



### Untitled

Sun, 17 Mar 2013 8:02 Central Time (US & Canada) By [dustytn](#)  
Activity Type: **Running** | Event Type: **Uncategorized** | Course: -

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#### Summary

Distance:	29.31 mi
Time:	5:32:52
Avg Pace:	11.21 min/mi
Elevation Gain:	1,729 ft
Calories:	3,246 C

#### Details

##### Timing

Pace Speed

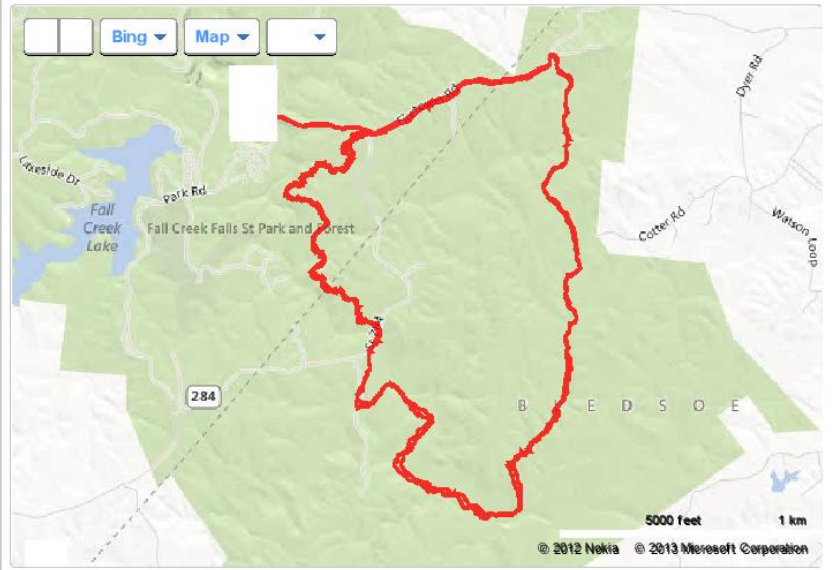
Time:	5:32:52
Moving Time:	5:20:07
Elapsed Time:	5:33:09
Avg Pace:	11.21 min/mi
Avg Moving Pace:	10.55 min/mi
Best Pace:	6:24 min/mi

##### Elevation

Elevation Gain:	1,729 ft
Elevation Loss:	1,718 ft
Min Elevation:	1,605 ft
Max Elevation:	1,873 ft

#### Map

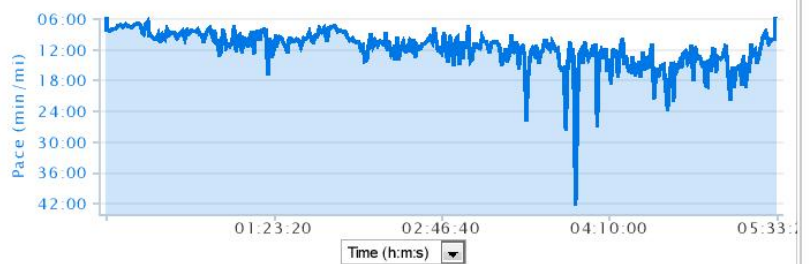
Laps



#### Charts

Average

##### Timing



##### Elevation



Laps 30

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