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Fri, 27 Jan 2012 9:22 Eastern European Time By [amnonhaviv](#)
 Activity Type: **Running** | Event Type: **Uncategorized** | Course: --

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Summary

Distance: 29.02 km
 Time: 6:19:50
 Avg Pace: 13:06 min/km
 Elevation Gain: 623 m
 Calories: 1,668 C

Details

Timing

	Pace	Speed
Time:	6:19:50	
Moving Time:	3:09:44	
Elapsed Time:	7:17:29	
Avg Pace:	13:06 min/km	
Avg Moving Pace:	6:32 min/km	
Best Pace:	1:24 min/km	

Elevation

Elevation Gain: 623 m
 Elevation Loss: 624 m
 MinElevation: -23 m
 MaxElevation: 278 m

Laps 30

Split	Time	Distance	View Splits	
			Avg Pace	
1	5:14.0	1.00	5:14	
2	4:18.0	1.00	4:18	
3	10:15.0	1.00	10:15	
4	3:26.0	1.00	3:26	
5	11:01.0	1.00	11:01	
6	5:21.0	1.00	5:21	
7	4:44.0	1.00	4:44	
8	9:35.6	1.00	9:36	
9	18:25.0	1.00	18:25	
10	4:33.0	1.00	4:33	
11	5:34.0	1.00	5:34	
12	11:26.0	1.00	11:26	
13	23:36.0	1.00	23:36	
14	16:13.3	1.00	16:14	
15	13:14.0	1.00	13:14	
16	21:10.0	1.00	21:11	
17	1:02:06.3	1.00	0	
18	13:48.0	1.00	13:48	
19	55:59.0	1.00	55:56	
20	11:18.0	1.00	11:18	
21	10:19.0	1.00	10:19	
22	14:26.0	1.00	14:26	
23	14:13.0	1.00	14:13	
24	4:21.0	1.00	4:21	
25	3:35.0	1.00	3:35	
Summary	6:19:49.9	29.02	13:06	

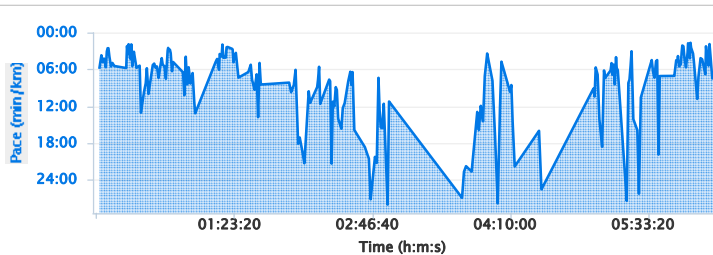
Map

Charts

Average

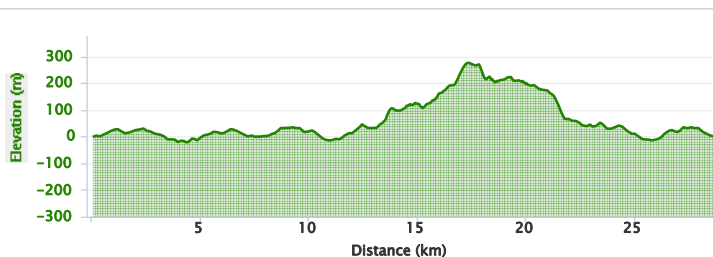
Timing

Time



Elevation

Distance



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Split	Time	Distance	Avg Pace
26	3:41.0	1.00	3:41
27	6:21.0	1.00	6:21
28	6:00.0	1.00	6:00

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Additional Information



Device:
Garmin Forerunner 310XT, 3.80.0.0

Elevation Corrections ⓘ:
Enabled Disabled

Summary Data:
Original



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