

Treadmill Trail Nauvoo to SG, Smith Birthplace

10.967%

Best

Goal/day
20 min
100 cal

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

#1	Totals	35:51:00	129.540	16802	19135	min
		Time	Miles	Calorie Burn	Vert Climb	Incline Speed
Day	Averages	1:09:23	4.179	542.00	617.26	3.00 3.6129
	Set Best	1:44:02	6.589	842	972	3 3.9
1	1/1/12	0:45:02	2.251	301	332	3 3
2	1/2/12	1:09:02	3.451	461	509	3 3
3	1/3/12	1:00:42	3.136	417	462	3 3.1
4	1/4/12	1:23:00	4.697	612	693	3 3.3
5	1/5/12	1:17:00	4.341	567	640	3 3.3
6	1/6/12	1:26:00	4.873	636	719	3 3.4
7	1/7/12	1:40:00	5.666	739	836	3 3.4
8	1/8/12	0:59:52	3.492	453	515	3 3.5
9	1/9/12	1:40:00	5.832	757	860	3 3.5
10	1/10/12	1:06:00	3.849	500	568	3 3.5
11	1/11/12	1:38:00	5.867	758	866	3 3.5
12	1/12/12	1:00:00	3.600	465	531	3 3.6
13	1/13/12	1:40:00	6.000	775	885	3 3.6
14	1/14/12	1:42:00	6.121	790	903	3 3.6
15	1/15/12	1:01:00	3.761	482	555	3 3.7
16	1/16/12	1:40:00	6.167	791	910	3 3.7
17	1/17/12	1:07:00	4.132	530	610	3 3.7
18	1/18/12	1:40:00	6.217	796	917	3 3.7
19	1/19/12	1:12:00	4.560	583	673	3 3.8
20	1/20/12	1:44:02	6.589	842	972	3 3.8
21	1/21/12	1:40:00	6.428	825	942	3 3.8
22	1/22/12	0:26:00	1.675	220	247	3 3.8
23	1/23/12	0:06:00	0.381	48	56	3 3.8
24	1/24/12	0:03:00	0.190	24	28	3 3.8
25	1/25/12	1:11:00	4.496	575	663	3 3.8
26	1/26/12	1:10:00	4.539	577	670	3 3.8
27	1/27/12	1:22:00	5.330	678	786	3 3.9
28	1/28/12	1:06:00	4.290	545	633	3 3.9
29	1/29/12	0:26:00	1.690	215	249	3 3.9
30	1/30/12	0:43:20	2.817	358	415	3 3.9
31	1/31/12	0:47:00	3.102	482	490	3 3.9

under 1100

100 miles

Melissa B-day



Extra Walking

Totals 35:51:00 129.540 16802 19135