



MOTION BASED™

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

Search [TrailNetwork](#) [Go](#)

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

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

[Surf City 2009 Half Marathon](#) | [Street Running](#) | [Race](#)
[Huntington Beach, Orange, California, United States](#)
 Sunday, February 1, 2009 | [marcoghres](#)

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

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

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

Elevation Change	Total (ft)
Total Elevation	2,887
Elevation Gain	1,476
Elevation Loss	1,411
Net Elevation Change	65

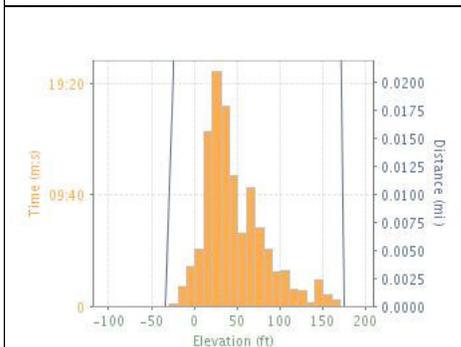
Vertical Speed	Average (ft/min)	Maximum (ft/min)
Ascent	12.8	126.2
Descent	-12.3	-236.5

Grade	Average (%)	Maximum (%)
Overall Grade	0.1	--
Ascent Grade	5.2	10.5
Descent Grade	-3.4	-13.1

Relevant Data

Start Elevation (ft): -6
 Finish Elevation (ft): 59
 Min. Elevation (ft): -22
 Max. Elevation (ft): 161
 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

[Profile](#)

Distribution

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