

**Location** Dolomites  
**Date** 22/01/2010  
**Weather** Cold and Sunny  
**Other Info** PH  
**Duration** 07:17:22.2000000  
**Filename** MSC-TW2010-PH-Fri.gbf

**Vertical Ascent** 4,222.1 m  
**Up Distance** 10.61 Miles  
**Average Uphill Speed** 5 mph  
**Maximum Speed** 37 mph  
**Up/Down/Flat** 28%/61%/11%  
**Hills** 13

