

Lantau 14 km - DB course for HK50 race

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Sat, Jun 30, 2012 11:12 AM China Standard Time By [maddess](#)
Activity Type: **Trail Running** | Event Type: **Special Event** | Course: --
Short course at HK50-Lantau race organized by Action Asia Events.

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Summary

Distance:	13.95 km
Time:	2:08:41
Avg Pace:	9:13 min/km
Elevation Gain:	884 m
Calories:	896 C

Details

Timing

	Pace	Speed
Time:	2:08:41	
Moving Time:	1:56:47	
Elapsed Time:	2:08:41	
Avg Pace:	9:13 min/km	
Avg Moving Pace:	8:22 min/km	
Best Pace:	1:01 min/km	

Elevation

Elevation Gain: 884 m

Map

Laps



Elevation Loss: 880 m
 Min Elevation: 3 m
 Max Elevation: 441 m

Laps 7

[View Splits](#)

Split	Time	Distance	Avg Pace
1	56:22.6	6.16	9:09
2	9:00.6	1.61	5:36
3	1:19.8	0.17	7:39
4	34:08.4	2.01	16:58
5	9:11.5	1.21	7:37
6	9:44.3	1.43	6:48
7	8:53.5	1.36	6:32
Summary	2:08:40.7	13.95	9:13

Additional Information



Device:
 Garmin Forerunner 405, 2.30.0.0

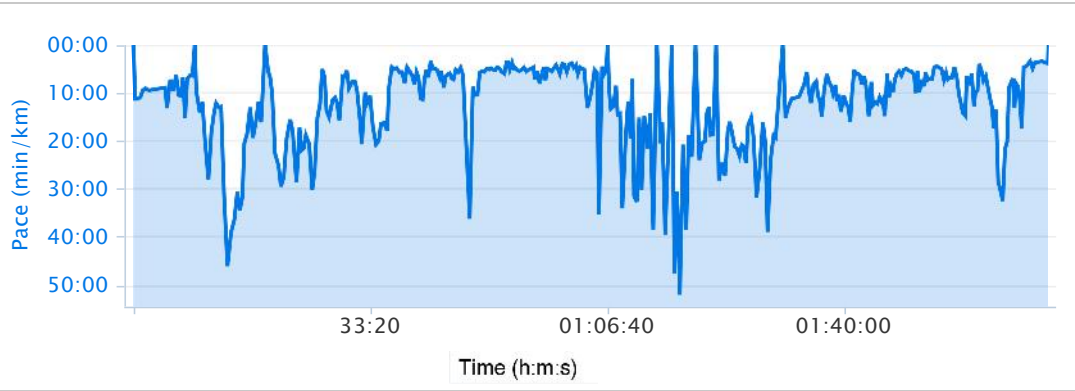
Elevation Corrections :
 Enabled Disabled

Summary Data:
 Original

Charts

Average

Timing



Elevation



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