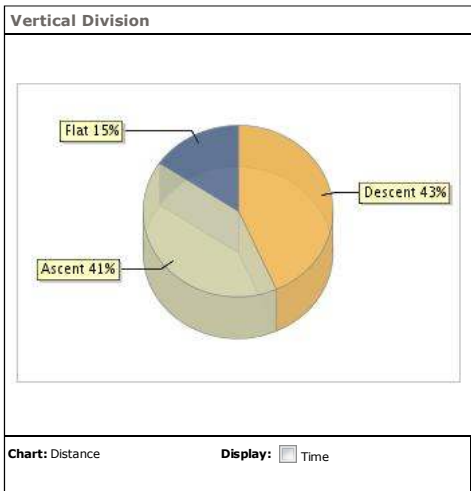




- Activity Dashboard**
- ▶ [Summary](#)
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 - ▶ [Speed](#)
 - ▶ [Elevation](#)
 - ▶ [Heart Rate](#)
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 - ▶ [Equipment](#)

Distance Data	Total (mi)	% of Total
Distance	13.37	100
Ascent	5.50	41.1
Descent	5.80	43.4
Flat	2.07	15.5



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Vertical Division

Route
planning
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