

CNC09-Stats

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
<b>from</b>	Blowing Rock	Lenoir	Statesville	Thomasville	Sanford	Dunn	Kenansville	
<b>to</b>	Lenoir	Statesville	Thomasville	Sanford	Dunn	Kenansville	Surf City	
<b>miles ridden</b>	60.1	57.1	64.1	77.6	60.6	61.8	53.5	434.8
<b>moving time</b>	6:00	5:09	5:30	7:04	5:06	5:00	3:49	
<b>moving mph</b>	10	11.1	11.2	11	11.9	12.3	14.1	
<b>overall time</b>	8:00	6:54	7:30	9:28	6:07	5:55	4:47	
<b>overall mph</b>	7.51	9.5	8.5	8.2	9.9	10.4	11.2	
<b>start elev</b>	3,300	1,180	982	948	423	204	164	
<b>end elev</b>	1,180	982	855	423	204	164	40	
<b>max elev</b>	4,309	1,485	948	1,129	498	310	190	
<b>total ascent</b>	6,092	3,357	3,022	3,932	1,957	696	690	
<b>max HR</b>	154	135	130	120	145	110	120	
<b>mins in HR zone</b>	260	190	96	73	44	13	45	