



# Lakeland 100

## Route Statistics

CP	Start CP	Finish CP	Distance km/miles		Climb m/ft		Descent m/ft		Cum Distance km/miles		Cum Climb m/ft		Cum Descent m/ft	
1	Coniston	Seathwaite	11.3	7.0	659	2162	606	1988	11.3	7.0	659	2162	606	1988
2	Seathwaite	Boot	11.1	7.0	385	1263	419	1375	22.4	14.0	1044	3425	1025	3363
3	Boot	Wasdale Head	8.6	5.4	297	974	287	942	31	19.4	1341	4400	1312	4304
4	Wasdale Head	Buttermere	11	6.9	712	2336	667	2188	42	26.3	2053	6736	1979	6493
5	Buttermere	Braithwaite	10.5	6.5	573	1880	613	2011	52.5	32.8	2626	8615	2592	8504
6	Braithwaite	Blencathra	13.7	8.5	478	1568	305	1001	66.2	41.3	3104	10184	2897	9505
7	Blencathra	Dockray	12.3	7.7	417	1368	252	827	78.5	49.0	3521	11552	3149	10331
8	Dockray	Dalemain	16.3	10.1	370	1214	638	2093	94.8	59.1	3891	12766	3787	12425
9	Dalemain	Howtown	11.5	7.1	294	965	285	935	106.3	66.2	4185	13730	4072	13360
10	Howtown	Mardale Head	15.2	9.4	765	2510	672	2205	121.5	75.6	4950	16240	4744	15564
11	Mardale Head	Kentmere	10.4	6.5	511	1677	589	1932	131.9	82.1	5461	17917	5333	17497
12	Kentmere	Ambleside	11.8	7.3	491	1611	602	1975	143.7	89.4	5952	19528	5935	19472
13	Ambleside	Chapel Stile	9.0	5.6	234	768	213	699	152.7	95.0	6186	20295	6148	20171
14	Chapel Stile	Tilberthwaite	10.6	6.5	387	1270	323	1060	163.3	101.5	6573	21565	6471	21230
15	Tilberthwaite	Coniston	5.7	3.5	283	928	385	1263	169.0	105.0	6856	22493	6856	22493
		<b>Totals</b>	<b>169</b>	<b>105.0</b>	<b>6856</b>	<b>22493</b>	<b>6856</b>	<b>22493.4</b>	<b>169.0</b>	<b>105.0</b>	<b>6856</b>	<b>22493</b>	<b>6856</b>	<b>22493</b>