

Treadmill Trail My Birthplace to My Home

51.183%

Best

Goal

Walk and Listen to Standard Works of the Church of Jesus Christ of Latter-Day Saints

Forward 99:29:01 397.6992 74,061 72,999

#11 Totals 100:39:52 402.424 74,934 74,032 min

Time Miles Calorie Burn Vert Climb Incline Speed

Day Averages 0:07:05 0.473 87.30 103.30 4.50 4

Set Best 1:03:01 4.201 766 816 5.5 4

367 1/1/14 0:08:15 0.550 102 120 4.5 4

368 1/2/14 0:08:20 0.555 103 122 4.5 4

369 1/3/14 0:08:22 0.557 103 122 4.5 4

370 1/4/14 0:08:46 0.584 108 128 4.5 4

371 1/5/14 0:08:20 0.555 103 122 4.5 4

372 1/6/14 0:08:38 0.575 106 126 4.5 4

373 1/7/14 0:05:01 0.334 62 73 4.5 4

374 1/8/14 0:05:03 0.336 62 73 4.5 4

375 1/9/14 0:05:00 0.333 61 73 4.5 4

376 1/10/14 0:05:06 0.346 63 74 4.5 4

377 1/11/14

378 1/12/14

379 1/13/14

380 1/14/14

100 Hours

400 Miles



Extra Walking

Totals 1:10:51 4.725 873 1,033