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[West Hollywood, Los Angeles, California, United States](#)  
 Sunday, March 2, 2008 | [marcoghres](#)

- Activity Dashboard**
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Elevation Change	Total (ft)
<b>Total Elevation</b>	<b>10,835</b>
Elevation Gain	5,281
Elevation Loss	5,554
Net Elevation Change	-273

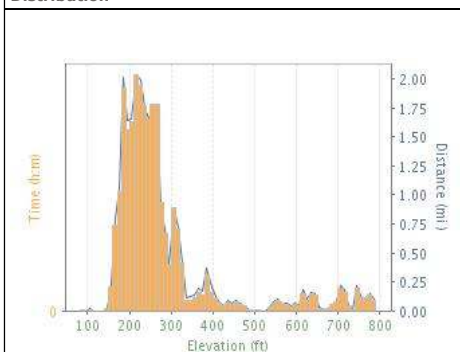
Vertical Speed	Average ( ft/min)	Maximum (ft/min)
Ascent	20.8	641.3
Descent	-21.8	-378.5

Grade	Average (%)	Maximum (%)
<b>Overall Grade</b>	<b>-0.0</b>	<b>--</b>
Ascent Grade	10.5	62.9
Descent Grade	-6.5	-39.4

**Relevant Data**

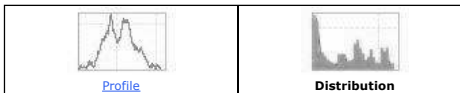
Start Elevation (ft): 565  
 Finish Elevation (ft): 292  
 Min. Elevation (ft): 81  
 Max. Elevation (ft): 784  
 Elevation Source: [GPS Unit Elevation](#)  
[Tune-Up Options...](#)

**Distribution**



**Plot:**  Elevation vs. Distance and Time  
 Grade vs. Distance and Time

Please select the Chart to Display Above



**THE 768**  
 TS2 stability technology helps you get from heel to toe smoothly.



▶ **DEPEND ON THE 768**



**LOVE / hate**  
 this is the new balance



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

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