

13.62 km Trail run - Tai Tong Shan for Mar 21 race

Sat, Feb 13, 2010 11:24 AM China Standard Time

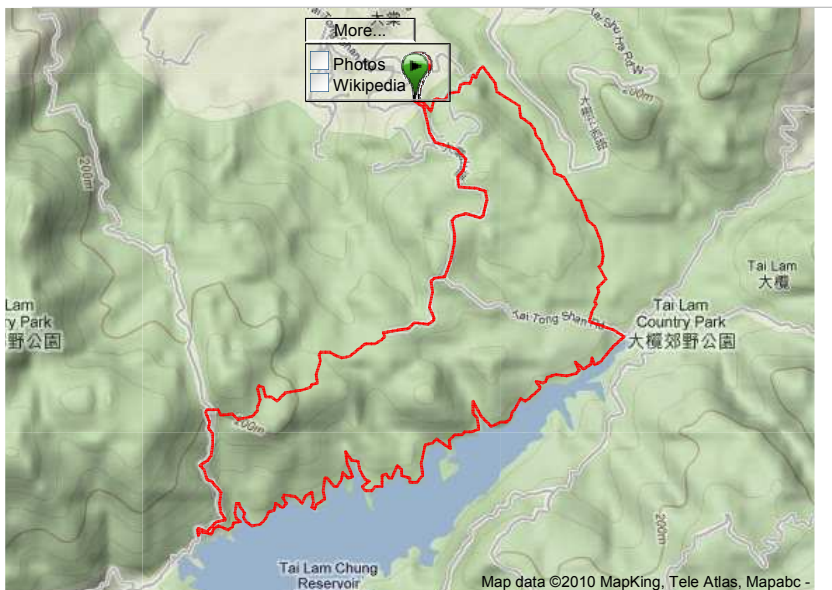
[Details](#) [Splits](#) [Player](#)

By [maddess](#)

[Click to edit the description of this activity.](#)

Summary:

Activity Type:	Trail Running
Event Type:	Race
Time:	01:29:26
Distance:	13.62 km
Elevation Gain:	791 m
Calories:	1,419 C

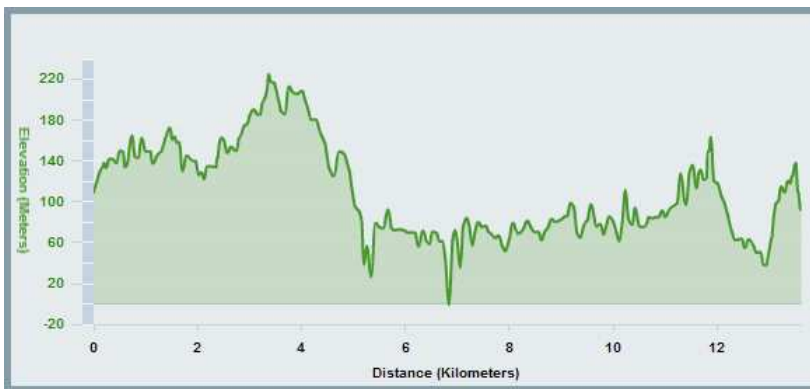


[Share](#) [Export](#) [Send to Device](#)

[Timing](#) [Elevation](#) [Heart Rate](#) [Cadence](#)

Elevation:

Elevation Gain:	791 m
Elevation Loss:	792 m
Min Elevation:	-4 m
Max Elevation:	221 m



Additional Information:

Device: Garmin Forerunner 405, Version 2.30.0.0

[Help](#)

[Garmin Connect](#)

[Garmin](#)

Change Language in [Display Preferences](#): English

[Getting Started](#)

[Blog](#)

[Fitness Products](#)

Powered by MotionBased

[What's New](#)

[Developers](#)

[Support](#)

[Privacy Policy](#) | [Terms of Use](#)

Served By: olaxpw-gco02-b.garmin.com

Copyright © 1996-2009 Garmin Ltd. or its subsidiaries

