

Spirit Run Competitive Adult Mile



Graph: Min, Avg, Max **Elevation: 8, 13, 28 ft** Speed: 5.5, 7.0, 9.5 mph
Range Totals: Distance: 1 mi Elev Gain/Loss: 175 ft, -170 ft Max Slope: 19.2%, -19.2% Avg Slope: 3.4%, -3.4% Time: 8m 34.0s

8/18/2026 10:00 PM

