



**Activity Dashboard**

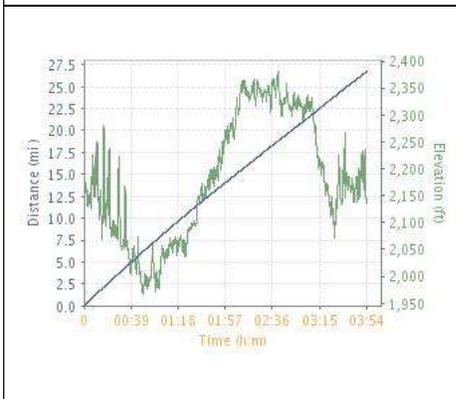
- ▶ [Summary](#)
- ▶ [Time](#)
- ▶ [Distance](#)
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- ▶ [Heart Rate](#)
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Time Data	Total	% of Total
<b>Total Time</b>	<b>3:54:28</b>	<b>100.0</b>
<b>Moving Time</b>	<b>3:54:10</b>	<b>99.9</b>
Ascent	1:35:05	40.6
Descent	1:36:38	41.2
Flat	0:42:27	18.1
<b>Stopped Time</b>	<b>0:00:17</b>	<b>0.1</b>
# of MB Stops	0	--

**Relevant Data**

Start Time: Dec 7, 2008 6:07:12 AM  
 Finish Time: Dec 7, 2008 10:01:40 AM  
 Time Zone: Pacific (L.A., Vancouver)

**Time Profile**



Plot: Time vs. Distance  
 Display:  Elevation

Please select the Chart to Display Above

[Time Profile](#)

[Time Distribution](#)

[Vertical Division](#)



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