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[Blue Diamond, Clark, Nevada, United States](#)

Saturday, April 26, 2008 | [marcgohres](#)

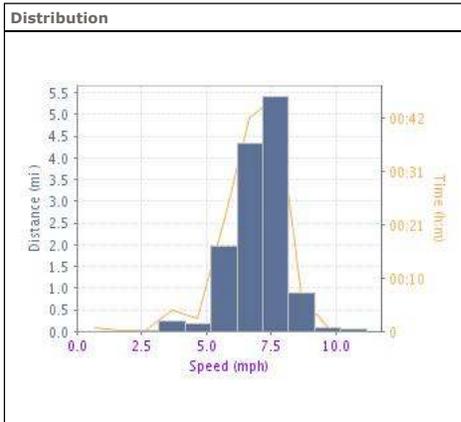
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- Activity Dashboard**
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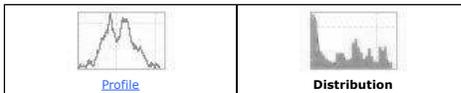
Speed Data	Average (mph)	Maximum (mph)
Overall Speed	6.2	--
Moving Speed	6.3	10.3
Ascent	5.9	10.2
Descent	6.6	10.0
Flat	6.3	10.3

Pace Data	Average (m:s)	Best (m:s)
Overall Pace	9:36	--
Moving Pace	9:33	5:50
Ascent	10:11	5:51
Descent	9:02	5:59
Flat	9:27	5:50



Plot: Speed vs. Distance and Time
 Pace Elevation Change and Time

Please select the Chart to Display Above



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