

Tues 11/29/16 **6 miles** (The same 6 miles as Sun 4/17/16)

I ran 6 miles on the 2 mile "hill course". The temperature was about 60 degrees.

Distance (miles)	Net elevation change (feet)	Split Times Today	Split Times 4/17/16
1	- 315	9:08	9:18
2	+315	12:08	12:53
3	+145	10:16	11:25
4	- 145	8:37	9:22
5	- 315	8:16	8:49
6	+315	10:58	11:52

time today: 59:23 or 9:54/mile

time on 4/17/16: 1:03:39 or 10:37/mile

I had no idea I could run so much faster today on this tough course!