



7:07 AM on Saturday, September 24, 2022 · Hof HaCarmel Regional Council, Haifa District

# Epic Israel Stage 3

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56.12 km  
Distance

3:49:05  
Moving Time

847 m  
Elevation

273  
Historic Relative Effort

127 W  
Estimated Avg Power

1,742 kJ  
Energy Output

	Avg	Max	Show Less
Speed	14.7km/h	41.0km/h	
Heart Rate	135bpm	159bpm	
Calories	2,377		
Temperature	27°C		
Elapsed Time	5:00:23		

☀️ Clear	Temperature	23 °C	Feels like	24 °C
	Humidity	76%	Wind Speed	9.7 km/h
			Wind Direction	NNE

Garmin Edge 830

Bike: KTM Scarp

## TOP RESULTS

View all

- 🏅 2nd fastest time on [Going West \(Bonim\)](#) (6:35)
- 🏅 2nd fastest time on (11:18) [נחל מערות מהתות](#)

