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## 5.5km Tai Tong Shan Tai Lam Merrell Healthy Run & Hike Mar 21, 2010 course

Sat, Feb 13, 2010 1:01 PM China Standard Time

By [maddess](#)

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### Summary:

Activity Type:	Trail Running
Event Type:	Race
Time:	00:32:56
Distance:	5.53 km
Elevation Gain:	223 m
Calories:	422 C

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### Elevation:

Elevation Gain:	223 m
Elevation Loss:	232 m
Min Elevation:	29 m
Max Elevation:	161 m



### Additional Information:

Device: Garmin Forerunner 405, Version 2.30.0.0

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