

Treadmill Trail Nauvoo to SG, Smith Birthplace

22.303%

Best

Goal/day

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

20 min

100 cal

Forward 8:29:01 209.883 28,931 34,232

#3 Totals 70:03:16 263.441 37,881 45,485

		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:26:16	1.728	559.38	703.31	4.15	3.871
	Set Best	1:44:02	6.589	885	974	4.5	4

61	3/1/12	0:39:25	2.496	350	485	4	3.8
62	3/2/12	0:26:09	1.699	237	330	4	3.9
63	3/3/12	0:34:12	2.240	352	481	4	3.9
64	3/4/12	0:05:11	0.336	49	73	4	3.9
65	3/5/12	0:31:22	2.066	343	454	4.5	3.9
66	3/6/12	0:34:11	2.224	325	488	4.5	3.9
67	3/7/12	0:23:05	1.572	234	333	4.5	3.9
68	3/8/12	0:30:11	2.001	346	439	4.5	3.9
69	3/9/12	0:34:36	2.249	327	493	4.5	3.9
70	3/10/12	0:07:25	0.481	70	105	4.5	3.9
71	3/11/12	0:04:10	0.263	33	38	3	3.8
72	3/12/12	0:05:10	0.284	37	41	3	3.3
73	3/13/12	0:08:52	0.556	72	82	3	3.3
74	3/14/12	0:30:39	1.869	268	335	3.5	3.5
75	3/15/12	0:33:03	2.039	286	396	4	3.7
76	3/16/12	0:32:32	2.153	381	428	4	3.8
77	3/17/12	0:07:57	0.520	85	133	4	3.9
78	3/18/12	0:05:35	0.362	50	70	4	3.9
79	3/19/12	0:35:05	2.288	327	449	4	3.9
80	3/20/12	0:36:46	2.451	447	476	4	4
81	3/21/12	0:41:03	2.736	499	532	4	4
82	3/22/12	0:38:30	2.630	486	578	4.5	4
83	3/23/12	0:39:57	2.691	504	641	4.5	4
84	3/24/12	0:36:58	2.541	470	562	4.5	4
85	3/25/12	0:07:50	0.522	96	114	4.5	4
86	3/26/12	0:08:16	0.551	102	121	4.5	4
87	3/27/12	0:21:33	1.436	266	315	4.5	4
88	3/28/12	0:38:56	2.596	481	570	4.5	4
89	3/29/12	0:30:28	2.031	376	446	4.5	4
90	3/30/12	0:32:10	2.144	397	470	4.5	4
91	3/31/12	0:52:58	3.531	654	775	4.5	4

250 miles



Extra Walking

Totals

13:34:15

53.558

8,950

11,253