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Sunday, February 1, 2009 | [marcoghres](#)

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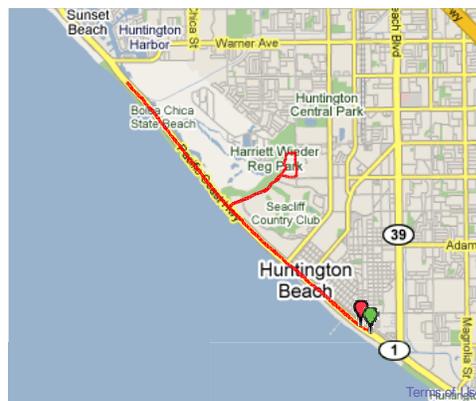
Activity Dashboard

- ▶ Summary
- ▶ Time
- ▶ Distance
- ▶ Speed
- ▶ Elevation
- ▶ Heart Rate
- ▶ Laps
- ▶ Weather
- ▶ Equipment

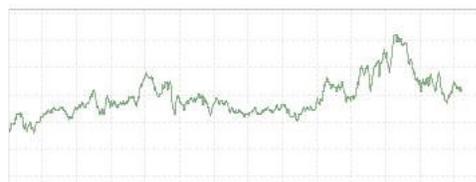
Summary Data

Total Time (h:m:s)	1:55:43	8:45 pace
Moving Time (h:m:s)	1:55:09	8:43 pace
Distance (mi)	13.20	
Moving Speed (mph)	6.9 avg.	10.2 max.
Elevation Gain (ft)	+1,476 / -1,411	

GPS Signal Quality	Excellent	GPS Unit Elevation
Similar Activities	My Digest TrailNetwork	
Download	GPS Device	
Export	GPX HST CRS	
Upload Agent	Use the MotionBased Agent	



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Comments

Route planning made easy.

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

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