

Treadmill Trail Liberty to Nauvoo Temple

0.63%

Best

Goal/day

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

20 min

100 cal

#1	Totals	3:18:54	8.101	1067	918		
	Averages	0:24:52	1.012625	133.375	114.750	2.25	2.4375

Day		Minutes	Distance	Calories	Vert Feet	Incline	Speed	
1	4/23/11	0:22:31	0.781	101	70	1.5	2.1	
2	4/24/11	0:21:42	0.759	102	73	2	2.1	
3	4/25/11	0:28:05	1.029	136	100	2	2.2	
4	4/26/11	0:24:46	1.031	137	126	2.5	2.5	FL 345
5	4/27/11	0:24:25	1.061	140	129	2.5	2.6	DE 442
6	4/28/11	0:25:01	1.083	143	132	2.5	2.6	LA 535
7	4/29/11	0:25:03	1.127	147	137	2.5	2.7	
8	4/30/11	0:27:21	1.23	161	151	2.5	2.7	MS 806

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