



Activity Dashboard

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Elevation Change	Total (ft)
Total Elevation	5,032
Elevation Gain	2,487
Elevation Loss	2,545
Net Elevation Change	-58

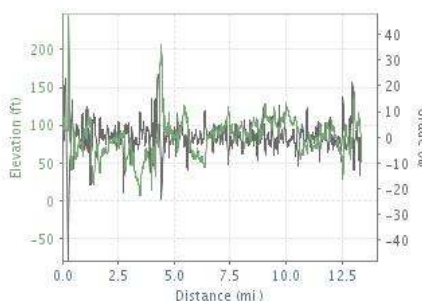
Vertical Speed	Average (ft/min)	Maximum (ft/min)
Ascent	21.6	307.5
Descent	-22.1	-1,324.7

Grade	Average (%)	Maximum (%)
Overall Grade	-0.2	--
Ascent Grade	8.8	24.5
Descent Grade	-6.3	-48.2

Relevant Data


Start Elevation (ft): 123
 Finish Elevation (ft): 65
 Min. Elevation (ft): 7
 Max. Elevation (ft): 245
 Elevation Source: [GPS Unit Elevation](#)
[Tune-Up Options...](#)

Profile



Plot: Elevation vs. Distance Time
 Display: Grade

Please select the Chart to Display Above



Profile



[Distribution](#)



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