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[Dollar Point, Placer, California, United States](#)

Sunday, September 28, 2008 | [marcgohres](#)

Activity Options

Email Activity

Link to this Activity

Dashboard | **Analyzer** | **Map Player**

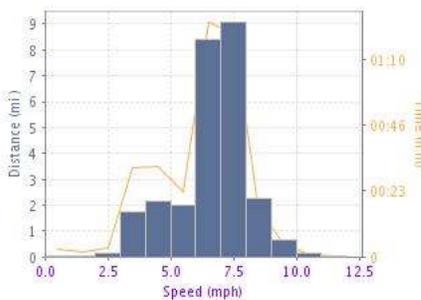
Activity Dashboard

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Speed Data	Average (mph)	Maximum (mph)
Overall Speed	5.7	--
Moving Speed	5.8	11.1
Ascent	5.5	10.5
Descent	6.0	11.1
Flat	5.8	10.2

Pace Data	Average (m:s)	Best (m:s)
Overall Pace	10:30	--
Moving Pace	10:24	5:24
Ascent	10:51	5:44
Descent	10:04	5:24
Flat	10:17	5:52

Distribution



Plot: Speed vs. Distance and Time
 Pace Elevation Change and Time

Please select the Chart to Display Above



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