

Workout: 12.03.2009 16:31 Date: 12.03.09 16:31 Views: 0

**Notes:**

RC

Workout summary

Username	Tom_794
Activity	Other workout 2
Route	
Start time	12.03.09 16:31
Duration	35 min 28 s
Distance	3.66 km
Speed (average)	6.19 km/h km/h
Speed (max)	23.6 km/h km/h
Pace (average)	9 min 41 s per km
Pace (max)	2 min 32 s per km
Altitude (min)	351.6 m
Altitude (max)	402 m
Step count	0
Heart rate (manual)	

Laps

	Lap time	Total time	Lap distance	Avg.speed
1.	4:06,3	4:06,3	0.5 km	7.3 km/h
2.	4:09,12	8:15,16	0.5 km	7.2 km/h
3.	7:43,17	15:58,33	0.5 km	3.9 km/h
4.	4:29,11	20:27,44	0.5 km	6.7 km/h
5.	4:49,8	25:16,52	0.5 km	6.2 km/h
6.	4:32,93	29:49,47	0.5 km	6.6 km/h
7.	4:17,8	34:06,55	0.5 km	7 km/h

Workout profile

