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21.2 km GPS & Elevation Tai Lam course great running route

Sat, Jan 2, 2010 3:41 PM China Standard Time

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Summary:

Activity Type:	Trail Running
Event Type:	Special Event
Time:	02:46:42
Distance:	20.21 km
Elevation Gain:	981 m
Calories:	1,840 C

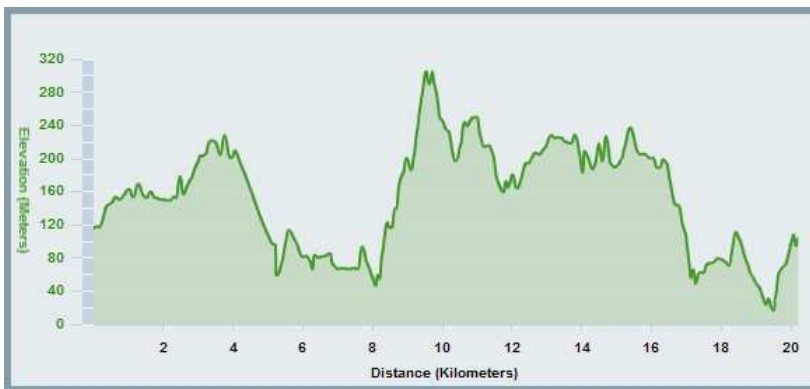
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Elevation:

Elevation Gain:	981 m
Elevation Loss:	994 m
Min Elevation:	19 m
Max Elevation:	305 m



Additional Information:

Device: Garmin Forerunner 405, Version 2.30.0.0

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