

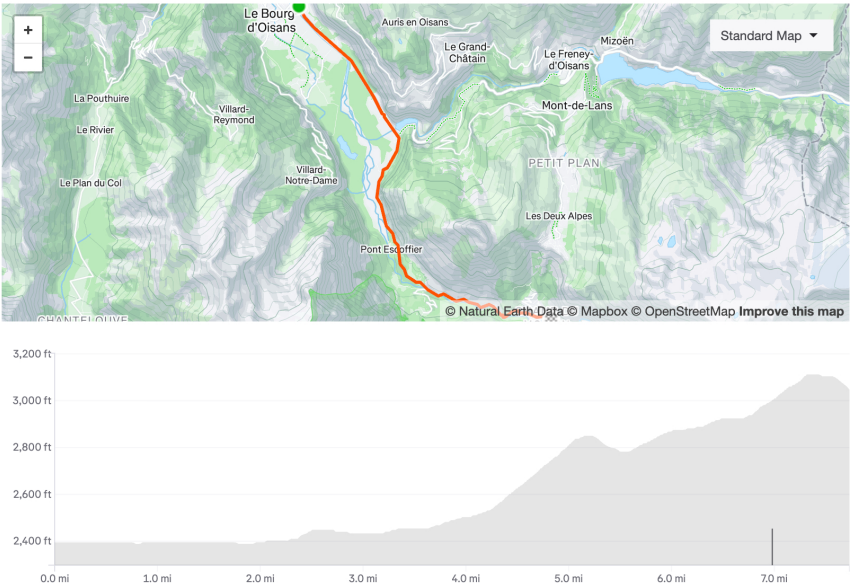
Bourg d'Oisans > Bourg d'Arud ☆

Explore Segments | [ooo](#)

Ride Segment Le Bourg-d'Oisans, France

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
7.73mi	813ft	1.6%	2,388ft	3,112ft	724ft

25,234 Attempts By 16,312 People | Starred by 3 People



Your Stats

Double D Niçe
All-Time PR - 28:29 Jul 14, 2012
Segment Efforts - 15
Excluded Efforts - 1

Set a Goal for this segment [>](#)

Fastest Times

- Romain Garcin
🏆 CR - 22:56 Jul 16, 2017
- Romain Garcin
🏆 KOM - 22:56 Jul 16, 2017
- Amber Kraak
🏆 QOM - 24:59 Aug 24, 2020

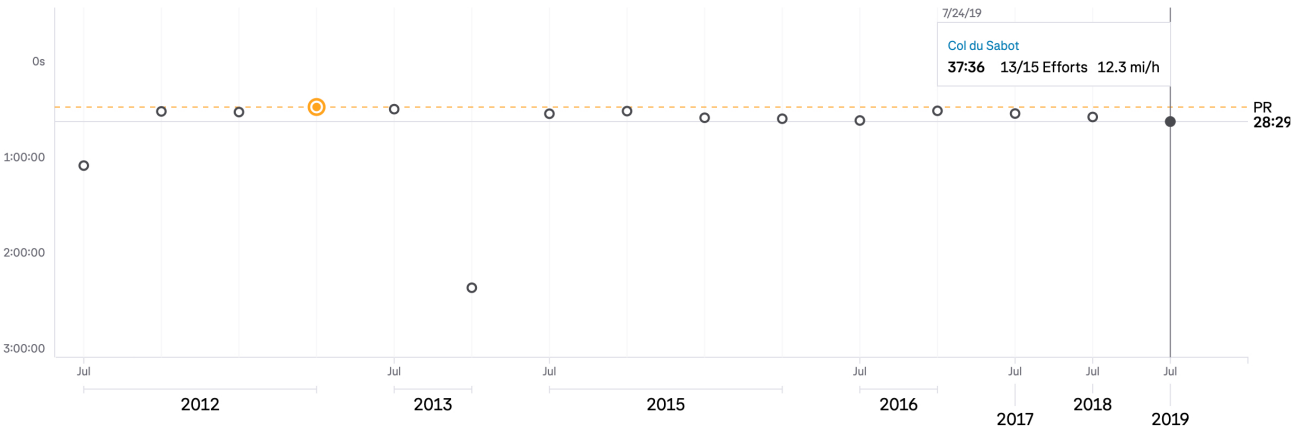
Compare Efforts [>](#)

Most Efforts

Philippe Jumeaux
🏆 Local Legend - 2 efforts

View Local Legend Stats [>](#)

Your Recent Efforts



Leaderboards

- All Time
- This Year
- My Results
- People I'm Following
- My Clubs
- Franco Cycle Club
- M2 Revolution
- Mission Cycling Travel
- Mission Cycling
- Rapha Cycling Club

Mission Cycling

MY CURRENT PLACE		MY BEST TIME		All-Time ▾		All ▾
7 / 39		28:29				
Rank	Name	Date	Speed	HR	Power	Time
	Nick Kreeger	Jul 19, 2015	19.1 mi/h	-	279 W ⚡	24:18
2	Buck Lucas	Jul 27, 2015	17.5 mi/h	-	286 W	26:28
3	Quintin Mecke	Jul 18, 2017	16.8 mi/h	-	237 W	27:40
4	Derek Crovo	Jul 16, 2014	16.6 mi/h	181 bnm	229 W ⚡	27:57

(RCC)

Bespoke Cycles

Pablove Sports

Ornot

Bruno Bruno Bruno

Competitive Cyclist

Kitsbow

Maglia Rosa NYC

Cafe du Cycliste | International

Napa Valley Marathon and Half Marathon

Band of Climbers

By Age Group

45 to 54

See All ▾

By Weight Class

150 to 164 lbs

See All ▾

5	Matt Stewart	Jul 17, 2017	16.4 mi/h	147 bpm	228 W	28:18
6	Brian Bailey	Jul 25, 2019	16.3 mi/h	153 bpm	220 W ⚡	28:25
7	Double D Nice	Jul 14, 2012	16.3 mi/h	150 bpm	220 W	28:29
8	Yann Kerhervé	Jul 24, 2015	16.3 mi/h	152 bpm	218 W	28:32
9	Kevin LaKritz	Jul 14, 2013	16.0 mi/h	-	217 W	28:59
10	Eric Newberg	Jul 11, 2016	16.0 mi/h	142 bpm	210 W	29:01
11	Alec Castellanos	Jul 16, 2014	15.5 mi/h	-	198 W	29:56
12	Greg Lawrence	Jul 11, 2016	15.4 mi/h	150 bpm	201 W	30:12
13	Sean Chon	Jul 12, 2012	15.2 mi/h	160 bpm	209 W	30:27
14	Kent Mok	Jul 19, 2015	15.1 mi/h	-	-	30:40
14	Jeff Dickison	Jul 19, 2015	15.1 mi/h	143 bpm	179 W ⚡	30:40
16	Jason Lakis	Jul 14, 2016	15.1 mi/h	156 bpm	194 W	30:48
17	Robert Halton	Jul 21, 2015	15.0 mi/h	-	211 W ⚡	30:51
18	Ryan Kay	Jul 17, 2017	15.0 mi/h	151 bpm	193 W	30:56
19	Total BS	Jul 17, 2018	14.8 mi/h	-	276 W	31:22
20	Stephen Touse	Jul 23, 2015	14.7 mi/h	146 bpm	207 W ⚡	31:29
21	Julian F R A N C O	Jul 16, 2014	14.7 mi/h	156 bpm	187 W ⚡	31:33
22	G ™	Jul 16, 2014	14.7 mi/h	131 bpm	168 W ⚡	31:34
23	sara liebert	Jul 19, 2018	14.4 mi/h	-	124 W ⚡	32:12
24	D Smiddy	Jul 17, 2018	14.4 mi/h	-	190 W	32:13
25	Mark Kahn	Jul 14, 2012	14.1 mi/h	157 bpm	165 W	32:56

Your Recent Activities

No recent activities found

Upload an activity

Strava Stories

With athlete profiles, training tips and advice, and the latest product updates, Strava Stories is the place to discover the latest content from Strava.

