


57 Miles on 57th B-DAY!!!


Rick Roop – Ride



2:58 PM on Tuesday, June 13, 2017

57 mi. On 57th B-DAY

Add a description



57.0mi
Distance

4:07:32
Moving Time

2,192ft
Elevation (?)

	Avg	Max	Show Less
Speed	13.8mi/h	31.3mi/h	
Heart Rate	126bpm	168bpm	
Temperature	79°F		
Elapsed Time	4:33:42		

Device: Garmin Edge 820

Bike: Specialized Tarmac

STRAVA LABS

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