

Distance: 71.1 km  
 Time Total: 3:28:10  
 Time Riding: 2:41:20  
 Average Speed: 26.46 km/h  
 Ascended: 969 m (825 m)  
 Descended: 969 m

- ① - ② lower, [24:53.5], 10.9 km/h, (4.5km, 463m, 10.28%)  
 HR max. 76 bpm, avg. 76 bpm, min. 76 bpm
- ③ - ④ upper, [4:26], 9.8 km/h, (0.72km, 79m, 10.91%)  
 HR max. 76 bpm, avg. 76 bpm, min. 76 bpm
- ① - ⑤ Sierra, [31:09.6], 11.1 km/h, (5.74km, 565m, 9.84%)

