

Speed work by 7rider at Garmin Connect - Details - Mozilla Firefox

http://connect.garmin.com/activity/78380500

Garmin.com

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Speed work

Sat, Apr 8, 2011 10:42 AM Eastern Time (US & Canada)

By 7rider | Compare similar activities

Activity Type: **Track Running** | Event Type: **Training**

Details Splits Player

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Summary

Overall

Time: 01:04:31
 Distance: 5.12 mi
 Elevation Gain: 313 ft
 Calories: 649 C

Timing Pause Speed

Time: 01:04:31
 Moving Time: 01:02:14
 Elapsed Time: 01:04:59
 Avg Pace: 12:35 min/mi
 Avg Moving Pace: 12:09 min/mi
 Best Pace: 04:24 min/mi

Elevation

Elevation Gain: 313 ft
 Elevation Loss: 328 ft
 Min Elevation: 268 ft
 Max Elevation: 436 ft

Heart Rate Zone % of Max Zones

Avg HR: 157 bpm
 Max HR: 179 bpm

Cadence

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Map Laps

Charts Average

Timing

Elevation Distance