



MOTION BASED™

[My Activities](#) | [TrailNetwork](#) | [Account](#) | [Support](#) | [Information](#) | [Forum](#) | [Blog](#)

Search TrailNetwork

[Digest](#) | [Upload](#) | [Inbox](#)

Inbox(1) | [Logout \(marcgohres\)](#)

[San Jose Rock n Roll Half Marathon](#) | [Street Running](#) | [Race](#)

[San Jose, Santa Clara, California, United States](#)

Sunday, October 5, 2008 | [marcgohres](#)

Activity Options Email Activity Link to this Activity

Dashboard | **Analyzer** | **Map Player** | **Player**

Activity Dashboard

- ▶ [Summary](#)
- ▶ [Time](#)
- ▶ [Distance](#)
- ▶ [Speed](#)
- ▶ [Elevation](#)
- ▶ [Heart Rate](#)
- ▶ [Laps](#)
- ▶ [Weather](#)
- ▶ [Equipment](#)

Time Data	Total	% of Total
Total Time	1:55:08	100.0
Moving Time	1:55:03	100.0
Ascent	0:46:24	40.3
Descent	0:46:19	40.3
Flat	0:22:20	19.4
Stopped Time	0:00:00	0.0
# of MB Stops	0	--

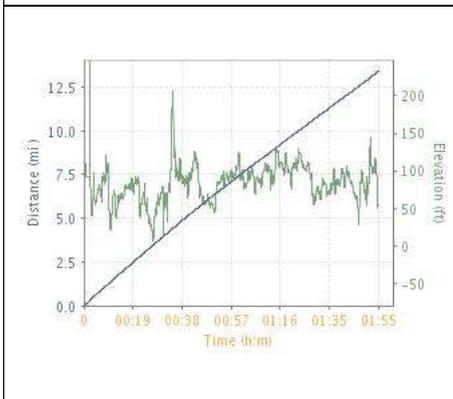
Relevant Data

Start Time: Oct 5, 2008 8:03:47 AM

Finish Time: Oct 5, 2008 9:58:55 AM

Time Zone: Pacific (L.A., Vancouver)

Time Profile



Plot: Time vs. Distance Display: Elevation

Please select the Chart to Display Above

Time Profile

[Time Distribution](#)

[Vertical Division](#)



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

Copyright © 2003-2007 Garmin Ltd. or its subsidiaries.
[Terms of Use](#) | [Privacy](#)

[Site Map](#) | [Advertise With Us](#) | [Contact Us](#)
 MB v. 1.8.6.0