



- Activity Dashboard**
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Elevation Change	Total (ft)
Total Elevation	5,411
Elevation Gain	2,671
Elevation Loss	2,739
Net Elevation Change	-68

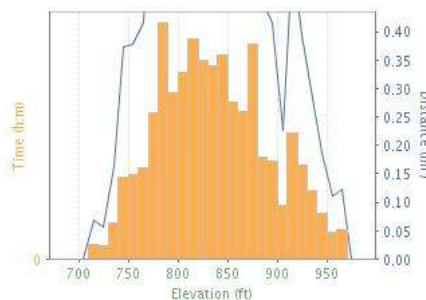
Vertical Speed	Average (ft/min)	Maximum (ft/min)
Ascent	22.1	302.8
Descent	-22.7	-310.9

Grade	Average (%)	Maximum (%)
Overall Grade	-0.1	--
Ascent Grade	9.3	24.3
Descent Grade	-6.7	-20.6

Relevant Data

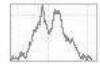
Start Elevation (ft): 806
 Finish Elevation (ft): 738
 Min. Elevation (ft): 713
 Max. Elevation (ft): 966
 Elevation Source: [GPS Unit Elevation](#)
[Tune-Up Options...](#)

Distribution




Plot: Elevation vs. Distance and Time
 Grade vs. Distance and Time

Please select the Chart to Display Above



[Profile](#)



Distribution

Route planning made easy.



GARMIN



Explore Further. Train Smarter. Perform Better... and Smile More.