

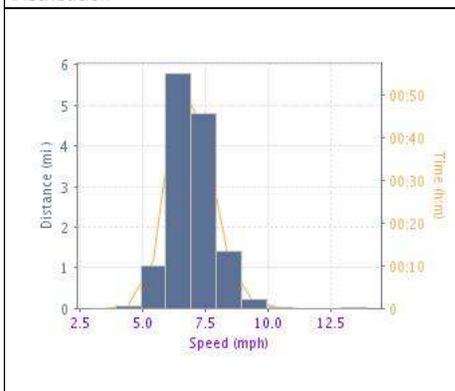


- Activity Dashboard**
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Speed Data	Average (mph)	Maximum (mph)
<b>Overall Speed</b>	<b>6.7</b>	--
<b>Moving Speed</b>	<b>6.7</b>	<b>13.2</b>
Ascent	6.6	9.0
Descent	6.8	13.2
Flat	6.5	9.4

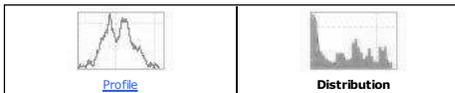
Pace Data	Average ( m:s )	Best ( m:s )
<b>Overall Pace</b>	<b>9:00</b>	--
<b>Moving Pace</b>	<b>9:00</b>	<b>4:32</b>
Ascent	9:04	6:41
Descent	8:53	4:32
Flat	9:10	6:22

**Distribution**



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

Please select the Chart to Display Above



**Route planning made easy.**

**GARMIN**



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