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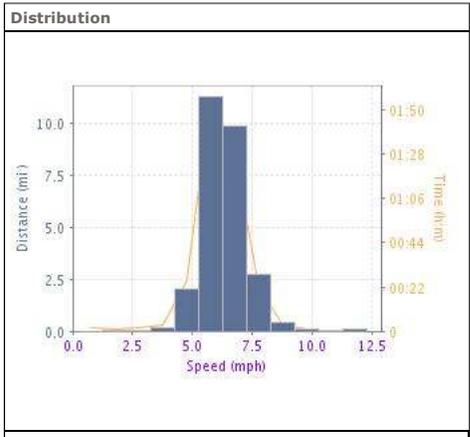
Sunday, April 5, 2009 | [marcoghres](#)

Dashboard | [Analyzer](#) | [Map Player](#)

- Activity Dashboard**
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Speed Data	Average (mph)	Maximum (mph)
Overall Speed	6.1	--
Moving Speed	6.1	12.2
Ascent	6.3	12.2
Descent	6.1	10.0
Flat	5.9	8.8

Pace Data	Average (m:s)	Best (m:s)
Overall Pace	9:48	--
Moving Pace	9:45	4:53
Ascent	9:30	4:53
Descent	9:54	5:59
Flat	10:05	6:47



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

Please select the Chart to Display Above

[Profile](#)

Distribution

Route planning made easy.

Alternate Route
 E 95th St
 E 97th St
 Menu 4:29z



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

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