

maddess ▾



Dashboard

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2peaks hike

[Previous](#) [Next](#)Sun, Jul 17, 2011 1:00 PM China Standard Time By [maddess](#)Activity Type: **Running** | Event Type: **Special Event** | Course: --[Like](#) · [Comments \(0\)](#)[Like](#) 0[Share](#)[Export](#)[Compare](#)[Send to Device](#)[Save as Course](#)[Print](#)[Details](#)[Splits](#)[Player](#)

Summary

Distance: 21.05 km
Time: 3:59:05
Avg Pace: 11:21 min/km
Elevation Gain: 1,705 m
Calories: 1,239 C

Details

Timing

Pace Speed

Time: 3:59:05
Moving Time: 3:34:14
Elapsed Time: 3:59:09
Avg Pace: 11:21 min/km
Avg Moving Pace: 10:11 min/km
Best Pace: :33 min/km

Elevation

Elevation Gain: 1,705 m
Elevation Loss: 1,675 m
Min Elevation: 3 m
Max Elevation: 937 m

Map

☐ Laps

Charts

☐ Average

Timing

Elevation



Laps 7

[View Splits](#)

Split	Time	Distance	Avg Pace
1	28:28.3	2.98	9:34
2	52:46.8	3.03	17:24
3	17:53.5	1.89	9:29
4	44:07.3	2.93	15:04
5	23:02.5	1.87	12:20
6	29:09.4	2.66	10:59
7	43:37.0	5.71	7:39
Summary	3:59:04.7	21.05	11:21

Weather

Sorry we do not have weather for this activity.

Additional Information



Device:

[Garmin Forerunner 405](#), 2.30.0.0