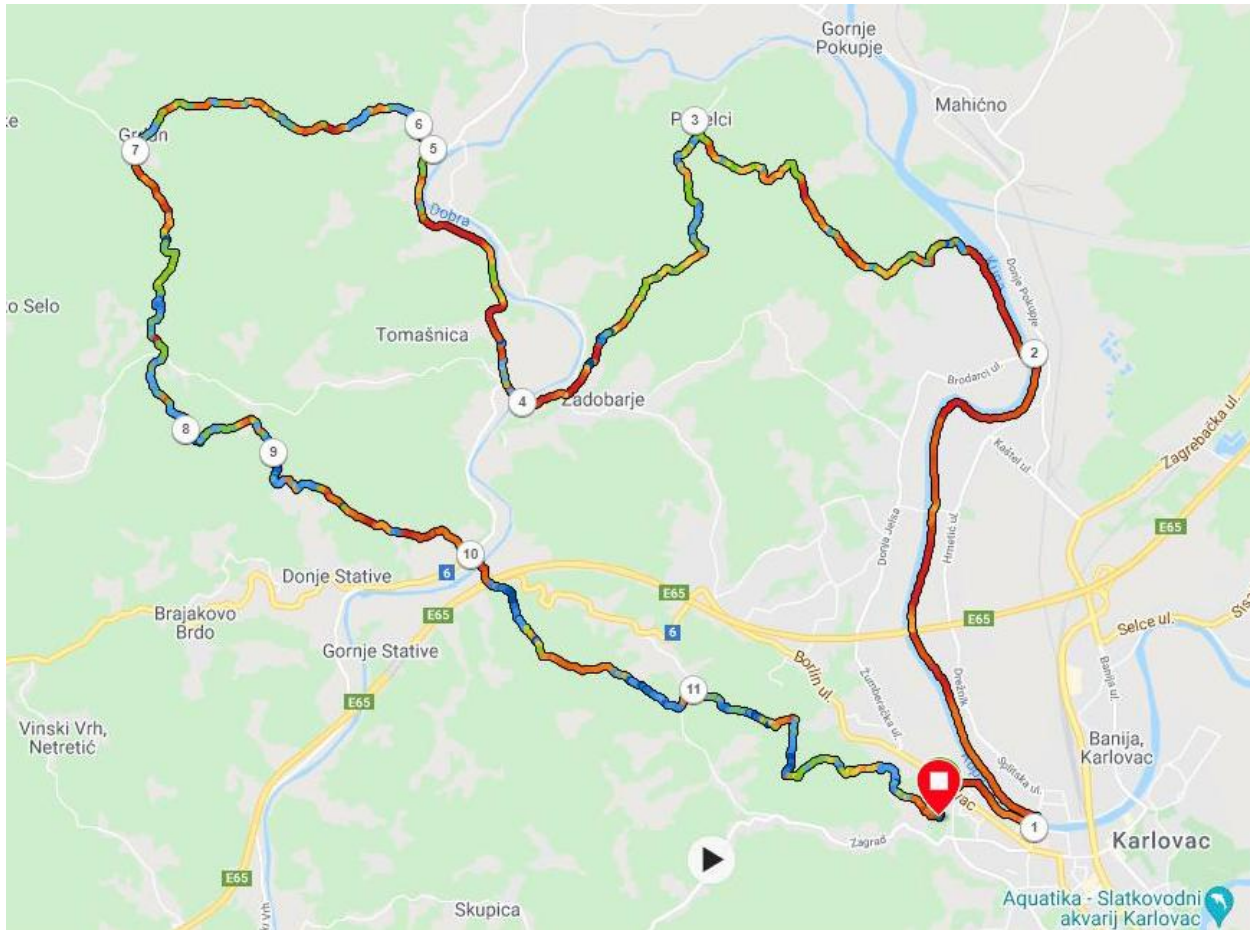


SJEVER SJEVEROZAPAD 37 K



Stats Laps

Distance

36,56 km

Distance

Timing

Pace Speed

4:27:49

Time

4:14:26

Moving Time

4:27:49

Elapsed Time

7:20 min/km

Avg Pace

6:58 min/km

Avg Moving Pace

4:32 min/km

Best Pace

Elevation

932 m

Elev Gain

896 m

Elev Loss

115 m

Min Elev

343 m

Max Elev

Running Dynamics

142 spm

Avg Run Cadence ?

248 spm

Max Run Cadence

0,96 m

Avg Stride Length ?

Temperature

23,2 °C

Avg Temp

20,0 °C

Min Temp

30,0 °C

Max Temp

Nutrition & Hydration ?

2.393 C

Calories Burned

-- C

Calories Consumed

-2.393 C

Calories Net

4413 ml

Est. Sweat Loss

-- ml

Fluid Consumed

-4413 ml

Fluid Net

Laps ▲	Time	Cumulative Time	Distance	Avg Pace	Elev Gain	Elev Loss	Avg Run Cadence
1	9:14,6	9:14,6	1,47	6:16	7	65	158
2	29:58	39:13	5,75	5:13	19	9	179
3	31:19	1:10:31	5,09	6:09	120	53	166
4	31:35	1:42:07	3,99	7:56	84	134	130
5	17:05	1:59:12	3,05	5:36	47	47	167
6	1:38,0	2:00:50	0,27	6:00	4	0	176
7	25:40	2:26:30	3,18	8:04	136	16	136
8	28:02	2:54:32	3,39	8:17	170	97	140
9	11:58	3:06:29	1,17	10:16	0	171	104
10	20:19	3:26:49	2,57	7:55	102	119	132
11	27:56	3:54:44	2,96	9:27	91	14	108
12	33:04	4:27:49	3,68	8:59	152	169	130
Summary	4:27:49	4:27:49	36,56	7:20	932	896	142

START / CILJ Starigrad D

1 Alessandrijski most

2 Most Brodarci

3 Priselci pldom

4 Most Zadobarje

5 Papalina

6 Izvor plitke vode

7 Spoj sa DPP

8 Sv Križ

9 Izvor možda plitke vode

10 Most Stative

11 Kalvarija pldom