

## THE HOSPICE SHOP ROUTE STATISTICS

2h 19 min Duration	$ \longleftrightarrow $	40.5km Distance		17.4km/h Avg. speed
224m Ascent	2	220m Descent	<b></b>	59m Max altitude

7.8
10.5
4.1
15.9
2.6
5.3
8.7
5.6
7.0
10.3 ppwh.org.u