

Everesting Mayrhofen

Runde	Zeit (h:m:s)	Distance (km)	HM	Leistung (W)	HF (bpm)	VAM (h/m)
Gesamt	10:29:38	163,6	8849,0	203	125	1020
1	00:33:59	5,80	619	260	129	1093
2	00:07:23	5,80	0	52	104	0
3	00:35:34	5,80	619	247	122	1044
4	00:07:34	5,80	0	41	97	0
5	00:35:37	5,80	619	248	126	1043
6	00:08:20	5,80	0	58	101	0
7	00:35:33	5,80	619	243	130	1045
8	00:07:13	5,80	0	37	103	0
9	00:35:20	5,80	619	250	133	1051
10	00:07:28	5,80	0	41	108	0
11	00:36:10	5,80	619	242	132	1027
12	00:07:24	5,80	0	38	102	0
13	00:37:07	5,80	619	237	131	1001
14	00:08:03	5,80	0	27	100	0
15	00:35:34	5,80	619	248	133	1044
16	00:07:28	5,80	0	34	103	0
17	00:36:46	5,80	619	240	132	1010
18	00:07:16	5,80	0	29	100	0
19	00:39:11	5,80	619	223	131	948
20	00:07:34	5,80	0	32	102	0
21	00:38:46	5,80	619	223	131	958
22	00:08:48	5,80	0	24	98	0
23	00:36:50	5,80	619	225	128	1008
24	00:07:38	5,80	0	30	98	0
25	00:37:18	5,80	619	216	127	996
26	00:07:16	5,80	0	33	101	0
27	00:38:14	5,80	619	228	129	971
28	00:07:53	5,80	0	16	97	0
29	00:10:21	1,20	183	235	120	1061

Auffahrtszeit	Abfahrtszeit	Ø Aufstieg	Ø Abfahrt
08:42:20	01:47:18	00:34:49	00:07:40