

**Location** Dolomites  
**Date** 21/01/2010  
**Weather** Three clouds  
**Other Info** PH  
**Duration** 07:52:14  
**Filename** MSC-TW2010-PH-Thu.gbf

**Vertical Ascent** 3,009.6 m  
**Up Distance** 7.17 Miles  
**Average Uphill Speed** 4 mph  
**Maximum Speed** 34 mph  
**Up/Down/Flat** 22%/55%/23%  
**Hills** 10

