

	A	B	C	D	E	F	G	H
1	Mt Witney							
2								
3								
4	Day	Miles	Up	Down				
5	1	5.13	2701	991				
6	2	7.37	1741	1739				
7	3	9.92	2681	2637				
8	4	11.42	2590	1996				
9	5				4.38	3465	460	times 2
10	6	9.52	909	2731				
11	7	8.18	2695	863				
12	8	6.64	324	1750				
13								
14	Total	58.18	13641	12707				