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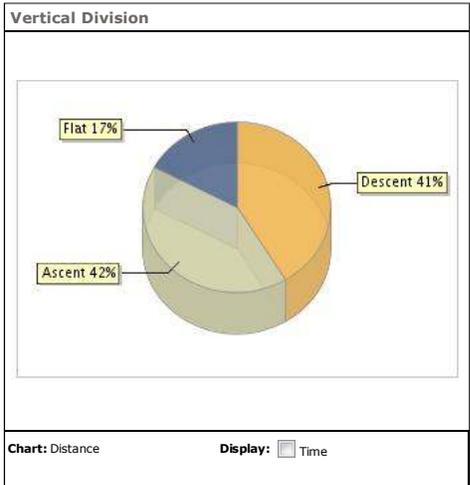
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Sunday, April 5, 2009 | [marcgoehres](#)

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- Activity Dashboard**
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Distance Data	Total (mi)	% of Total
Distance	27.01	100
Ascent	11.25	41.6
Descent	11.16	41.3
Flat	4.61	17.1



Please select the Chart to Display Above

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Vertical Division

Route
planning
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