



# Paiju - Urdukas

Wed, 2 Jul 2014 5:11 Pakistan Time By [samulimansikka](#)



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

[Like Comments \(0\)](#)

Like 0

- 
- 
- 
- 
- 
- Share
- Export
- Compare
- Send to Device
- Save as Course
- Print

[Details](#) [Splits](#) [Player](#)

## Summary

Distance: **19.28 km**  
 Time: **7:44:44**  
 Avg Speed: **2.5 km/h**  
 Elevation Gain: **768 m**

## Details

### Timing

[Pace](#) [Speed](#)

Time: **7:44:44**  
 Moving Time: **6:06:55**  
 Elapsed Time: **7:44:44**  
 Avg Speed: **2.5 km/h**  
 Avg Moving Speed: **3.2 km/h**  
 Max Speed: **6.7 km/h**

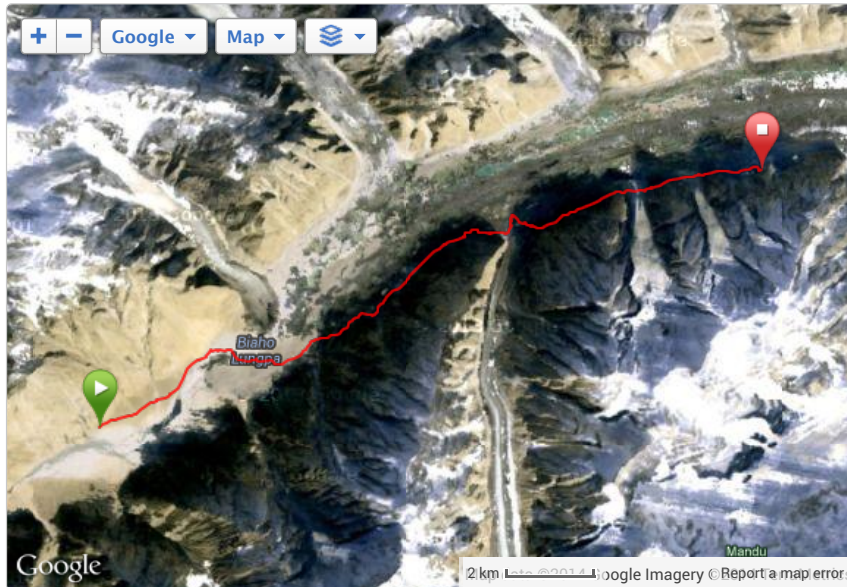
### Elevation

Elevation Gain: **768 m**  
 Elevation Loss: **131 m**  
 Min Elevation: **3,385 m**  
 Max Elevation: **4,024 m**

- ▶ Laps 1
- ▶ Weather
- ▶ Additional Information

[View Splits](#)

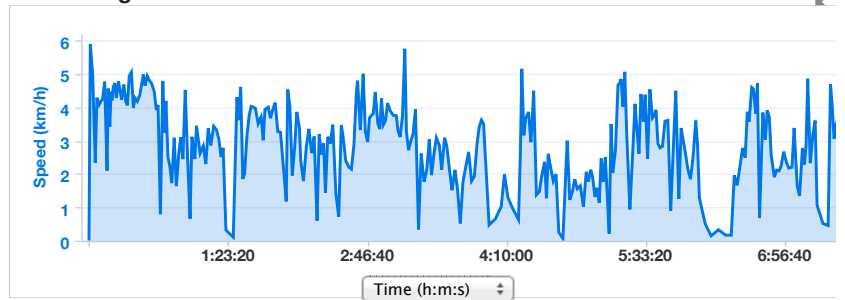
## Map



## Charts

Average

### Timing



### Elevation

