



Digest

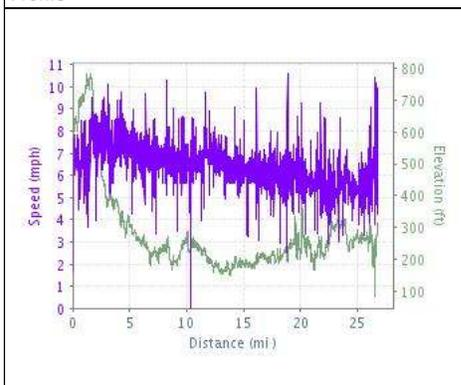
[LA MARATHON !](#) | [Run](#) | [Race](#)  
[West Hollywood, Los Angeles, California, United States](#)  
 Sunday, March 2, 2008 | [marcoghres](#)

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

Speed Data	Average (mph)	Maximum (mph)
<b>Overall Speed</b>	<b>6.3</b>	--
<b>Moving Speed</b>	<b>6.3</b>	<b>10.6</b>
Ascent	6.4	10.6
Descent	6.3	10.1
Flat	6.2	9.8

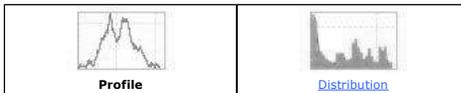
Pace Data	Average ( m:s )	Best (m:s)
<b>Overall Pace</b>	<b>9:30</b>	--
<b>Moving Pace</b>	<b>9:29</b>	<b>5:40</b>
Ascent	9:23	5:40
Descent	9:31	5:56
Flat	9:36	6:08

**Profile** ?



Plot:  Speed vs.  Distance Display:  Elevation  
 Pace  Time

Please select the Chart to Display Above



**THE 768**  
 TS2 stability technology helps you get from heel to toe smoothly.



▶ DEPEND ON THE 768



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



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

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