

Altitude		Ascent / Descent	
High	541 ft	Max asc	48 m/min
Low	0 ft	Avg asc	16 m/min
Avg	285 ft	Tot asc	3586 ft
Ascent	01:07.40	Max dsc	78 m/min
Flat	02:11.50	Avg dsc	25 m/min
Descent	00:43.10	Tot dsc	3517 ft

Heart rate	
Max	181
Min	104
Avg	134
Above (> 190)	00:00.00
In (30 - 190)	00:06.00
Below (< 30)	00:00.00

Chart: HR Chrono Log

Grizzly 2010
7th March 2010
Course Profile

