

hk50 2013 2nd half 26k

Previous Next

Tue, Apr 16, 2013 11:40 AM China Standard Time By maddess

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

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Details

Splits

Player

Summary

Distance: 26.02 km
Time: 4:34:30
Avg Pace: 10:33 min/km
Elevation Gain: 1,434 m
Calories: 1,553 C

Details

Timing

Pace Speed

Time: 4:34:30
Moving Time: 4:02:43
Elapsed Time: 4:34:30
Avg Pace: 10:33 min/km
Avg Moving Pace: 9:20 min/km
Best Pace: :59 min/km

Elevation

Elevation Gain: 1,434 m
Elevation Loss: 1,430 m
Min Elevation: 168 m
Max Elevation: 516 m

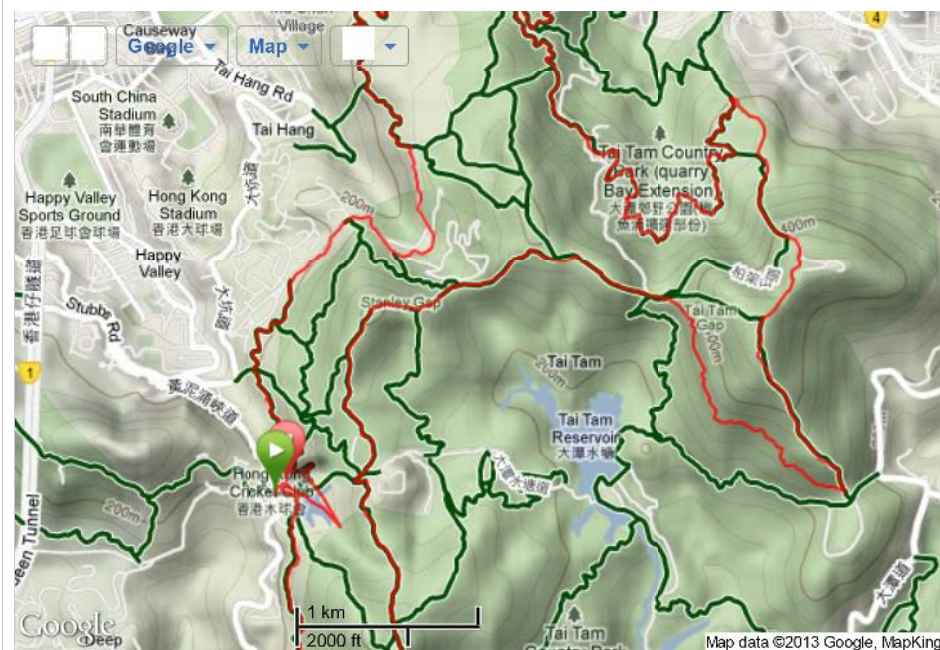
Laps 2

View Splits

Split	Time	Distance	Avg Pace
1	4:34:28.4	26.01	10:33
Summary	4:34:29.6	26.02	10:33

Map

Laps



Charts

Average

Timing



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

Elevation



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