



My Activities | **TrailNetwork** | Account | Support | Information | Forum | Blog

Search TrailNetwork

Digest

Login | Register

[Six Tunnels 1/2 Marathon](#) | [Run](#) | [Race](#)
[Boulder City, Clark, Nevada, United States](#)
 Saturday, March 15, 2008 | [marcoghres](#)

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

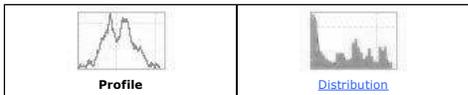
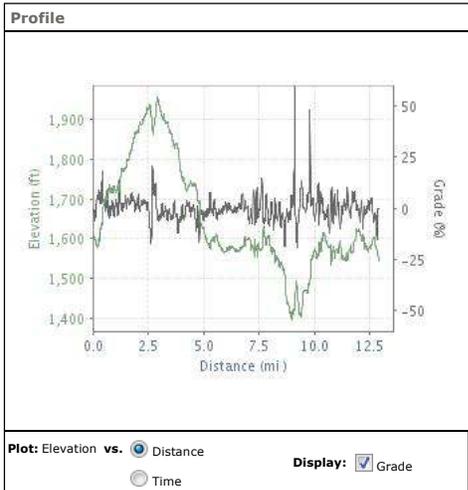
Elevation Change	Total (ft)
Total Elevation	4,151
Elevation Gain	2,050
Elevation Loss	2,101
Net Elevation Change	-50

Vertical Speed	Average (ft/min)	Maximum (ft/min)
Ascent	17.9	283.8
Descent	-18.3	-246.0

Grade	Average (%)	Maximum (%)
Overall Grade	-0.1	--
Ascent Grade	7.9	60.2
Descent Grade	-5.1	-19.4

Relevant Data

Start Elevation (ft): 1,599
 Finish Elevation (ft): 1,549
 Min. Elevation (ft): 1,394
 Max. Elevation (ft): 1,959
 Elevation Source: [GPS Unit Elevation](#)
[Tune-Up Options...](#)



**THE
NEW
SMELL
OF
VICTORY**

wash away sweat odor

WIN

