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Sunday, December 7, 2008 | [marcgoehres](#)

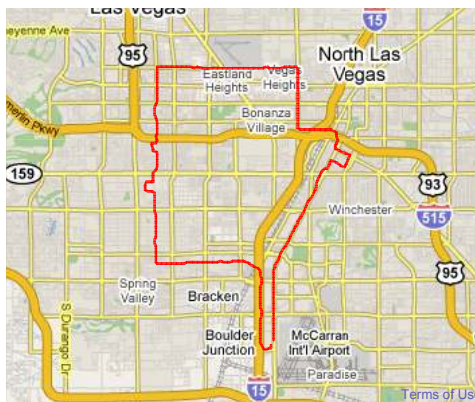
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Activity Dashboard

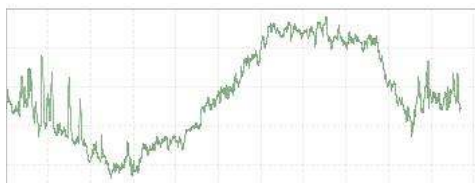
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Summary Data

Total Time (h:m:s)	3:54:28	8:46 pace
Moving Time (h:m:s)	3:54:10	8:45 pace
Distance (mi)	26.73	
Moving Speed (mph)	6.8 avg.	17.4 max.
Elevation Gain (ft)	+5,152 / -5,152	
GPS Signal Quality	Fair	GPS_Unit_Elevation
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