

Treadmill Trail My Birthplace to My Home

40.174%

Best

Goal

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

20 min/day
100 cal

	Forward	75:05:06	300.1802	54,101	55,022		
#7	Totals	79:00:38	315.867	56,765	56,553		min
		Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	0:07:36	0.506	85.94	49.39	2.23	4
	Set Best	1:03:01	4.201	766	816	4.5	4

183	7/1/13	0:21:05	1.405	235	101	1.5	4
184	7/2/13	0:10:50	0.722	120	52	1.5	4
185	7/3/13	0:11:11	0.745	124	53	1.5	4
186	7/4/13	0:11:35	0.772	129	55	1.5	4
187	7/5/13	0:20:59	1.398	234	100	1.5	4
188	7/6/13	0:11:28	0.764	129	68	1.5	4
189	7/7/13	0:11:32	0.768	131	74	2	4
190	7/8/13	0:11:49	0.786	134	76	2	4
191	7/9/13	0:12:38	0.842	143	81	2	4
192	7/10/13	0:12:35	0.838	142	81	2	4
193	7/11/13	0:08:00	0.533	90	51	2	4
194	7/12/13	0:08:42	0.580	100	70	2.5	4
195	7/13/13	0:09:21	0.623	108	76	2.5	4
196	7/14/13	0:05:54	0.393	68	48	2.5	4
197	7/15/13	0:04:47	0.318	55	39	2.5	4
198	7/16/13	0:05:17	0.352	61	43	2.5	4
199	7/17/13	0:06:18	0.420	72	51	2.5	4
200	7/18/13	0:05:32	0.368	64	45	2.5	4
201	7/19/13	0:04:00	0.266	46	32	2.5	4
202	7/20/13	0:03:37	0.241	41	29	2.5	4
203	7/21/13	0:06:21	0.423	73	51	2.5	4
204	7/22/13	0:03:00	0.200	34	24	2.5	4
205	7/23/13	0:04:16	0.284	49	34	2.5	4
206	7/24/13	0:03:01	0.201	34	24	2.5	4
207	7/25/13	0:03:16	0.217	37	26	2.5	4
208	7/26/13	0:03:03	0.203	35	24	2.5	4
209	7/27/13	0:03:06	0.206	35	25	2.5	4
210	7/28/13	0:03:18	0.220	38	26	2.5	4
211	7/29/13	0:02:47	0.185	32	22	2.5	4
212	7/30/13	0:03:08	0.208	36	25	2.5	4
213	7/31/13	0:03:06	0.206	35	25	2.5	4



Extra Walking

Totals	3:55:32	15.687	2,664	1,531
---------------	---------	--------	-------	-------