

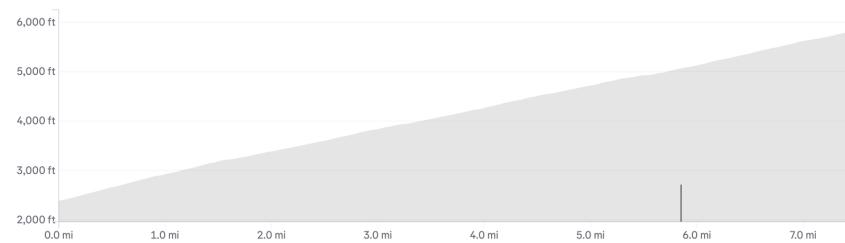


Alpe d'Huez★

Verified Ride Segment La Garde, France

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



[Explore Segments](#) | [ooo](#)

Your Stats



Double D Nice
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](#)

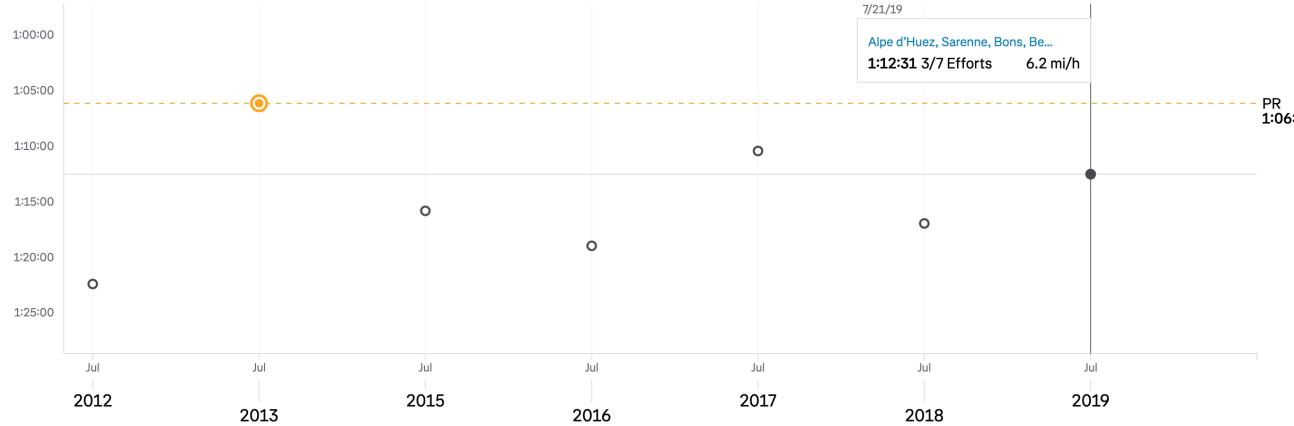
Most Efforts



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

24 / 48

MY BEST TIME

1:06:08

All-Time ▾

All ▾

Rank	Name	Date	Speed	HR	Power	VAM	Time
1	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	5	C P	Sep 15, 2018	8.3 mi/h	181 bpm	271 W	1,157.6	54:17
Pablove Sports	6	Don Mango	Jul 14, 2014	8.2 mi/h	162 bpm	317 W ↘	1,145.6	54:51
Ornot	7	Brian Bailey	Jul 25, 2019	8.1 mi/h	176 bpm	284 W ↘	1,129.8	55:37
Bruno Bruno Bruno	8	mark shahinian	Jul 20, 2015	7.8 mi/h	-	296 W	1,090.0	57:39
Competitive Cyclist	9	Joe Mulvaney	Jul 20, 2015	7.7 mi/h	175 bpm	0 W ↘	1,085.6	57:53
Kitsbow	10	Keith Buckingham	Jul 16, 2013	7.7 mi/h	171 bpm	256 W ↘	1,084.3	57:57
Maglia Rosa NYC	11	Yann Kerhervé	Jul 22, 2015	7.6 mi/h	178 bpm	242 W	1,067.2	58:53
Cafe du Cycliste International	12	Jeff Dickison	Jul 20, 2015	7.5 mi/h	172 bpm	247 W ↘	1,054.6	59:35
Napa Valley Marathon and Half Marathon	13	Kent Mok	Jul 20, 2015	7.5 mi/h	171 bpm	224 W ↘	1,054.3	59:36
Band of Climbers	14	Alan Schacter	Jul 22, 2015	7.5 mi/h	171 bpm	306 W ↘	1,053.2	59:40
By Age Group	15	Matt Stewart	Jul 16, 2017	7.5 mi/h	162 bpm	252 W	1,048.5	59:56
45 to 54	16	Youenn_	Jul 21, 2013	7.5 mi/h	180 bpm	186 W	1,045.8	1:00:05
See All ↴	17	Alec Castellanos	Jul 20, 2015	7.3 mi/h	170 bpm	231 W ↘	1,026.5	1:01:13
By Weight Class	18	Eric Newberg	Jul 12, 2016	7.2 mi/h	159 bpm	238 W	1,009.7	1:02:14
150 to 164 lbs	19	Quintin Mecke	Jul 16, 2017	7.2 mi/h	-	250 W	1,004.1	1:02:35
See All ↴	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 Nicē	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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