

Bryan Taaffe Lap of Oz 2022

Day No	Date	Start Time	Start Point	Finish Point	Distance (km)	Elevation (m)	Av Speed	Moving Time	Elapsed Time	Rest (during Ride)	Av Climbing (per day)	Av Distance (per day)	Calories
1	17/05/22	00:47:00	Melbourne - Vic	Cann River - Vic	529.58	4202	28.60	18:33	20:37	2:04	4,202	530	13,248
2	18/05/22	07:59:00	Cann River - Vic	Batemans Bay - NSW	308.72	5004	25.10	12:19	13:42	1:23	4,603	419	8,937
3	19/05/22	06:36:00	Batemans Bay - NSW	Sydney - NSW	272.66	3422	26.70	10:14	11:43	1:29	4,209	370	7,628
4	20/05/22	02:50:00	Sydney - NSW	Laurieton - NSW	376.60	3582	29.50	12:46	16:21	3:35	4,053	372	10,261
5	21/05/22	07:03:00	Laurieton - NSW	Ballina - NSW	379.40	2472	32.40	11:42	12:46	1:04	3,736	373	9,489
6	22/05/22	06:50:00	Ballina - NSW	Gympie - Qld	394.16	3438	28.50	13:49	16:36	2:47	3,687	377	9,924
7	23/05/22	07:28:00	Gympie - Qld	Miriam Vale - Qld	296.70	2006	30.10	9:32	11:04:00	1:32	3,447	365	7,681
8	24/05/22	06:48:00	Miriam Vale - Qld	Camila - Qld	406.05	1857	32.30	12:35	14:12	1:37	3,248	370	9,652
9	25/05/22	07:27:00	Camila - Qld	Ayr - Qld	400.10	1260	33.80	11:49	13:28	1:39	3,027	374	9,677
10	26/05/22	07:42:00	Ayr - Qld	Innisfail - Qld	346.15	992	31.30	11:04	12:49	1:45	2,824	371	7,447
11	27/05/22	07:38:00	Innisfail - Qld	Mount Surprise Qld	256.30	3013	26.70	9:36	10:50	1:14	2,841	361	6,589
12	28/05/22	07:05:00	Mount Surprise Qld	Normanton - Qld	396.08	1323	32.40	12:13	13:31	1:18	2,714	364	8,757
13	29/05/22	07:26:00	Normanton - Qld	Cloncurry - Qld	384.40	752	30.90	12:27	14:37	2:10	2,563	365	7,880
14	30/05/22	08:01:00	Cloncurry - Qld	Mt Isa - Qld	120.79	705	24.60	4:55	5:45	0:50	2,431	348	2,274
15	31/05/22	05:05:00	Mt Isa - Qld	Barkly Homestead - NT	450.64	799	33.60	13:24	15:56	2:32	2,322	355	10,109
16	01/06/22	08:06:00	Barkly Homestead - NT	Pamayu - NT	323.33	619	34.40	9:24	10:47	1:23	2,215	353	7,767
17	02/06/22	06:54:00	Pamayu - NT	Mataranka - NT	404.66	635	29.90	13:31	16:02	2:31	2,122	356	7,444
18	03/06/22	08:06:00	Mataranka - NT	Pine Creek - NT	195.29	681	28.90	6:46	8:40	1:54	2,042	347	3,952
19	04/06/22	14:14:00	Pine Creek - NT	Victoria River - NT	283.88	986	31.00	9:09	10:09	1:00	1,987	343	5,960
20	05/06/22	09:54:00	Victoria River - NT	Kununurra - WA	319.43	763	31.60	10:07	13:05	2:58	1,926	342	6,793
21	06/06/22	07:28:00	Kununurra - WA	Halls Creek - WA	358.60	1379	28.10	12:45	15:36	2:51	1,900	343	6,931
22	07/06/22	09:27:00	Halls Creek - WA	Fitzroy Crossing - WA	287.18	422	32.00	8:59	11:05	2:06	1,832	340	5,757
23	08/06/22	07:04:00	Fitzroy Crossing - WA	Broome - WA	398.47	715	31.80	12:31	14:33	2:02	1,784	343	8,470
24	09/06/22	08:45:00	Broome - WA	Sand Fire RH - WA	321.76	587	28.90	11:09	13:56	2:47	1,734	342	5,910
25	10/06/22	08:43:00	Sand Fire RH - WA	Port Headland - WA	291.48	443	33.40	8:43	10:12	1:29	1,682	340	6,738
26	11/06/22	07:57:00	Port Headland - WA	Fortescue River - WA	336.94	502	30.80	10:57	13:50	2:53	1,637	340	6,755
27	12/06/22	07:04:00	Fortescue River - WA	Minilya RH - WA	391.06	556	31.80	12:18	14:34	2:16	1,597	342	8,175
28	13/06/22	08:24:00	Minilya RH - WA	Wooramel RH - WA	262.31	308	27.70	9:27	11:20	1:53	1,551	339	4,436
29	14/06/22	07:29:00	Wooramel RH - WA	Geraldton - WA	358.93	1482	30.10	11:56	13:41	1:45	1,548	340	7,489
30	15/06/22	07:59:00	Geraldton - WA	Gingin - WA	339.93	1421	30.60	11:07	12:53	1:46	1,544	340	7,433
31	16/06/22	07:40:00	Gingin - WA	Dunsborough - WA	355.26	1164	32.60	10:53	14:27	3:34	1,532	340	8,547
32	17/06/22	07:42:00	Dunsborough - WA	Northcliffe - WA	246.43	2750	27.40	8:59	10:51	1:52	1,570	337	6,172
33	18/06/22	07:44:00	Northcliffe - WA	Albany - WA	215.74	2451	27.80	7:46	9:04	1:18	1,597	334	5,332
34	19/06/22	07:40:00	Albany - WA	Munginup - WA	381.08	2110	31.30	12:11	13:32	1:21	1,612	335	9,426
35	20/06/22	07:17:00	Munginup - WA	Norseman - WA	311.40	1031	28.70	10:50	11:57	1:07	1,595	334	6,013
36	21/06/22	07:00:00	Norseman - WA	Caiguna RH - WA	373.71	1148	31.80	11:46	13:23	1:37	1,583	335	7,854
37	22/06/22	07:09:00	Caiguna RH - WA	Border Village - SA	351.06	571	32.30	10:51	12:39	1:48	1,555	336	7,579
38	23/06/22	08:35:00	Border Village - SA	Penong - SA	409.23	1393	34.60	11:49	13:36	1:47	1,551	338	10,222
39	24/06/22	08:04:00	Penong - SA	Elliston - SA	309.70	1017	31.30	9:53	11:09	1:16	1,537	337	6,585
40	25/06/22	08:14:00	Elliston - SA	Cowell - SA	332.77	1437	31.70	10:29	11:20	0:51	1,535	337	7,644
41	26/06/22	07:45:00	Cowell - SA	Lochiel - SA	359.40	1066	30.50	11:47	13:12	1:25	1,524	337	7,671
42	27/06/22	07:40:00	Lochiel - SA	Salt Creek - SA	352.81	1666	29.00	12:09	13:42	1:33	1,527	338	7,566
43	28/06/22	07:39:00	Salt Creek - SA	Port Fairy - Vic	435.27	1402	31.70	13:44	15:05	1:21	1,524	340	9,779
44	29/06/22	07:56:00	Port Fairy - Vic	Melbourne - Vic	381.08	3458	26.30	14:29	15:52	1:23	1,568	341	8,452
Totals					15006.52	68,990		493:23	574:09	80:46	1,568	341	338,405
Av (per day)					341.06	1567.95454	30.33	11:12	13:02	1:50			7,691