

You are signed in as amnonhaviv | [Settings](#) | [Help](#) | [Sign Out](#) [Upload](#)

- myConnect
- Explore
- Dashboard
- Activities
- Courses
- Workouts
- Calendar
- Reports
- Goals
- Health

Untitled

[Previous](#) [Next](#)

Sat, 28 Jan 2012 9:52 Eastern European Time By [amnonhaviv](#)
 Activity Type: **Running** | Event Type: **Uncategorized** | Course: --

[Like](#) Be the first of your friends to like this.

- Share
- Export
- Compare
- Send to Device
- Save as Course
- Print
- Details
- Splits
- Player

Summary

Distance: 46.76 km
 Time: 7:58:42
 Avg Pace: 10:14 min/km
 Elevation Gain: 975 m
 Calories: 2,810 C

Details

Timing	Pace	Speed
Time:	7:58:42	
Moving Time:	4:26:54	
Elapsed Time:	8:30:13	
Avg Pace:	10:14 min/km	
Avg Moving Pace:	5:43 min/km	
Best Pace:	1:29 min/km	

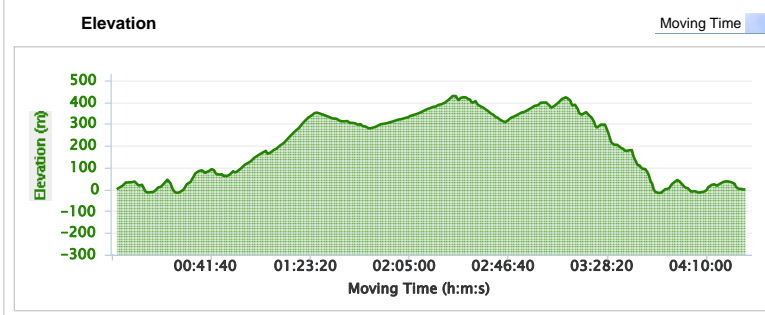
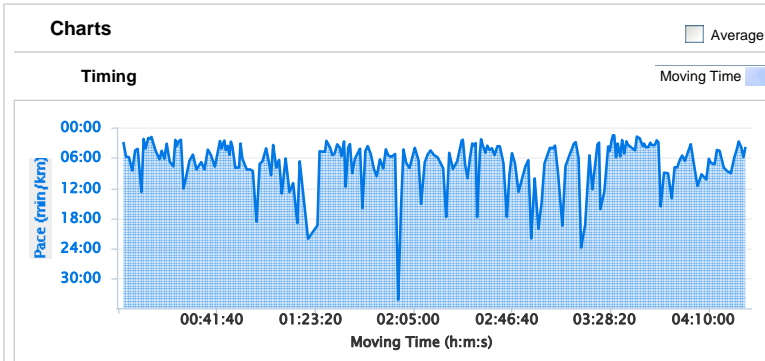
Elevation

Elevation Gain: 975 m
 Elevation Loss: 974 m
 MinElevation: -17 m
 MaxElevation: 430 m

Laps 47

Split	Time	Distance	View Splits Avg Pace
1	8:02.1	1.00	8:02
2	5:43.0	1.00	5:43
3	3:43.0	1.00	3:43
4	5:24.0	1.00	5:24
5	9:46.0	1.00	9:46
6	5:52.0	1.00	5:52
7	7:11.0	1.00	7:11
8	42:59.3	1.00	42:57
9	3:31.0	1.00	3:31
10	7:46.0	1.00	7:46
11	15:52.0	1.00	15:52
12	20:52.0	1.00	20:52
13	14:47.0	1.00	14:47
14	48:45.0	1.00	48:44
15	32:20.0	1.00	32:22
16	4:29.0	1.00	4:29
17	9:47.0	1.00	9:47
18	5:47.0	1.00	5:47
19	8:48.0	1.00	8:48
20	5:41.0	1.00	5:41
21	13:20.0	1.00	13:20
22	8:00.0	1.00	8:00
23	5:51.0	1.00	5:51
24	11:33.0	1.00	11:33
25	11:52.8	1.00	11:53
Summary	7:58:42.5	46.76	10:14

Map



- Company
- Products
- Solutions
- Extras
- Maps
- Support
- Shop
- myGarmin

Split	Time	Distance	Avg Pace
26	8:58.0	1.00	8:58
27	4:19.0	1.00	4:19
28	5:03.0	1.00	5:03

Help
Getting Started
What's New

Garmin Connect
Blog
Developers

Garmin
Fitness Products
Support
Served By: olaxpw-
connect03.garmin.com

Change Language in [Display Preferences](#): English
[Privacy Policy](#) | [Terms of Use](#)
Copyright © 1996-2011 Garmin Ltd. or its subsidiaries



Additional Information



Device:
Garmin Forerunner 310XT, 3.80.0.0

Elevation Corrections ⓘ:
Enabled Disabled

Summary Data:
Original

7 Coupons and Deals Found
[\(what's this?\)](#)
Coupons: 0
Free Shipping: 0
Deals & Specials: 7
See All

7 Coupons and Deals Found
Deals & Specials
[Save \\$50 on the Garmin](#)

Forerunner 310XT. Was listed as \$349.99, now available for \$299.99!

Nuvi 3490LMT: The Most Comprehensive Nav Capabilities Available. At 9mm, it's

Garmin's Thinnest Navigator Yet! [Save \\$50 on the Garmin](#)

Forerunner 310XT with Heart Rate Monitor. Was \$399.99, now \$349.99!

The nuvi 50LM: FREE Lifetime Map Updates, 5" Touchscreen & more than 8 million Points of Interest

Voice-Activated 5" Large Screen Nuvi 2460LMT with Free

Lifetime Maps & Traffic From Garmin

Measure Your Fitness Data in Style with the Forerunner 610 Sports Watch.

Garmin GTU 10 Tracking Unit for \$199.99, comes with 1 year of Standard

Tracking. Track your unit with the free Garmin Tracker app.

COUPON BUDDY

[what's this?](#)

7



Welcome to Coupon Buddy! All the best deals and coupons are

now just a click
away!
[Find out more](#) or
review our
[privacy policy](#)
[Show Me The
Deals!](#)