

Treadmill Trail My Birthplace to My Home

38.179%

Best

Goal

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

20 min/day
100 cal

	Forward	67:54:10	271.4642	49,201	52,040		
#6	Totals	75:05:06	300.180	54,101	55,022	min	
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:14:22	0.957	163.33	99.40	1.82	4
	Set Best	1:03:01	4.201	766	816	4.5	4

153	6/1/13	0:20:21	1.356	247	263	4	4
154	6/2/13	0:20:30	1.366	249	265	4	4
155	6/3/13	0:22:01	1.467	267	285	4	4
156	6/4/13	0:23:27	1.563	285	303	4	4
157	6/5/13	0:21:01	1.401	255	272	4	4
158	6/6/13	0:21:34	1.437	262	279	4	4
159	6/7/13	0:07:57	0.530	87	26	1	4
160	6/8/13	0:06:55	0.461	75	23	1	4
161	6/9/13	0:07:23	0.492	80	24	1	4
162	6/10/13	0:11:49	0.787	129	39	1	4
163	6/11/13	0:09:40	0.644	105	32	1	4
164	6/12/13	0:05:26	0.362	59	18	1	4
165	6/13/13	0:09:49	0.654	107	32	1	4
166	6/14/13	0:06:22	0.424	69	21	1	4
167	6/15/13	0:05:54	0.393	64	19	1	4
168	6/16/13	0:06:33	0.436	71	22	1	4
169	6/17/13	0:08:03	0.536	88	27	1	4
170	6/18/13	0:05:11	0.345	54	24	1.5	4
171	6/19/13	0:07:05	0.472	79	34	1.5	4
172	6/20/13	0:07:36	0.506	84	36	1.5	4
173	6/21/13	0:21:49	1.454	243	104	1.5	4
174	6/22/13	0:22:35	1.505	251	108	1.5	4
175	6/23/13	0:21:09	1.410	235	101	1.5	4
176	6/24/13	0:20:28	1.364	228	98	1.5	4
177	6/25/13	0:21:17	1.418	237	102	1.5	4
178	6/26/13	0:13:03	0.870	145	62	1.5	4
179	6/27/13	0:21:45	1.450	242	104	1.5	4
180	6/28/13	0:23:00	1.533	256	110	1.5	4
181	6/29/13	0:10:53	0.725	121	52	1.5	4
182	6/30/13	0:20:20	1.355	226	97	1.5	4

275 Miles

2750 Miles

300 Miles



Extra Walking

Totals 7:10:56 28.716 4,900 2,982