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## 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.

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

8:54:00

2,950ft

Calories

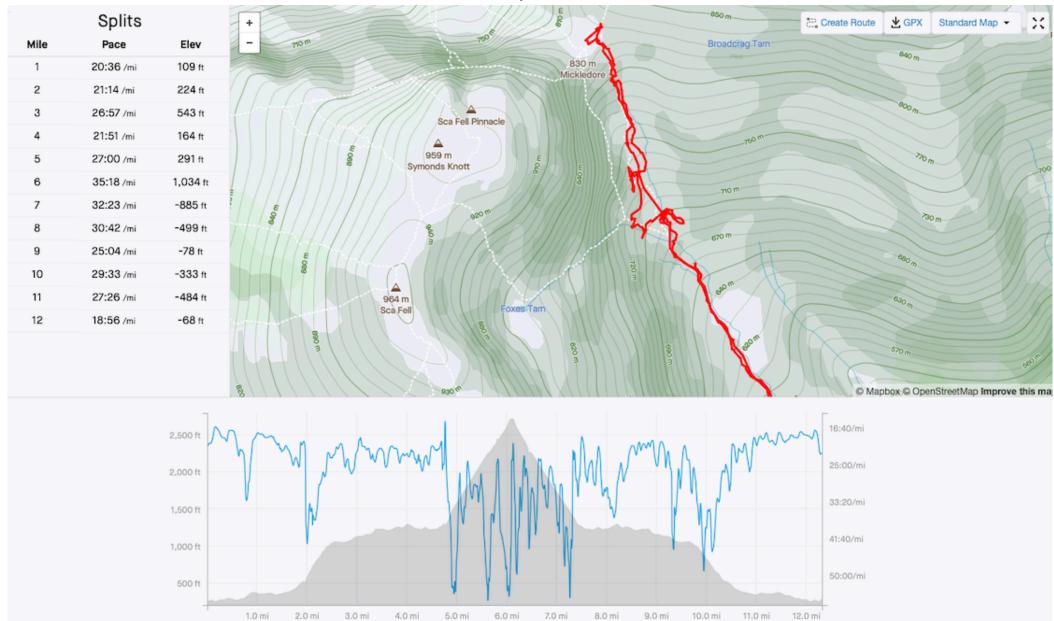
2,474

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			
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     or Wesdale   00 m     4   21:51 /mi   164 ft     5   27:00 /mi   291 ft     or Wesdale   00 m     6   35:18 /mi   1,034 ft     7   32:23 /mi   -885 ft     8   30:42 /mi   -78 ft     10   29:33 /mi   -733 ft     11   27:26 /mi   -484 ft     12   18:56 /mi   -68 ft		Splits	
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	Mile	Pace	Elev
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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	2	21:14 /mi	224 ft
4 21:51 /mi 164 ft 609 m 859 m 800 m   5 27:00 /mi 291 ft er Wasdale 60° m Iligill Head 100 m <td>3</td> <td>26:57 /mi</td> <td>543 ft</td>	3	26:57 /mi	543 ft
5 27:00 /mi 291 ft er Wasdale   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	4	21:51 /mi	164 ft
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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	6	35:18 /mi	1,034 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	7	32:23 /mi	-885 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	8	30:42 /mi	-499 ft
11   27:26 /mi   -484 ft   Eskdale Green   Beckfoot     12   18:56 /mi   -68 ft   649 m	9	25:04 /mi	-78 ft
11   27:26 /mi   -484 ft   Eskdale Green     12   18:56 /mi   -68 ft   649 m	10	29:33 /mi	-333 ft
12 18:56 /mi -68 ft 649 m	11	27:26 /mi	-484 ft
	12	18:56 /mi	-68 ft

Elevation

Elapsed Time

## SSGMC Eskdale – January 2022 "Almost to ScaFell"





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

9.95mi Distance	3:56:13 Moving Time	23:44/mi	
Elevation	2,161ft	Calories	1,415
Elapsed Time	7:19:16		

