MB **MOTION BASED**™

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Digest

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Rock & Roll Marathon 2008 | Street Running | Race
San Diego, San Diego, California, United States
Sunday, June 1, 2008 | marcgohres

Email Activity   Link to this Activity

Dashboard | Analyzer | Map Player

Activity Dashboard

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

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Time Data	Total	% of Total
Total Time	**4:00:57**	**100.0**
Moving Time	**3:59:52**	**99.6**
Ascent	1:30:59	37.8
Descent	1:40:36	41.8
Flat	0:48:17	20.0
Stopped Time	**0:01:04**	**0.4**
# of MB Stops	1	--

Relevant Data

Start Time: Jun 1, 2008 6:36:16 AM

Finish Time: Jun 1, 2008 10:37:13 AM

Time Zone: Pacific (L.A.,Vancouver)

Time Profile

Plot: Time vs. Distance   **Display:** ☑ Elevation
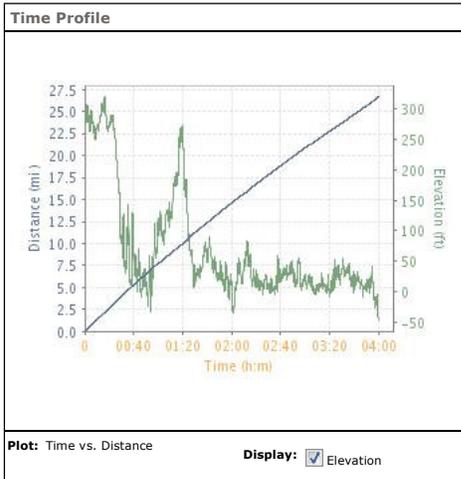
Please select the Chart to Display Above

Time Profile | Time Distribution | Vertical Division

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MB v. 1.8.6.0