

Alpe d'Huez★

Verified Ride Segment La Garde, France

Explore Segments

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Distance

Elevation Gain

Avg Grade

Lowest Elev

Highest Elev

Elev Difference

Climb Category

7.47mi

3,436ft

8.8%

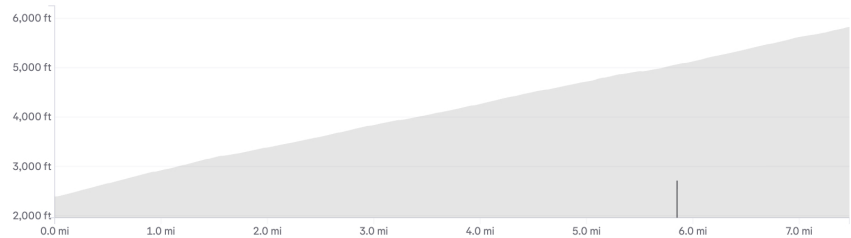
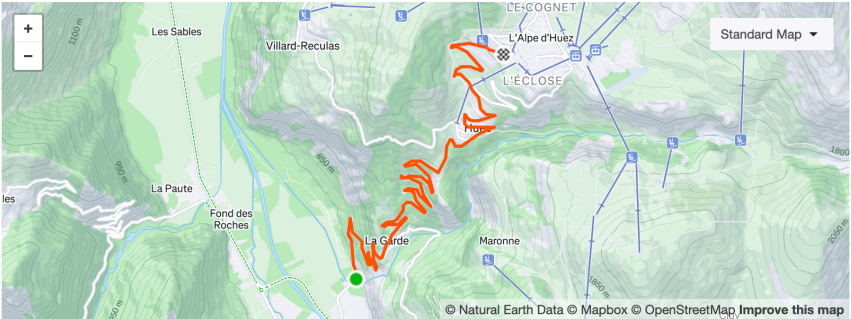
2,390ft

5,826ft

3,436ft

HC

366,797 Attempts By 188,159 People | Starred by 21,343 People



Your Stats

Double D Niçe
All-Time PR - 1:06:08 Jul 15, 2013
Segment Efforts - 7

Set a Goal for this segment

Fastest Times

- jack burke
CR - 35:56 Nov 11, 2024
- jack burke
KOM - 35:56 Nov 11, 2024
- Illi Gardner
QOM - 42:36 Jul 2, 2024

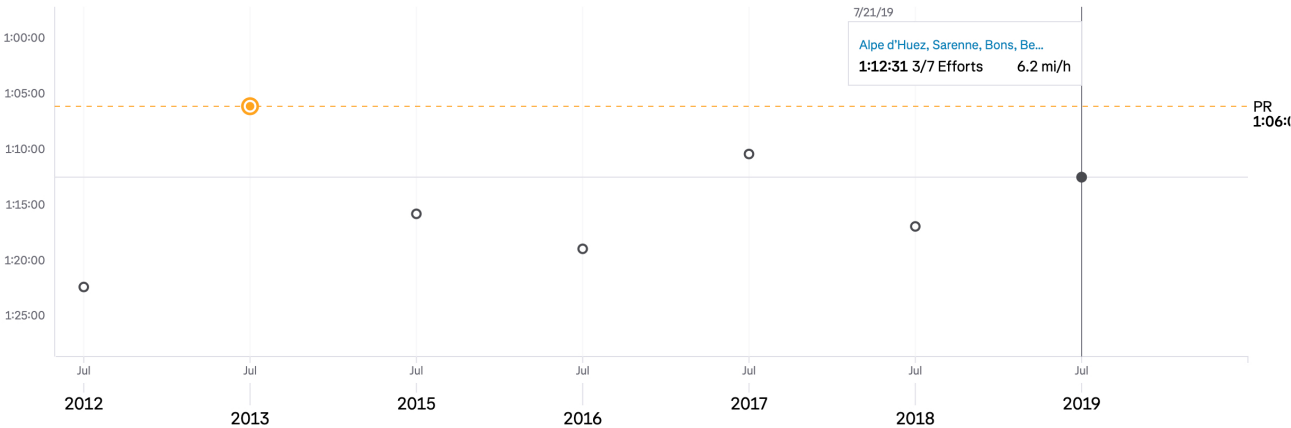
Compare Efforts

Most Efforts

Laurent Zez
Local Legend - 28 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	
24 / 48		1:06:08						
Rank	Name	Date	Speed	HR	Power	VAM	Time	
	Nick Kreeger	Jul 22, 2015	9.2 mi/h	-	314 W ⚡	1,289.4	48:44	
2	Buck Lucas	Jul 28, 2015	8.9 mi/h	-	346 W	1,250.5	50:15	
3	G™	Jul 14, 2014	8.4 mi/h	162 bpm	275 W ⚡	1,171.3	53:39	
4	Trevor Gilmore	Jul 15, 2013	8.3 mi/h	-	295 W	1,168.4	53:47	

(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	C P	Sep 15, 2018	8.3 mi/h	181 bpm	271 W	1,157.6	54:17
6	Don Mango	Jul 14, 2014	8.2 mi/h	162 bpm	317 W ⚡	1,145.6	54:51
7	Brian Bailey	Jul 25, 2019	8.1 mi/h	176 bpm	284 W ⚡	1,129.8	55:37
8	mark shahinian	Jul 20, 2015	7.8 mi/h	-	296 W	1,090.0	57:39
9	Joe Mulvaney	Jul 20, 2015	7.7 mi/h	175 bpm	0 W ⚡	1,085.6	57:53
10	Keith Buckingham	Jul 16, 2013	7.7 mi/h	171 bpm	256 W ⚡	1,084.3	57:57
11	Yann Kerhervé	Jul 22, 2015	7.6 mi/h	178 bpm	242 W	1,067.2	58:53
12	Jeff Dickison	Jul 20, 2015	7.5 mi/h	172 bpm	247 W ⚡	1,054.6	59:35
13	Kent Mok	Jul 20, 2015	7.5 mi/h	171 bpm	224 W ⚡	1,054.3	59:36
14	Alan Schacter	Jul 22, 2015	7.5 mi/h	171 bpm	306 W ⚡	1,053.2	59:40
15	Matt Stewart	Jul 16, 2017	7.5 mi/h	162 bpm	252 W	1,048.5	59:56
16	Youenn _	Jul 21, 2013	7.5 mi/h	180 bpm	186 W	1,045.8	1:00:05
17	Alec Castellanos	Jul 20, 2015	7.3 mi/h	170 bpm	231 W ⚡	1,026.5	1:01:13
18	Eric Newberg	Jul 12, 2016	7.2 mi/h	159 bpm	238 W	1,009.7	1:02:14
19	Quintin Mecke	Jul 16, 2017	7.2 mi/h	-	250 W	1,004.1	1:02:35
20	Doug Bauer	Jun 15, 2013	7.1 mi/h	118 bpm	212 W	997.2	1:03:01
21	Sean Chon	Jul 14, 2014	7.1 mi/h	-	218 W	990.4	1:03:27
22	Kevin LaKritz	Jul 15, 2012	6.9 mi/h	-	230 W	964.3	1:05:10
23	Hilary Perchard SYD-LA-PS-SF-UK	Jun 17, 2011	6.8 mi/h	165 bpm	-	952.1	1:06:00
24	Double D Nice	Jul 15, 2013	6.8 mi/h	-	216 W	950.2	1:06:08
25	sara liebert	Jul 21, 2019	6.7 mi/h	-	165 W	944.2	1:06:33

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