

Treadmill Trail Nauvoo to SG, Smith Birthplace

17.769%

Best

Goal/day
20 min
100 cal

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

	Forward	11:51:00	129.54	16,802	19,135
#2	Totals	56:29:01	209.883	28,931	34,232

		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:42:21	2.747	404.30	503.23	3.79	3.8241
	Set Best	1:44:02	6.589	885	974	4	3.9

32	2/1/12	1:03:00	4.092	576	707	3.5	3.8
33	2/2/12	0:46:34	3.088	530	607	3.5	3.9
34	2/3/12	0:34:30	2.255	320	389	3.5	3.9
35	2/4/12	0:47:00	3.055	407	527	3.5	3.9
36	2/5/12	0:38:01	2.471	329	427	3.5	3.9
37	2/6/12	0:50:00	3.120	419	539	3.5	3.7
38	2/7/12	0:35:45	2.284	324	394	3.5	3.8
39	2/8/12	0:54:10	3.451	481	596	3.5	3.8
40	2/9/12	0:56:00	3.668	543	656	3.5	3.9
41	2/10/12	1:10:00	4.724	825	900	3.5	3.9
42	2/11/12	1:17:00	5.109	885	974	3.5	3.9
43	2/12/12	0:35:00	2.275	317	442	3.5	3.9
44	2/13/12	1:03:00	4.250	730	830	4	3.9
45	2/14/12	0:53:01	3.484	551	677	4	3.9
46	2/15/12	1:05:00	4.225	589	821	4	3.9
47	2/16/12	0:46:00	3.029	491	589	4	3.9
48	2/17/12	0:55:57	3.729	680	725	4	3.9
49	2/18/12	0:48:09	3.129	436	608	4	3.9
50	2/19/12	0:12:56	0.711	105	152	4	3.3
51	2/20/12	0:39:44	2.368	335	460	4	3.4
52	2/21/12	0:21:42	1.338	188	260	4	3.7
53	2/22/12	0:27:17	1.728	242	335	4	3.8
54	2/23/12	0:50:50	3.236	463	629	4	3.8
55	2/24/12	0:05:00	0.325	45	63	4	3.9
56	2/25/12	0:05:00	0.325	45	63	4	3.9
57	2/26/12	0:21:48	1.414	198	275	4	3.9
58	2/27/12	0:23:31	1.540	214	299	4	3.9
59	2/28/12	0:34:59	2.242	320	439	4	3.8
60	2/29/12	0:47:05	3.010	420	585	4	3.8

150 miles

under 1000

Left Knee

200 miles

Sick

Sick



Extra Walking

0:10:02	0.668	121	129
Totals	20:38:01	80.343	12129

15097