

Treadmill Trail My Birthplace to My Home

30.003%

Best

Goal

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

20 min/day
100 cal

	Forward	46:03:42	184.126	33,351	34,981		
#4	Totals	59:00:29	235.900	42,768	45,138	min	
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:25:54	1.726	313.90	338.57	4.03	4
	Set Best	1:03:01	4.201	766	816	4.5	4

98	4/1/13	0:23:30	1.566	285	304	4	4	
99	4/2/13	0:33:18	2.220	404	431	4	4	
100	4/3/13	0:24:42	1.646	300	320	4	4	
101	4/4/13	0:36:29	2.432	443	472	4	4	
102	4/5/13	0:31:17	2.085	380	405	4	4	
103	4/6/13	0:23:00	1.533	279	298	4	4	
104	4/7/13	0:20:00	1.333	243	259	4	4	
105	4/8/13	0:30:01	2.001	365	389	4	4	
106	4/9/13	0:34:24	2.292	417	445	4	4	200 Miles
107	4/10/13	0:21:11	1.412	257	274	4	4	
108	4/11/13	0:21:08	1.408	257	273	4	4	
109	4/12/13	0:30:47	2.052	374	398	4	4	
110	4/13/13	0:31:32	2.102	383	408	4	4	
111	4/14/13	0:30:34	2.037	371	396	4	4	
112	4/15/13	0:05:02	0.335	61	65	4	4	
113	4/16/13	0:05:44	0.382	69	74	4	4	
114	4/17/13	0:10:12	0.680	124	132	4	4	
115	4/18/13	0:10:30	0.700	127	136	4	4	
116	4/19/13	0:30:27	2.030	370	394	4	4	
117	4/20/13	0:32:36	2.173	396	422	4	4	
118	4/21/13	0:20:06	1.340	244	260	4	4	
119	4/22/13	0:21:56	1.462	260	284	4	4	
120	4/23/13	0:38:21	2.556	446	497	4	4	
121	4/24/13	0:32:29	2.165	395	420	4	4	Reno
122	4/25/13	0:31:49	2.121	386	412	4	4	
123	4/26/13	0:30:42	2.046	379	449	4.5		New Zealand
124	4/27/13	0:30:51	2.056	381	451	4.5	4	Guest
125	4/28/13	0:31:28	2.097	382	407	4	4	Natalia
126	4/29/13	0:31:59	2.132	388	414	4		Natalia B-Day
127	4/30/13	0:20:42	1.380	251	268	4	4	



Extra Walking

Totals 12:56:47 51.774 9,417 10,157