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Sunday, June 1, 2008 | [marcgohres](#)

Email Activity

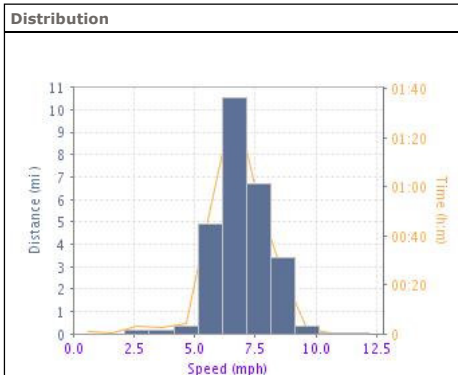
Link to this Activity

Dashboard | Analyzer | Map Player

- Activity Dashboard**
- ▶ Summary
 - ▶ Time
 - ▶ Distance
 - ▶ **Speed**
 - ▶ Elevation
 - ▶ Heart Rate
 - ▶ Laps
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 - ▶ Equipment

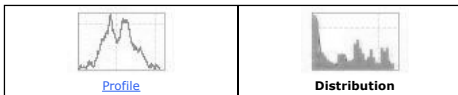
Speed Data	Average (mph)	Maximum (mph)
Overall Speed	6.6	--
Moving Speed	6.7	12.0
Ascent	6.6	11.9
Descent	6.8	12.0
Flat	6.5	10.6

Pace Data	Average (m:s)	Best (m:s)
Overall Pace	9:02	--
Moving Pace	9:00	5:01
Ascent	9:04	5:03
Descent	8:51	5:01
Flat	9:11	5:39



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

Please select the Chart to Display Above



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