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Digest

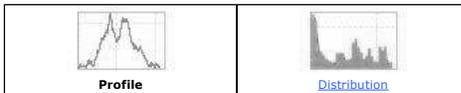
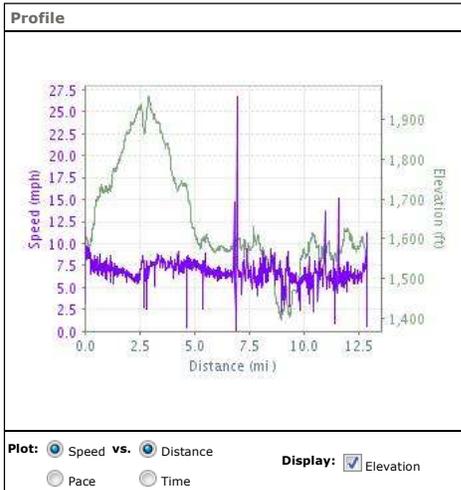
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[Six Tunnels 1/2 Marathon](#) | [Run](#) | [Race](#)  
[Boulder City, Clark, Nevada, United States](#)  
 Saturday, March 15, 2008 | [marcoghres](#)

- Activity Dashboard**
- ▶ Summary
  - ▶ Time
  - ▶ Distance
  - ▶ **Speed**
  - ▶ Elevation
  - ▶ Heart Rate
  - ▶ Laps
  - ▶ Weather
  - ▶ Equipment

Speed Data	Average (mph)	Maximum (mph)
<b>Overall Speed</b>	<b>6.7</b>	--
<b>Moving Speed</b>	<b>6.7</b>	<b>26.7</b>
Ascent	6.4	11.8
Descent	7.0	13.6
Flat	6.9	26.7

Pace Data	Average ( m:s )	Best (m:s)
<b>Overall Pace</b>	<b>8:59</b>	--
<b>Moving Pace</b>	<b>8:54</b>	<b>2:15</b>
Ascent	9:23	5:04
Descent	8:35	4:24
Flat	8:42	2:15



**THE  
NEW  
SMELL  
OF  
VICTORY**

wash away sweat odor

**WIN**

