



[Labor of Love 1/2 marathon](#) | 
 [Street Running](#) | 
 [Race](#)

[Blue Diamond, Clark, Nevada, United States](#)

Saturday, April 26, 2008 | 
 [marcgohres](#)

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

Elevation Change	Total (ft)
<b>Total Elevation</b>	<b>3,920</b>
Elevation Gain	1,966
Elevation Loss	1,954
Net Elevation Change	13

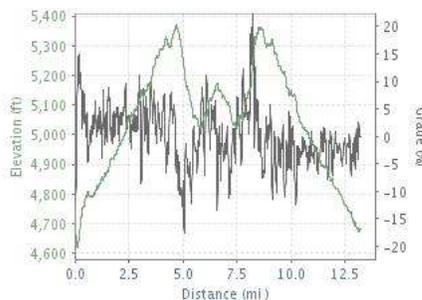
Vertical Speed	Average ( ft/min)	Maximum (ft/min)
Ascent	15.6	189.2
Descent	-15.5	-236.5

Grade	Average (%)	Maximum (%)
<b>Overall Grade</b>	<b>0.0</b>	<b>--</b>
Ascent Grade	7.5	22.4
Descent Grade	-4.5	-17.6

**Relevant Data**

Start Elevation (ft): 4,668  
 Finish Elevation (ft): 4,681  
 Min. Elevation (ft): 4,616  
 Max. Elevation (ft): 5,372  
 Elevation Source: [GPS Unit Elevation](#)  
[Tune-Up Options...](#)

**Profile**



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

Please select the Chart to Display Above

**Profile**

[Distribution](#)

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