**TRAIL RUNNING TRACKS**

Objective: to analyze GPS tracks of trail running practices.

Open the track and search the information to fulfill the data table.

|  |  |
| --- | --- |
| Name of the track |  |
| Distance (km) |  |
| Accumulated height gain (m) |  |
| Maximum altitude (m) |  |
| Minimum altitude (m) |  |
| Time (hh:mm:ss) |  |
| Average speed (km/h, min/km) |  |

After that, divide the track into several parts, taken in account the profiles of the circuits. Paste the profiles with the splits. Then, complete the tables.

|  |  |  |  |
| --- | --- | --- | --- |
| *Name of the race* | Part 1 | Part 2 | … |
| Distance (km) |  |  |  |
| Time (hh:mm:ss) |  |  |  |
| Average speed (km/h, min/km) |  |  |  |
| [Grade percent incline](http://www.1728.org/gradient.htm) |  |  |  |

Make a comparison between the speed and the inclination and draw out a conclusion about it.

Filename: JfK\_Tracks\_G*number*