

HORSE TRAIL

APVIDUS MARŠRUTS 19.sept. 2020.g

A, A1 un B GRUPA

STARTS - FINIŠS

vid.ātr. 6.6 km/h

ORIENTĒJOŠAIS DISTANCES LAIKS: 56 min

KOPĒJAIS DISTANCES GARUMS: 6.18 km

MIN DISTANCES LAIKS - 53 MIN

MAX DISTANCES LAIKS - 80 MIN



	DISTANCE 6.18 km		DURATION 56:22
	AVG. PACE 9:07 min/km		MAX. PACE 2:27 min/km
	AVG. SPEED 6.6 km/h		MAX. SPEED 24.5 km/h
	CALORIES 487 kcal		HYDRATION 0.87 liters
	MIN. ALTITUDE -24 m		MAX. ALTITUDE 105 m
	TOTAL ASCENT 192 m		TOTAL DESCENT 171 m