



Digest

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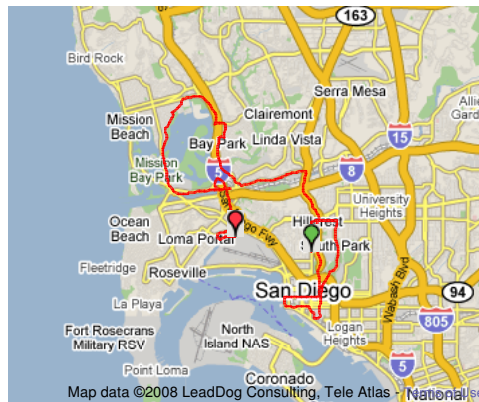
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[San Diego](#), [San Diego](#), [California](#), [United States](#)

Sunday, June 1, 2008 | [marcgohres](#)

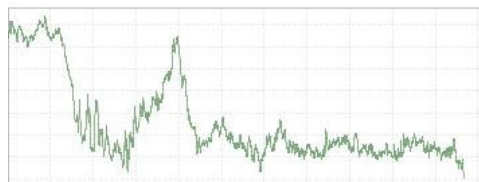
Activity Dashboard

- ▶ Summary
- ▶ Time
- ▶ Distance
- ▶ Speed
- ▶ Elevation
- ▶ Heart Rate
- ▶ Laps
- ▶ Weather
- ▶ Equipment

Summary Data		
Total Time (h:m:s)	4:00:57	9:02 pace
Moving Time (h:m:s)	3:59:52	9:00 pace
Distance (mi)	26.65	
Moving Speed (mph)	6.7 avg.	12.0 max.
Elevation Gain (ft)	+4,352 / -4,677	
Temperature (°F)	67.3°F avg.	69.8°F high
Wind Speed (mph)	WNW 6.9 avg.	WNW 8.1 max.
GPS Signal Quality	Excellent	GPS Unit Elevation
Similar Activities	TrailNetwork	
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