

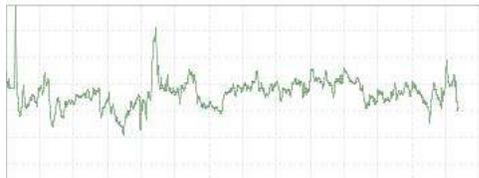


- Activity Dashboard**
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Summary Data		
Total Time (h:m:s)	1:55:08	8:35 pace
Moving Time (h:m:s)	1:55:03	8:35 pace
Distance (mi)	13.38	
Moving Speed (mph)	7.0 avg.	21.4 max.
Elevation Gain (ft)	+2,487 / -2,545	
GPS Signal Quality	Excellent	GPS Unit Elevation
Similar Activities	My Digest TrailNetwork	
Download	GPS Device	
Export	GPX HST CRS	
Upload Agent	Use the MotionBased Agent	



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[Chart Details](#)

Comments



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