

Total Distance (km)	Total Moving Time (s)	Total Elapsed Time (s)	Total Elevation Gain (m)	Total Elevation Loss (m)	Average Speed (m/s)	Max Speed (m/s)	Highest Elevation	Lowest Elevation	Average Grade
596.29	195699	197254	8,289.14	9,376.54	3.08	16.33	743.70	14.30	-0.23

