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Saturday, May 3, 2008 | [marcoghres](#)

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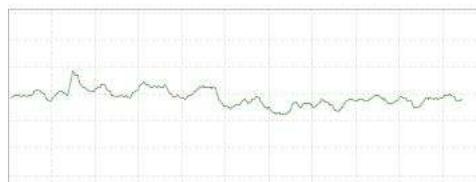
**Activity Dashboard**

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Summary Data		
<b>Total Time (h:m:s)</b>	0:20:36	7:51 pace
<b>Moving Time (h:m:s)</b>	0:20:31	7:51 pace
<b>Distance (mi)</b>	2.61	
<b>Moving Speed (mph)</b>	7.6 avg.	10.9 max.
<b>Elevation Gain (ft)</b>	+330 / -333	
<b>GPS Signal Quality</b>	Excellent	<a href="#">GPS Unit Elevation</a>
<b>Similar Activities</b>	<a href="#">My Digest TrailNetwork</a>	
<b>Download</b>	<a href="#">GPS_Device</a>	
<b>Export</b>	<a href="#">GPX HST CRS</a>	
<b>Upload Agent</b>	<a href="#">Use the MotionBased Agent</a>	



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[Chart Details](#)

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▶ FEEL THE LOVE

**LOVE/hate**  
this is the new balance



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