

Percent Grades For Hills On BSLT Bike & Run Course

The direction of the hill is noted at the end by a (/) Climb or (\) Decent symbol.

<u>Bike</u>	<u>Run</u>
1 7.5% /	1 7.6% /
2 8.9% \	2 6.5% \
3 6.7% /	3 6.4% /
4 4.5% \	4 6.4% \
5 4.9% /	5 6.5% /
6 4.9% \	6 7.6% \
7 4.5% /	
8 2.9% \	
9 6.1% /	
10 6.1% \	
11 6% /	
12 6% \	
13 2.9% /	
14 6.7% \	
15 8.9% /	
16 7.5% \	