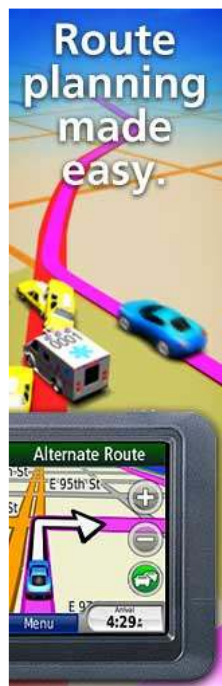




Activity Dashboard

- ▶ [Summary](#)
- ▶ [Time](#)
- ▶ [Distance](#)
- ▶ [Speed](#)
- ▶ [Elevation](#)
- ▶ [Heart Rate](#)
- ▶ [Laps](#)
- ▶ [Weather](#)
- ▶ [Equipment](#)



| Elevation Change | Total (ft) |
|------------------------|---------------|
| Total Elevation | 10,304 |
| Elevation Gain | 5,152 |
| Elevation Loss | 5,152 |
| Net Elevation Change | 0 |

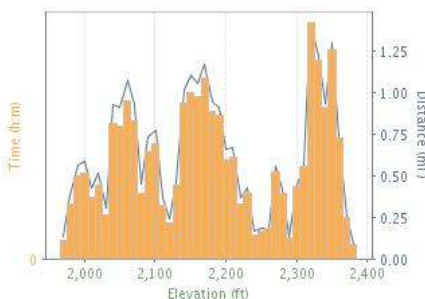
| Vertical Speed | Average (ft/min) | Maximum (ft/min) |
|----------------|------------------|------------------|
| Ascent | 22.0 | 578.2 |
| Descent | -22.0 | -492.0 |

| Grade | Average (%) | Maximum (%) |
|----------------------|-------------|-------------|
| Overall Grade | 0.1 | -- |
| Ascent Grade | 9.3 | 43.2 |
| Descent Grade | -6.3 | -42.2 |

Relevant Data

Start Elevation (ft): 2,145
 Finish Elevation (ft): 2,145
 Min. Elevation (ft): 1,965
 Max. Elevation (ft): 2,382
 Elevation Source: [GPS Unit Elevation](#)
[Tune-Up Options...](#)

Distribution



Plot: Elevation vs. Distance and Time
 Grade vs. Distance and Time

Please select the Chart to Display Above



[Profile](#)



[Distribution](#)



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