

NCCWMA 10k Road Race - Rockwood Park

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Mon, 14 May 2012 14:44 Atlantic Time (with daylight savings) By [mooseman516](#)

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

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Summary

Distance: 5.83 mi
 Time: 43:24
 Avg Pace: 7:26 min/mi
 Elevation Gain: 229 ft
 Calories: 607 C

Details

Timing

	Pace	Speed
Time:	43:24	
Moving Time:	43:19	
Elapsed Time:	43:24	
Avg Pace:	7:26 min/mi	
Avg Moving Pace:	7:25 min/mi	
Best Pace:	6:25 min/mi	

Elevation

Elevation Gain: 229 ft
 Elevation Loss: 325 ft
 Min Elevation: 105 ft
 Max Elevation: 229 ft

Heart Rate

Avg HR: 164 bpm
 Max HR: 183 bpm
 Training Effect : 5.0

Laps 1

[View Splits](#)

Split	Time	Distance	Avg Pace
1	43:24.5	5.83	7:26
Summary	43:24.5	5.83	7:26

Additional Information

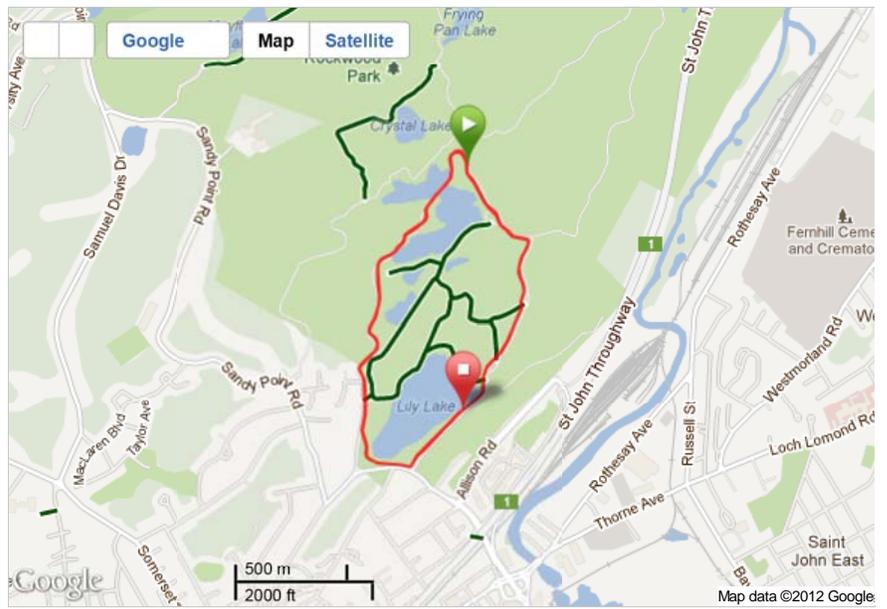


Device:
 Forerunner 910XT, 2.40.0.0

Elevation Corrections :
 Disabled

Summary Data:
 Original

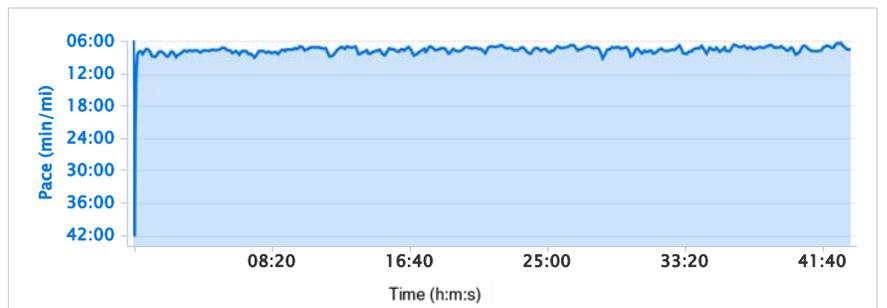
Map



Charts

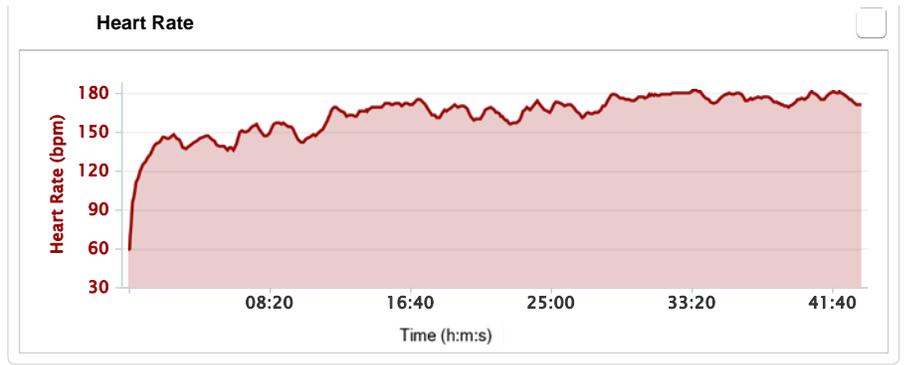
Average

Timing



Elevation





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