



09:46 on Friday, 28 January 2022 · Copeland, England

SSGMC - Eskdale. Almost to Scafell

Wet and wild conditions, cloud base at 600m and decreasing. Winds gusting 30-50Mph. Stayed sheltered as much as possible before re-tracing steps home. Last 5kms in dark.

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12.31 mi 5:23:06 26:14/mi
Distance Moving Time Pace

Elevation 2,950ft Calories 2,474
Elapsed Time 8:54:00

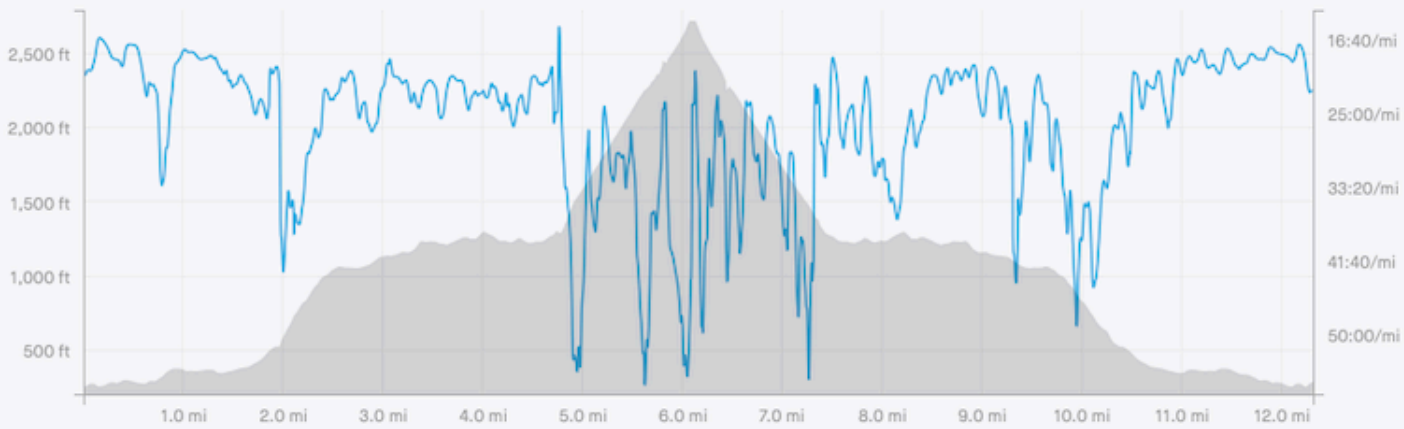
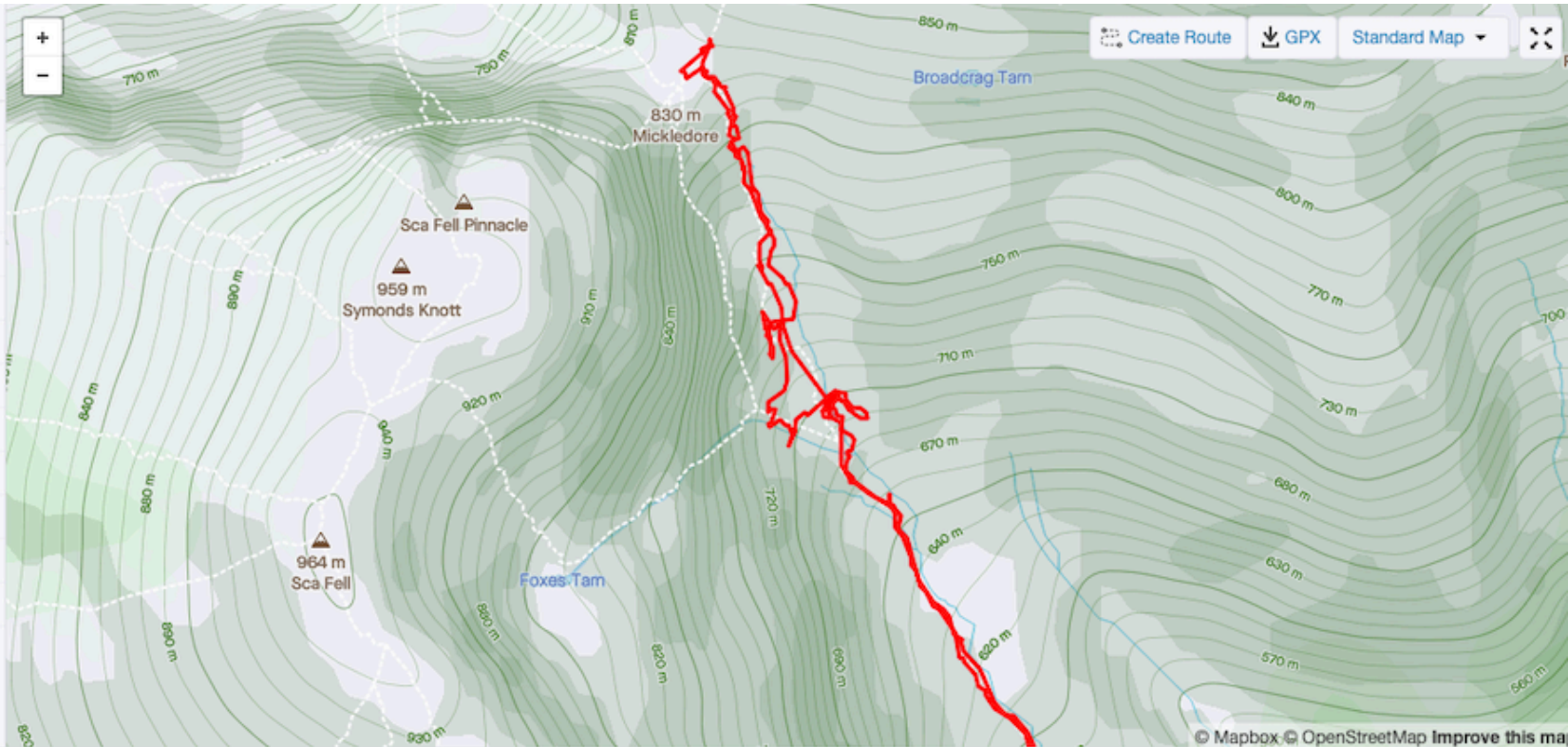
Splits

Mile	Pace	Elev
1	20:36 /mi	109 ft
2	21:14 /mi	224 ft
3	26:57 /mi	543 ft
4	21:51 /mi	164 ft
5	27:00 /mi	291 ft
6	35:18 /mi	1,034 ft
7	32:23 /mi	-885 ft
8	30:42 /mi	-499 ft
9	25:04 /mi	-78 ft
10	29:33 /mi	-333 ft
11	27:26 /mi	-484 ft
12	18:56 /mi	-68 ft



SSGMC Eskdale – January 2022 “Almost to ScaFell”

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10:09 on Saturday, 29 January 2022 · Copeland, England

SSGMC - Eskdale. Roman Castle and round Harter Fell

Wild and windy conditions gusting 50-70Mph. Low level

9.95 mi

Distance

3:56:13

Moving Time

23:44/mi

Pace

Elevation

2,161ft

Calories

1,415

Elapsed Time

7:19:16

Splits

Mile	Pace	Elev
1	20:56 /mi	75 ft
2	24:07 /mi	440 ft
3	24:19 /mi	486 ft
4	23:56 /mi	-188 ft
5	27:07 /mi	-37 ft
6	21:47 /mi	-15 ft
7	25:46 /mi	490 ft
8	26:22 /mi	-589 ft
9	22:40 /mi	-299 ft
10	20:11 /mi	-364 ft

