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### Untitled

Sat, 7 May 2011 9:53 Eastern European Time  
 By [amnonhaviv](#) | [Compare similar activities](#)  
 Activity Type: **Running** | Event Type: **Uncategorized**

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**Summary**

**Overall**

Time: 08:03:31  
 Distance: 33.28 km  
 Elevation Gain: 674 m  
 Calories: 1,885 C

**Timing** Pace Speed

Time: 08:03:31  
 Moving Time: 03:11:46  
 Elapsed Time: 08:03:31  
 Avg Pace: 14:31 min/km  
 Avg Moving Pace: 05:45 min/km  
 Best Pace: 01:19 min/km

**Elevation**

Elevation Gain: 674 m  
 Elevation Loss: 953 m  
 Min Elevation: -188 m  
 Max Elevation: 298 m

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**Map**



**Laps** 34 [View Splits](#)


Split	Time	Distance	Avg Pace
1	00:02:59	1.00	02:59
2	00:02:49	1.00	02:49
3	00:06:01	1.00	06:01
4	00:07:34	1.00	07:34
5	00:07:57	1.00	07:57
6	00:11:58	1.00	11:58
7	00:19:00	1.00	19:01
8	00:28:56	1.00	20:00
9	00:05:26	1.00	05:26
10	00:10:10	1.00	10:10
11	00:57:50	1.00	20:00
12	00:04:45	1.00	04:45
13	00:14:29	1.00	14:29
14	00:20:04	1.00	20:00
15	00:56:27	1.00	20:00
16	00:10:48	1.00	10:48
17	00:08:54	1.00	08:54
18	00:03:19	1.00	03:19
19	00:09:20	1.00	09:20
20	00:16:04	1.00	16:04
21	00:32:17	1.00	20:00
22	00:12:26	1.00	12:26
23	00:20:42	1.00	20:00
24	00:06:36	1.00	06:36
25	00:30:25	1.00	20:00
26	00:16:07	1.00	16:08
27	00:05:49	1.00	05:49
28	00:19:48	1.00	19:49
29	00:15:47	1.00	15:47
30	00:03:17	1.00	03:17

**Additional Information**

Device:  
[Garmin Forerunner 310XT, 2.40.0.0](#)

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**Elevation Corrections** 

Enabled Disabled

**Summary Data:**

Original

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