

Name	Category	Date	Miles	Feet Climbed	Pace (min/mile)	climb rate (min/1000ft)	steepness (feet/mile)	Run Category
George McFie	B	29/05/2020	2.9	817	10.3	36	285	AS
George McFie	B	31/05/2020	4.2	1175	9.4	33	283	AS
Emil Noot	B	24/05/2020	2.4	653	13.5	50	267	AS
Imogen Noot	G	24/05/2020	2.4	653	13.5	50	267	AS
Emil Noot	B	27/05/2020	2.7	696	23.7	92	257	BS
Imogen Noot	G	27/05/2020	2.7	696	23.7	92	257	BS
Emil Noot	B	23/05/2020	3.5	902	14.3	56	256	BS
Imogen Noot	G	23/05/2020	3.5	902	14.3	56	256	BS
George McFie	B	25/05/2020	5.4	1257	8.7	37	234	BS
George McFie	B	28/05/2020	6.5	1529	9.9	43	234	BM
George McFie	B	27/05/2020	4.7	1050	9.2	41	226	BS
Emil Noot	B	28/05/2020	3.3	732	22.7	103	222	BS
Imogen Noot	G	28/05/2020	3.3	732	22.7	103	222	BS
Emil Noot	B	31/05/2020	4.1	899	22.8	105	218	BS
Imogen Noot	G	31/05/2020	4.1	899	22.8	105	218	BS
George McFie	B	26/05/2020	4.9	1060	8.0	37	216	BS
Emil Noot	B	30/05/2020	4.3	912	13.7	65	210	BS
Imogen Noot	G	30/05/2020	4.3	912	13.7	65	210	BS
Emil Noot	B	26/05/2020	4.9	1017	22.5	108	208	BS
Imogen Noot	G	26/05/2020	4.9	1017	22.5	108	208	BS