



7:30 AM on Friday, September 23, 2022 · Hof HaCarmel Regional Council, Haifa District

Epic Israel stage 2

מקום שני בקטגוריה.



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79.39 km

Distance

5:32:41

Moving Time

1,371 m

Elevation

685

Historic Relative Effort

127 w

Estimated Avg Power

2,537 kJ

Energy Output

	Avg	Max	Show Less
Speed	14.3km/h	49.2km/h	
Heart Rate	146bpm	170bpm	
Calories	3,525		
Temperature	30°C	beats per minute	
Elapsed Time	6:03:23		

Clear

Temperature

Humidity

24 °C

79%

Feels like

Wind Speed

Wind Direction

24 °C

7.1 km/h

S

Garmin Edge 830

Bike: KTM Scarp

TOP RESULTS

View all

2nd fastest time on (6:02) החוף של ליעד

