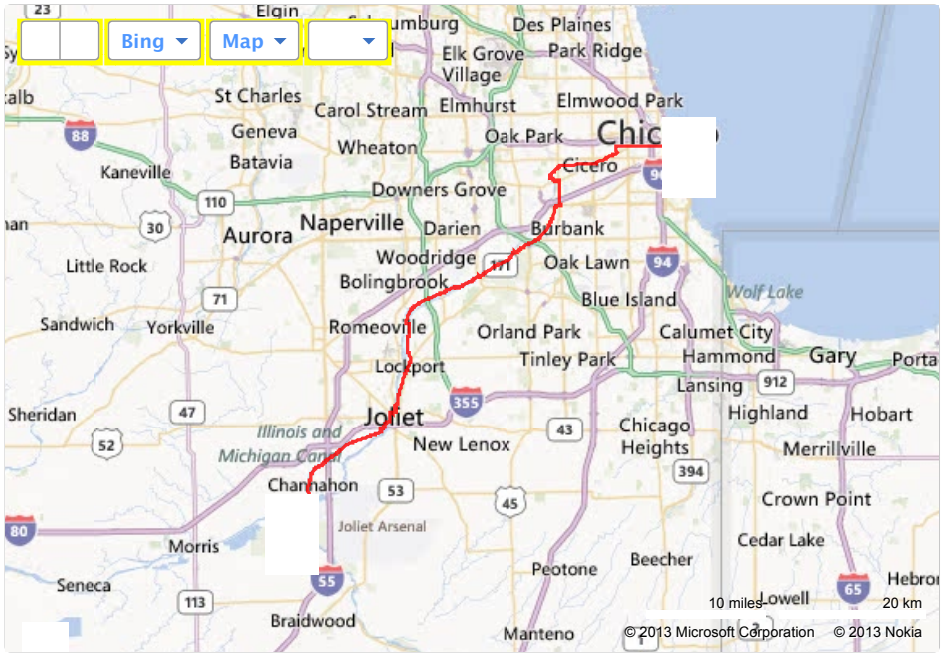
Temperature

Avg Temperature:	78.6 °F
Min Temperature:	60.8 °F
Max Temperature:	102.2 °F

Laps 1

View Splits

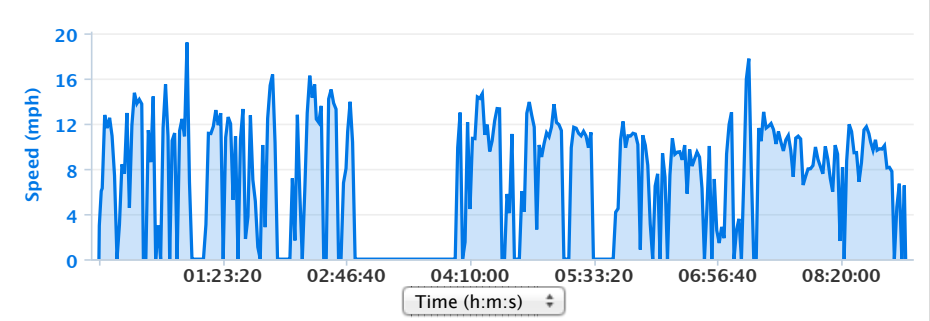
Map



Charts

Average

Timing



Elevation

Split	Time	Distance	Avg Speed
1	9:03:11.3	63.43	7.0
Summary	**9:03:11.3**	**63.43**	**7.0**

Weather

66°

Feels like 66°
3 mph W wind
Humidity 83%

Source: KPWK

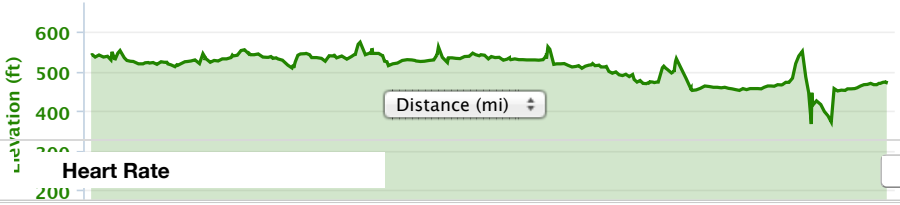
Additional Information



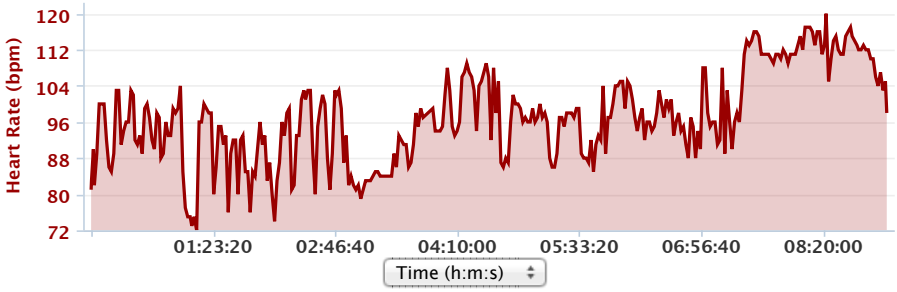
Device:
Garmin Edge 510, 2.50.0.0

Elevation Corrections :
Enabled Disabled

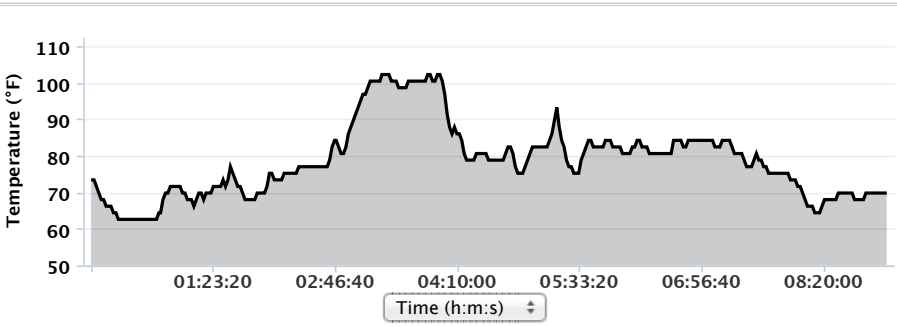
Summary Data:
Original



Heart Rate



Temperature



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