

[Dashboard](#)

[Analyze](#)

[Plan](#)

[Explore](#)

[Activities](#)

[Reports](#)

[Health](#)

Nam Shan - CMW - Nam Shan - HK50 Lantau

[Previous](#) [Next](#)

Mon, Jul 2, 2012 2:09 PM China Standard Time By [maddess](#)

Activity Type: **Trail Running** | Event Type: **Special Event** | Course: --
very hot, 33c, walked a lot.

[Like](#)

Be the first of your friends to like this.

[Share](#)

[Export](#)

[Compare](#)

[Send to Device](#)

[Save as Course](#)

[Print](#)

[Details](#)

[Splits](#)

[Player](#)

Summary

Distance:	21.81 km
Time:	3:09:58
Avg Pace:	8:43 min/km
Elevation Gain:	1,013 m
Calories:	1,472 C

Details

Timing

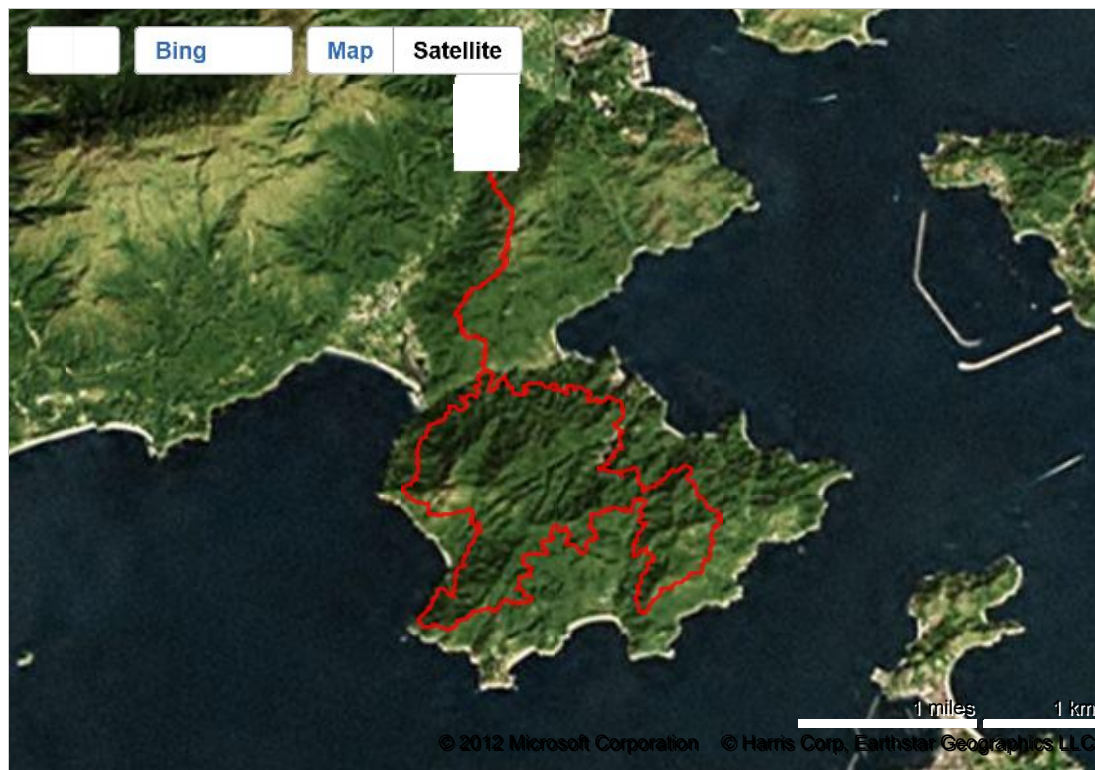
	Pace	Speed
Time:	3:09:58	
Moving Time:	2:50:59	
Elapsed Time:	3:11:34	
Avg Pace:	8:43 min/km	
Avg Moving Pace:	7:50 min/km	
Best Pace:	4:12 min/km	

Elevation

Elevation Gain: 1,013 m

Map

Laps



Elevation Loss: 1,011 m
 Min Elevation: 29 m
 Max Elevation: 263 m

Laps 5

[View Splits](#)

Split	Time	Distance	Avg Pace
1	1:44:53.5	10.87	9:39
2	1:00:34.0	8.30	7:18
3	18:57.8	1.73	10:59
4	5:30.3	0.91	6:04
5	:02.2	0.00	22:20
Summary	3:09:57.9	21.81	8:43

Additional Information



Device:

[Garmin Forerunner 405](#), 2.80.0.0

Elevation Corrections  :

Enabled Disabled

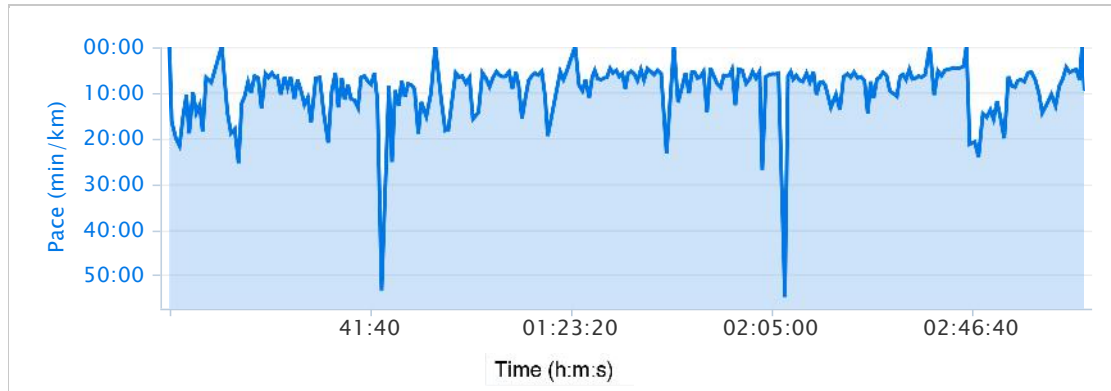
Summary Data:

Original

Charts

Average

Timing



Elevation



Help

[Getting Started](#)

[What's New](#)

Garmin Connect

[Blog](#)

[Developers](#)

Garmin

[Fitness Products](#)

[Support](#)

Served By: olaxpw-

connect02.garmin.com

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

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

Copyright © 1996-2011 Garmin Ltd. or its subsidiaries

