



[My Activities](#) | [TrailNetwork](#) | [Account](#) | [Support](#) | [Information](#) | [Forum](#) | [Blog](#)

Search TrailNetwork

[Digest](#) | [Upload](#) | [Inbox](#)

Inbox(1) | [Logout \(marcgohres\)](#)

[Paris Marathon](#) | [Street Running](#) | [Race](#)
[Paris, France](#)

[Activity Options](#) | [Email Activity](#) | [Link to this Activity](#)

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

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

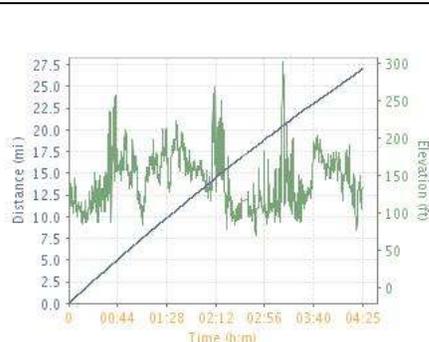
- Activity Dashboard**
- ▶ [Summary](#)
 - ▶ [Time](#)
 - ▶ [Distance](#)
 - ▶ [Speed](#)
 - ▶ [Elevation](#)
 - ▶ [Heart Rate](#)
 - ▶ [Laps](#)
 - ▶ [Weather](#)
 - ▶ [Equipment](#)

Time Data	Total	% of Total
Total Time	4:25:04	100.0
Moving Time	4:23:47	99.5
Ascent	1:46:52	40.3
Descent	1:50:30	41.7
Flat	0:46:25	17.5
Stopped Time	0:01:16	0.5
# of MB Stops	0	--

Relevant Data

Start Time: Apr 5, 2009 8:51:13 AM
 Finish Time: Apr 5, 2009 1:16:17 PM
 Time Zone: Central European

Time Profile



Plot: Time vs. Distance Display: Elevation

Please select the Chart to Display Above

[Time Profile](#)

[Time Distribution](#)

[Vertical Division](#)

Route planning made easy.

GARMIN



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

Copyright © 2003-2007 Garmin Ltd. or its subsidiaries.
[Terms of Use](#) | [Privacy](#)

[Site Map](#) | [Advertise With Us](#) | [Contact Us](#)
 MB v. 1.8.6.0