

# HAMILTON HALF MARATHON

course profile

## Summary

Distance: 21.10 km  
 Time: 2:10:23  
 Avg Pace: 6:11 min/km  
 Elevation Gain: 747 m  
 Calories: 1,693 C

## Details

**Timing**                      **Speed**  
 Time: 2:10:23  
 Moving Time: 2:08:01  
 Elapsed Time: 2:13:26  
 Avg Pace: 6:11 min/km  
 Avg Moving Pace: 6:04 min/km  
 Best Pace: 2:45 min/km

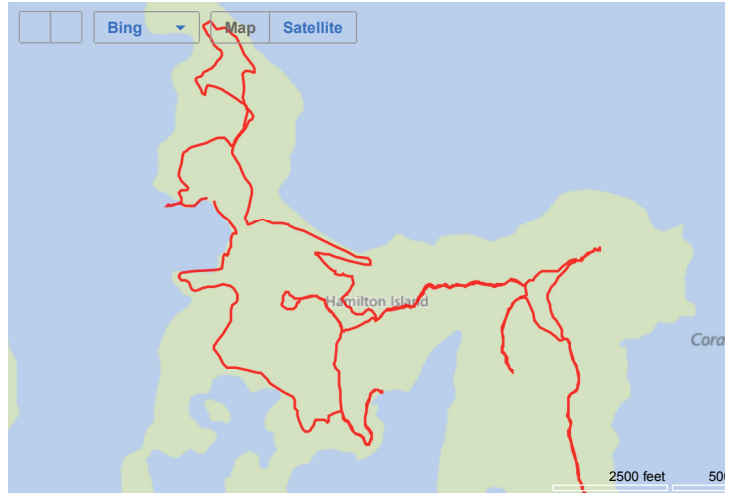
## Elevation

Elevation Gain: 747 m  
 Elevation Loss: 754 m  
 Min Elevation: 4 m  
 Max Elevation: 194 m

Laps: 22

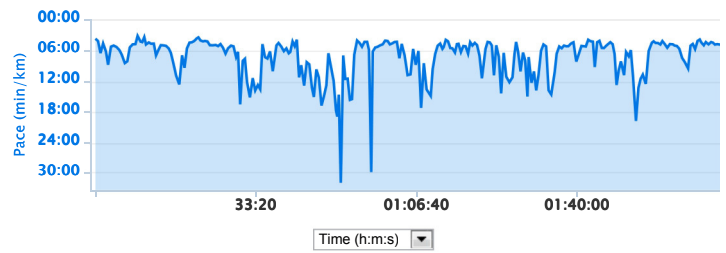
Split	Time	Distance	Avg Pace
1	5:19.4	1.00	5:19
2	5:02.9	1.00	5:03
3	5:08.0	1.00	5:08
4	5:59.5	1.00	5:59
5	4:36.3	1.00	4:36
6	7:03.6	1.00	7:04
7	7:12.0	1.00	7:12
8	8:28.3	1.00	8:28
9	7:56.2	1.00	7:56
10	5:12.4	1.00	5:12
11	7:14.0	1.00	7:14
12	5:48.4	1.00	5:48
13	5:35.6	1.00	5:36
14	6:37.7	1.00	6:38
15	8:04.6	1.00	8:05
16	5:54.2	1.00	5:54
17	5:07.0	1.00	5:07
18	8:34.3	1.00	8:34
19	4:47.5	1.00	4:48
20	5:42.7	1.00	5:43
21	4:40.6	1.00	4:41
22	:17.9	0.10	2:58
<b>Summary</b>	<b>2:10:23.0</b>	<b>21.10</b>	<b>6:11</b>

## Map



## Charts

### Timing



### Elevation



Data supplied through Garmin forerunner 405, 2.50.0.0, May 2012.