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Sunday, April 5, 2009 | [marcoghres](#)

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- Activity Dashboard**
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Elevation Change	Total (ft)
<b>Total Elevation</b>	<b>13,343</b>
Elevation Gain	6,650
Elevation Loss	6,693
Net Elevation Change	-43

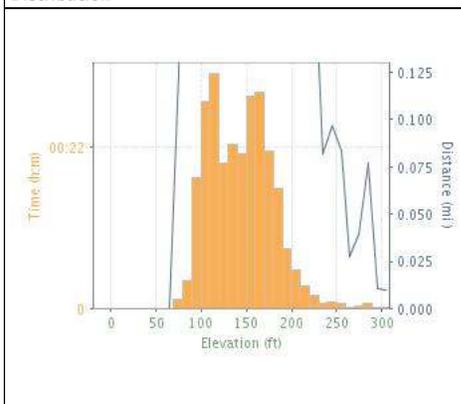
Vertical Speed	Average ( ft/min)	Maximum (ft/min)
Ascent	25.2	510.9
Descent	-25.4	-529.9

Grade	Average (%)	Maximum (%)
<b>Overall Grade</b>	<b>-0.2</b>	<b>--</b>
Ascent Grade	11.1	43.1
Descent Grade	-9.0	-53.2

**Relevant Data**

Start Elevation (ft): 177  
 Finish Elevation (ft): 134  
 Min. Elevation (ft): 70  
 Max. Elevation (ft): 302  
 Elevation Source: [GPS Unit Elevation](#)  
[Tune-Up Options...](#)

**Distribution**



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

Please select the Chart to Display Above

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**Distribution**

## Route planning made easy.

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