



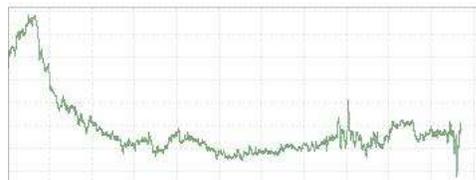
Activity Dashboard

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

Summary Data		
Total Time (h:m:s)	4:14:49	9:30 pace
Moving Time (h:m:s)	4:14:20	9:29 pace
Distance (mi)	26.78	
Moving Speed (mph)	6.3 avg.	10.6 max.
Elevation Gain (ft)	+5,281 / -5,554	
Temperature (°F)	59°F avg.	62.6°F high
Wind Speed (mph)	ESE 2.9 avg.	ESE 8.1 max.
GPS Signal Quality	Good	GPS Unit Elevation
Similar Activities	TrailNetwork	
Download	GPS Device	
Export	GPX HST CRS	



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[Chart Details](#)

Comments

yup!



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