Activity Dashboard
- Summary
- Time
- Distance
- Speed
- Elevation
- Heart Rate
- Laps
- Weather
- Equipment

Summary Data		
Total Time (h:m:s)	2:00:31	9:00 pace
Moving Time (h:m:s)	2:00:30	9:00 pace
Distance (mi)	13.37	
Moving Speed (mph)	6.7 avg.	13.2 max.
Elevation Gain (ft)	+2,671 / -2,739	
GPS Signal Quality	Excellent	GPS Unit Elevation
Similar Activities	My Digest TrailNetwork	
Download	GPS Device	
Export	GPX HST CRS	
Upload Agent	Use the MotionBased Agent	

Larger Map | Google Earth | Driving Directions

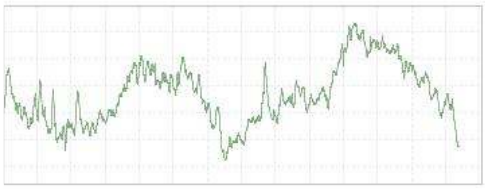

Chart Details

Comments

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