

maddess ▾

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First half HK50 HK Island

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Sun, Oct 13, 2013 12:05 PM China Standard Time By [maddess](#)

Activity Type: **Running** | Event Type: **Uncategorized** | Course: --

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Splits

Player

Summary

Distance: 24.26 km
Time: 3:06:37
Avg Pace: 7:42 min/km
Elevation Gain: 997 m
Calories: 1,668 C

Details

Timing

Pace Speed

Time: 3:06:37
Moving Time: 2:58:58
Elapsed Time: 3:06:37
Avg Pace: 7:42 min/km
Avg Moving Pace: 7:23 min/km
Best Pace: 2:23 min/km

Elevation

Elevation Gain: 997 m
Elevation Loss: 1,192 m
Min Elevation: 109 m
Max Elevation: 476 m

Laps 2

[View Splits](#)

Split	Time	Distance	Avg Pace
1	2:16:04.9	17.16	7:56
2	50:31.9	7.11	7:07
Summary	3:06:36.9	24.26	7:42

Weather

Sorry we do not have weather for this activity.

Additional Information



Device:

Garmin Forerunner 405, 2.80.0.0

Elevation Corrections

Enabled Disabled

Summary Data:

Original

Map

☒ Laps



Charts

☒ Average

Timing

Elevation

