

Distance: 111 km
 Time Total: 5:23:00
 Time Riding: 4:03:30
 Average Speed: 27.36 km/h
 Ascended: 1605 m (1510 m)
 Descended: 1593 m

- ① - ② Old La Honda, [20:59.2], 15.4 km/h, (5.38km, 386m, 7.17%)
 HR max. 161 bpm, avg. 152 bpm, min. 121 bpm
- ④ - ⑤ Tunitas Creek, Middle Section, [16:20.4], 13.9 km/h, (3.78km, 295m, 7.8%)
 HR max. 159 bpm, avg. 154 bpm, min. 139 bpm
- ⑤ - ⑥ Tunitas Creek, at Skyline, [15:47.7], 18.5 km/h, (4.86km, 149m, 3.07%)
 HR max. 153 bpm, avg. 135 bpm, min. 113 bpm

