



Kannapolis Cycling  

Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

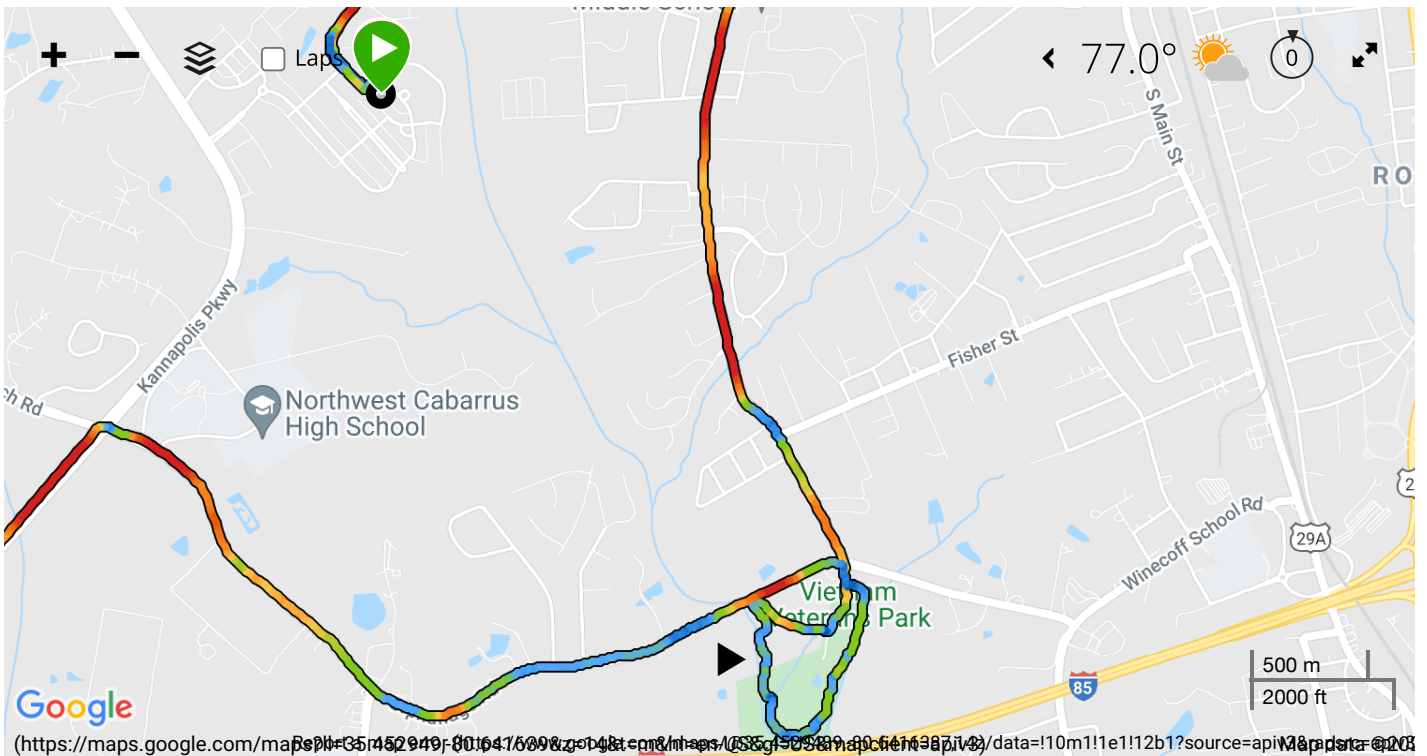


20.44 mi
Distance

1:34:12
Time

13.0 mph
Avg Speed

1,344 ft
Total Ascent



Slower  Faster

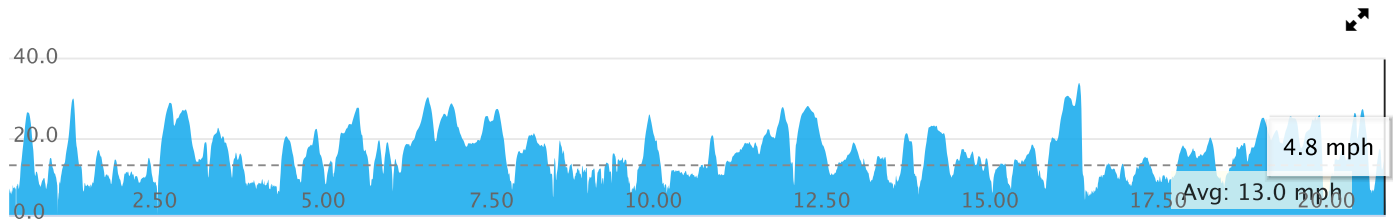
Customize Charts ▾

Time Distance

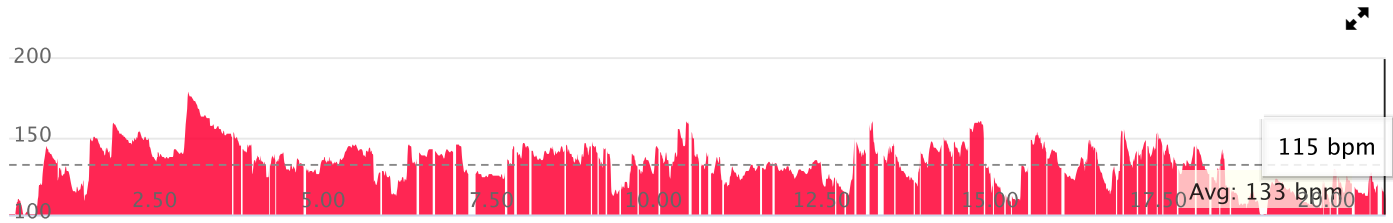
Elevation



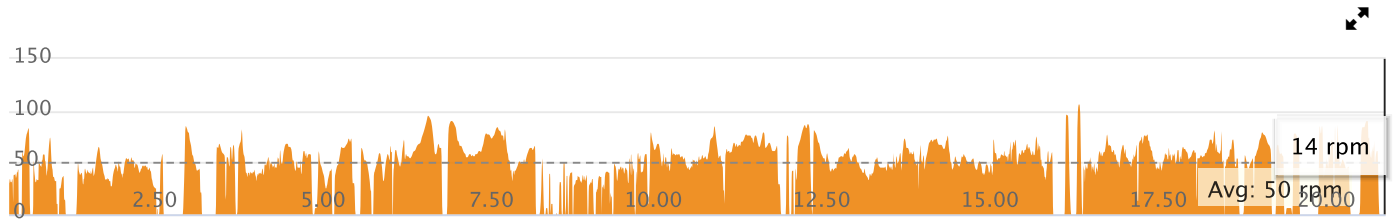
Speed



Heart Rate



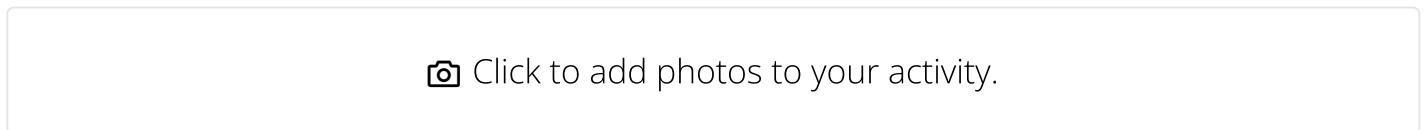
Bike Cadence



Stats Laps Segments 2 Time in Zones

Laps ▲	Time	Cumulative Time	Distance	Avg Speed	Avg HR	Max HR	Total Ascent	Tot
1	27:01	27:01	5.00	11.1	135	179	441	
2	20:44	47:45	5.00	14.5	134	157	246	
3	21:31	1:09:16	5.00	13.9	132	161	354	
4	22:45	1:32:01	5.00	13.2	129	155	258	
5	2:10.7	1:34:12	0.44	12.2	118	129	45	
Summary	1:34:12	1:34:12	20.44	13.0	133	179	1,344	

Photos



Badges





Climber 2



20-Mile Ride

Notes

How was your ride?



Add a comment...



fēnix 5X

Software: 22.40


Elev Corrections : Enabled ▾

Summary Data: Original



Speed Sensor 2

Software: 2.3

Battery Status: OK 

[Help \(/en-US/help\)](#) [Status \(/en-US/status\)](#) [Statement of Privacy \(https://www.garmin.com/en-US/privacy/connect/\)](https://www.garmin.com/en-US/privacy/connect/)

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