

Treadmill Trail Nauvoo to SG, Smith Birthplace

54.305%

Best

Goal

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

20 min/day
100 cal

	Forward	142:35:25	554.71	91,079	105,259		
#8	Totals	164:08:17	641.456	107,178	125,310	min	
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:46:10	3.098	574.96	716.11	4.70	4.025
	Set Best	1:44:02	6.589	885	1011	5	4.3

214	8/1/12	0:59:54	4.046	761	990	5	4	
215	8/2/12	0:51:12	3.414	643	835	5	4	
216	8/3/12	0:55:51	3.723	702	911	5	4	
217	8/4/12	0:57:33	3.836	723	939	5	4	
218	8/5/12	0:32:39	2.176	410	532	5	4	
219	8/6/12	0:56:20	3.755	708	919	5	4	
220	8/7/12	0:32:43	2.365	442	578	5	4.3	
221	8/8/12	0:54:43	3.647	687	892	5	4	under 600
222	8/9/12	0:20:44	1.382	260	338	5	4	
223	8/10/12	0:59:49	4.020	757	984	5	4	150 Hours
224	8/11/12	0:52:28	3.511	661	859	5	4	
225	8/12/12	0:37:39	2.511	473	614	5	4	50%
226	8/13/12	0:54:19	3.621	682	886	5	4	
227	8/14/12	0:59:26	4.061	762	989	4.5	4.1	600 miles
228	8/15/12	0:47:40	3.177	599	777	5	4	100,000 Cal
229	8/16/12	0:22:48	1.530	198	374	4.5	4	Park City, UT
230	8/17/12	0:31:06	2.073	390	507	5	4	
231	8/18/12	0:45:03	3.003	566	735	5	4	
232	8/19/12							Bear
233	8/20/12							Lake
234	8/21/12							Ut/ID
235	8/22/12	0:28:04	1.874	353	458	5	4	
236	8/23/12	0:47:54	3.193	586	655	4	4	D&C
237	8/24/12	0:48:52	3.257	594	633	4	4	
238	8/25/12	0:31:06	2.073	378	403	4	4	Karen B-day
239	8/26/12	0:33:11	2.383	431	463	4	4.3	
240	8/27/12	1:05:04	4.338	791	843	4	4	
241	8/28/12	1:09:04	4.601	853	1011	4.5	4	PoGP
242	8/29/12	0:28:23	1.892	350	415	4.5	4	
243	8/30/12	0:57:06	3.806	705	835	4.5	4	
244	8/31/12	0:52:11	3.478	634	676	4	4	



Extra Walking

Totals 21:32:52 86.746 16,099 20,051