

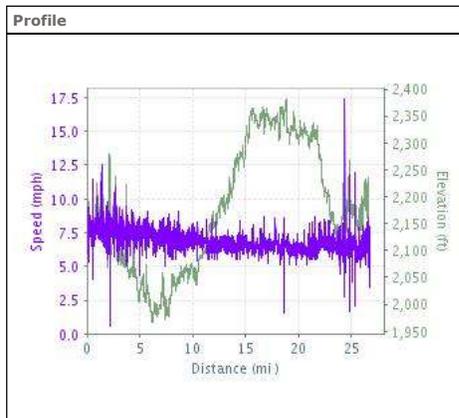


Activity Dashboard

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Speed Data	Average (mph)	Maximum (mph)
Overall Speed	6.8	--
Moving Speed	6.8	17.4
Ascent	6.8	11.9
Descent	6.9	17.4
Flat	6.8	10.1

Pace Data	Average (m:s)	Best (m:s)
Overall Pace	8:46	--
Moving Pace	8:45	3:26
Ascent	8:46	5:01
Descent	8:42	3:26
Flat	8:52	5:55

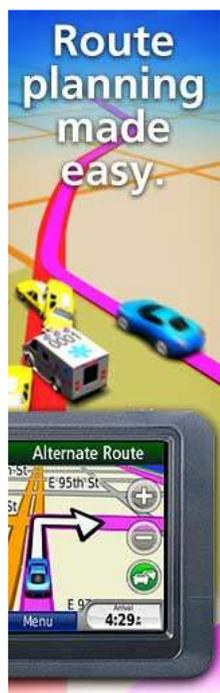


Plot: Speed vs. Distance Display: Elevation
 Pace Time

Please select the Chart to Display Above

Profile

[Distribution](#)



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