



MOTION BASED™

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Saturday, May 3, 2008 | [marcoghres](#)

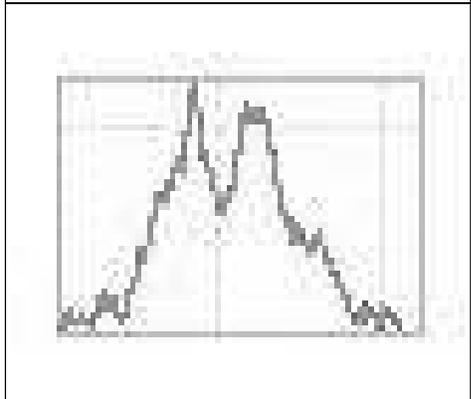
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- Activity Dashboard**
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Speed Data	Average (mph)	Maximum (mph)
<b>Overall Speed</b>	<b>7.6</b>	--
<b>Moving Speed</b>	<b>7.6</b>	<b>10.9</b>
Ascent	7.6	9.5
Descent	7.7	10.9
Flat	7.5	9.7

Pace Data	Average ( m:s )	Best (m:s)
<b>Overall Pace</b>	<b>7:51</b>	--
<b>Moving Pace</b>	<b>7:51</b>	<b>5:29</b>
Ascent	7:51	6:20
Descent	7:48	5:29
Flat	8:00	6:11

**Profile**



Plot:  Speed vs.  Distance **Display:**  Elevation  
 Pace  Time

Please select the Chart to Display Above

✖  
**Profile**

[Distribution](#)

Everything we do is geared towards helping you love **RUNNING** more.

**▶ FEEL THE LOVE**

**LOVE/hate**  
this is the new balance



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