

Altitude		Ascent / Descent		Heart rate	
High	322 m	Max asc	36 m/min	Max	166
Low	92 m	Avg asc	3 m/min	Min	69
Avg	219 m	Tot asc	516 m	Avg	113
Ascent	02:37.30	Max dsc	48 m/min	Above (> 150)	00:16.50
Flat	03:35.00	Avg dsc	5 m/min	In (60 - 150)	07:24.40
Descent	01:29.00	Tot dsc	470 m	Below (< 60)	00:00.00

Chart: HR Chrono Log
Waterfall Walk 18-Oct-2006

