

Spirit Run Family Mile Course



Graph: Min, Avg, Max Elevation: 8, 14, 28 ft Speed: 5.3, 7.0, 8.3 mph
Range Totals: Distance: 1 mi Elev Gain/Loss: 77.2 ft, -77.2 ft Max Slope: 12.8%, -12.8% Avg Slope: 2.3%, -2.3% Time: 8m 34.0s

8/19/2026 10:00 PM

