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Sunday, February 1, 2009 | [marcgoehres](#)

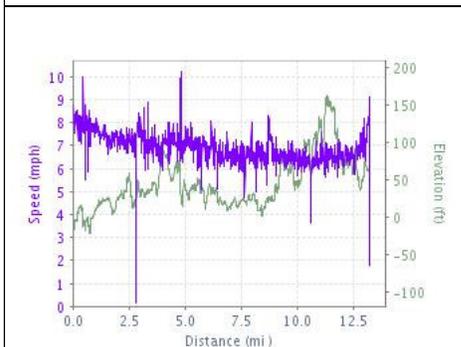
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- Activity Dashboard**
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Speed Data	Average (mph)	Maximum (mph)
<b>Overall Speed</b>	<b>6.9</b>	--
<b>Moving Speed</b>	<b>6.9</b>	<b>10.2</b>
Ascent	6.8	10.0
Descent	6.9	10.2
Flat	6.9	8.9

Pace Data	Average ( m:s )	Best ( m:s )
<b>Overall Pace</b>	<b>8:45</b>	--
<b>Moving Pace</b>	<b>8:43</b>	<b>5:52</b>
Ascent	8:47	6:01
Descent	8:40	5:52
Flat	8:39	6:46

**Profile**



**Plot:**  Speed vs.  Distance  
 Pace  Time

**Display:**  Elevation

Please select the Chart to Display Above

[Profile](#)

[Distribution](#)

## Route planning made easy.

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