



< 4 Oct Fri 4 Oct 



Outdoor Run
Open Goal

09:39 - 11:07
↗ Wadebridge

Active Calories
591CAL

Total Calories
716CAL

Distance
6.27MI

Total Time
1:23:39

Avg. Cadence
138SPM

Avg. Heart Rate
155BPM

Avg. Pace
13'20"/MI

1:28:21
Time

8.10
Distance (mi)

1,177
Calories

10:55 
Pace (min/mi)

862.2 
Elev. Gain (ft)



48°  

1:34:08
Time

7.04
Distance (mi)

735
Calories

13:23 
Pace (min/mi)

806 
Elev. Gain (ft)



62°  

