

NCCWMA XC Route

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Wed, 16 May 2012 14:01 Atlantic Time (with daylight savings) By [mooseman516](#)

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

This is the basic route for the NCCWMA 8k Cross Country Race. There will be some changes made to the route to make it exactly 8k. The course will consist of 3.5 laps around Rockwood Park in the city of Saint John.

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Summary

Distance: 4.80 mi
 Time: 38:06
 Avg Pace: 7:55 min/mi
 Elevation Gain: 243 ft
 Calories: 635 C

Details

Timing

	Pace	Speed
Time:	38:06	
Moving Time:	38:01	
Elapsed Time:	38:06	
Avg Pace:	7:55 min/mi	
Avg Moving Pace:	7:55 min/mi	
Best Pace:	7:05 min/mi	

Elevation

Elevation Gain: 243 ft
 Elevation Loss: 287 ft
 Min Elevation: 125 ft
 Max Elevation: 184 ft

Laps 1

[View Splits](#)

Split	Time	Distance	Avg Pace
1	38:05.6	4.80	7:56
Summary	38:06.0	4.80	7:55

Additional Information

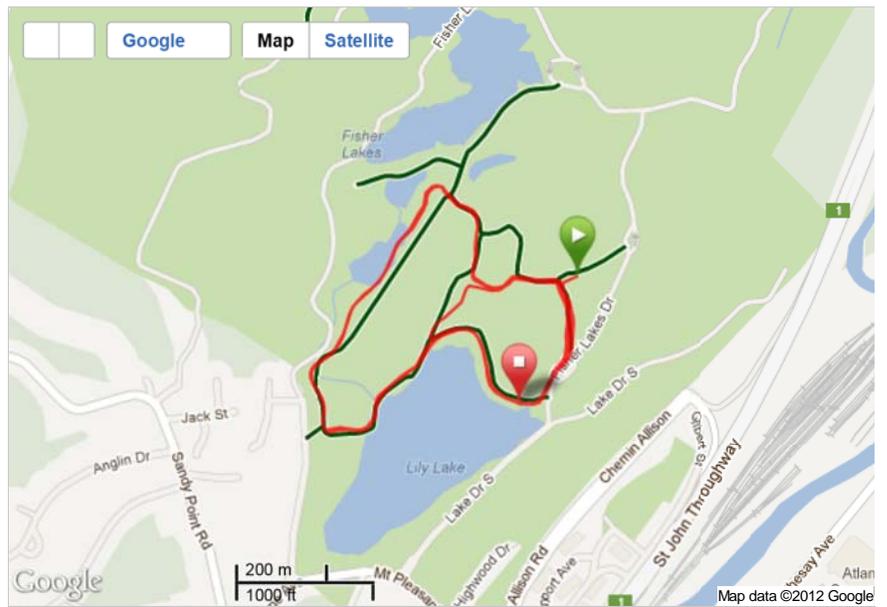


Device:
[Forerunner 910XT](#), 2.40.0.0

Elevation Corrections :
 Disabled

Summary Data:
 Edited

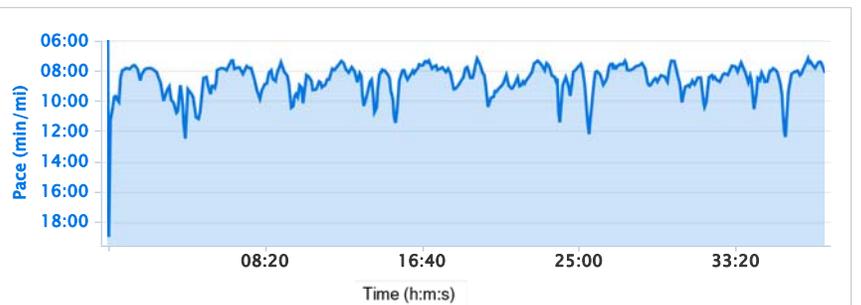
Map



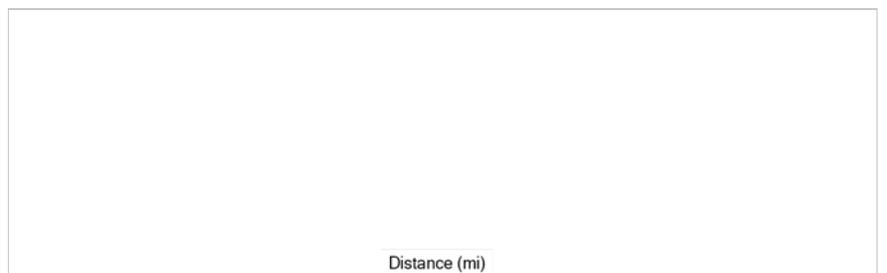
Charts

Average

Timing



Elevation





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