

# Bens Strava Summary

<https://www.strava.com/athletes/5385890>

## Bikes

1995 Trek 1200	1,146.1 mi
2011 Stumpjumper S-Wor...	4,267.8 mi
Greased Lightning	3,315.3 mi
Red Rover	2,567.9 mi

## Shoes

HOKA ONE ONE Speed Goat	246.0 mi
La Sportiva bushido II	375.4 mi
ワークマン Lange Rx130	50.0 mi
Alpina Lange RX 120 Boot...	43.1 mi

### Estimated Best Efforts

1k	3:11	2:11
1 mile	5:26	3:51
5k	18:13	19:18
10k	38:52	57:30
Half-Marathon	1:28:06	
Marathon	6:23:21	

Bike Data

2022 ▼		
Activities	70	0
Distance	1,269.6 mi	0 mi
Elev Gain	170,991 ft	0 ft
Time	140h 16m	0h 0m
All-Time		
Activities	848	11
Distance	11,395.5 mi	148.0 mi
Elev Gain	1,245,220 ft	16,631 ft
Time	1087h 51m	13h 36m
Longest Ride	136.3 mi	24.4 mi
Biggest Climb	8,390 ft	664 ft

Hike Data

2022 ▼		
Activities	47	19
Distance	296.7 mi	113.8 mi
Elev Gain	104,554 ft	25,102 ft
Time	125h 23m	29h 47m
All-Time		
Activities	439	21
Distance	3,304.3 mi	121.6 mi
Elev Gain	1,088,110 ft	27,457 ft
Time	1336h 36m	32h 53m

Run Data

2022 ▼		
Activities	116	3
Distance	604.9 mi	9.5 mi
Time	89h 1m	1h 30m
Elev Gain	73,333 ft	272 ft
All-Time		
Activities	605	38
Distance	3,871.8 mi	170.4 mi
Time	562h 17m	26h 48m
Elev Gain	449,629 ft	15,489 ft