



# Jhola - Paiju

Mon, 30 Jun 2014 6:51 Pakistan Time By [samulimansikka](#)



Activity Type: **Hiking** | Event Type: **Uncategorized** | Course: --

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**Details**

Splits [Player](#)

## ▼ Summary

Distance: **20.39 km**  
 Time: **5:45:02**  
 Avg Speed: **3.5 km/h**  
 Elevation Gain: **610 m**

## ▼ Details

### ▼ Timing

Pace **Speed**

Time: **5:45:02**  
 Moving Time: **4:57:30**  
 Elapsed Time: **5:45:02**  
 Avg Speed: **3.5 km/h**  
 Avg Moving Speed: **4.1 km/h**  
 Max Speed: **6.7 km/h**

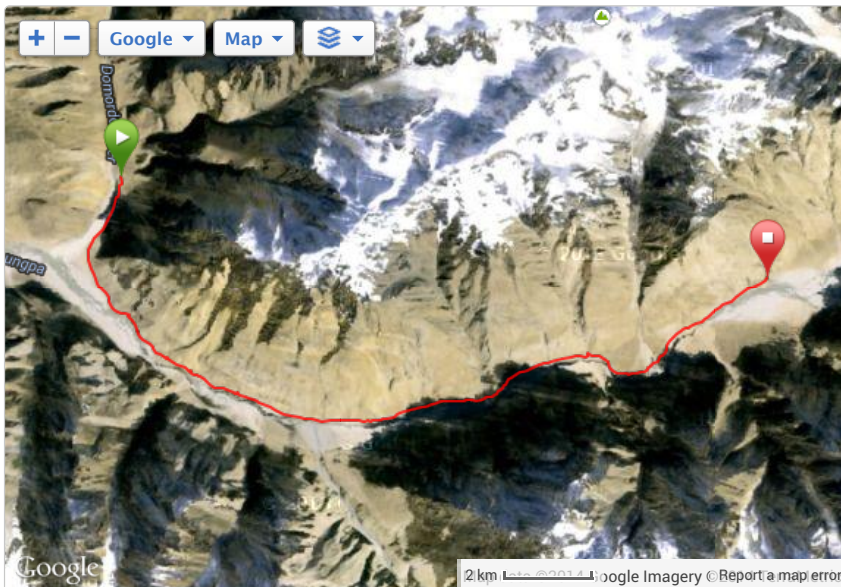
### ▼ Elevation

Elevation Gain: **610 m**  
 Elevation Loss: **368 m**  
 Min Elevation: **3,095 m**  
 Max Elevation: **3,400 m**

- ▶ Laps 1
- ▶ Weather
- ▶ Additional Information

[View Splits](#)

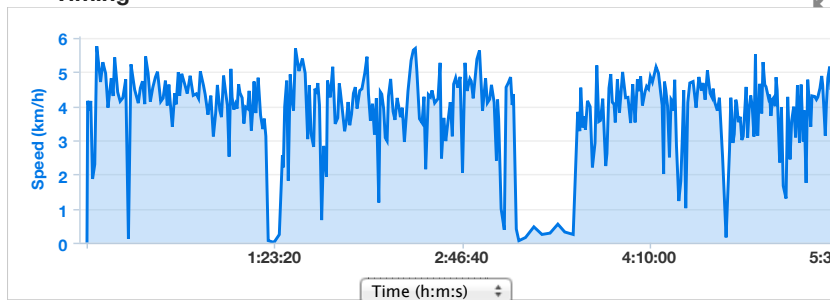
## ▼ Map



## ▼ Charts

Average

### ▼ Timing



### ▼ Elevation

