

**Location** Dolomites  
**Date** 19/01/2010  
**Weather** Sunny and Cold  
**Other Info** PH  
**Duration** 07:53:05  
**Filename** MSC-TW2010-PH-Tue.gbf

**Vertical Ascent** 4,700.9 m  
**Up Distance** 10.89 Miles  
**Average Uphill Speed** 5 mph  
**Maximum Speed** 37 mph  
**Up/Down/Flat** 33%/52%/15%  
**Hills** 13

