

```

1 <?xml version="1.0" encoding="UTF-8"?>
2 <gpx creator="Garmin Connect" version="1.1"
3   xsi:schemaLocation="http://www.topografix.com/GPX/1/1 http://www.topografix.com/GPX/1/1.xsd"
4   xmlns:ns3="http://www.garmin.com/xmlschemas/TrackPointExtension/v1"
5   xmlns="http://www.topografix.com/GPX/1/1"
6   xmlns:xsi="http://www.w3.org/2001/XMLSchema-instance" xmlns:ns2="http://www.garmin.com/xmlschemas/GpxExtensions/v3">
7   <metadata>
8     <link href="connect.garmin.com">
9       <text>Garmin Connect</text>
10    </link>
11    <time>2020-09-22T17:52:07.000Z</time>
12  </metadata>
13  <trk>
14    <name>Mesa County Cycling</name>
15    <type>cycling</type>
16    <traseg>
17      <trkpt lat="39.1784515710541307838810546875" lon="-108.8285140134394168853759785625">
18        <ele>1397.199951171875</ele>
19        <time>2020-09-22T17:52:07.000Z</time>
20        <extensions>
21          <ns3:TrackPointExtension>
22            <ns3:hr>109</ns3:hr>
23          </ns3:TrackPointExtension>
24        </extensions>
25      </trkpt>

```