

Altitude		Ascent / Descent	
High	322 m	Max asc	36 m/min
Low	92 m	Avg asc	3 m/min
Avg	219 m	Tot asc	516 m
Ascent	02:37.30	Max dsc	48 m/min
Flat	03:35.00	Avg dsc	5 m/min
Descent	01:29.00	Tot dsc	470 m

Heart rate	
Max	166
Min	69
Avg	113
Above (> 150)	00:16.50
In (60 - 150)	07:24.40
Below (< 60)	00:00.00

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

