

Treadmill Trail Liberty to Nauvoo Temple

3.36%

Best

Goal/day
20 min
100 cal

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

	Forward	3:18:54	8.101	1,067	918		
#2	Totals	16:25:20	42.958	5,604	4,984		
	Averages	0:29:08	1.291	168.037	150.593	2.3981	2.7019

Day		Minutes	Distance	Calories	Vert Feet	Incline	Speed	
9	5/1/11	0:27:51	1.253	164	153	2.5	2.7	RI 812
10	5/2/11	0:24:30	1.102	150	161	3	2.7	
11	5/3/11	0:27:01	1.215	166	179	3	2.7	IL 1,235
12	5/4/11	0:22:33	1.048	143	154	3	2.8	
13	5/5/11	0:30:05	1.403	191	207	3	2.8	OH 1,550
14	5/6/11	0:32:15	1.505	205	222	3	2.8	IA 1,670
15	5/7/11	0:21:43	1.033	140	152	3	2.85	MO 1,772
16	5/8/11	0:34:21	1.603	218	236	3	2.8	NJ 1,803
17	5/9/11	0:25:14	1.177	160	173	3	2.8	WI 1,951
18	5/10/11	0:25:29	1.231	166	181	3	2.9	MI 1,979
19	5/11/11	0:21:00	1.007	136	148	3	2.9	MN 2,301
20	5/12/11	0:23:35	1.104	151	162	3	2.8	CT 2,380
21	5/13/11	0:28:03	1.3	177	191	3	2.8	AL 2,407
22	5/14/11	0:25:23	1.204	167	179	3	2.8	AR 2,753
23	5/15/11	0:21:03	1.052	140	155	3	3	PA 3,213
24	5/16/11	0:23:14	1.107	147	151	2.75	2.9	MD 3,360
25	5/17/11	0:20:44	1.036	126	100	2	3	MA 3,491
26	5/18/11	0:21:18	1.065	138	138	2.5	3	ND 3,506
27	5/19/11	0:20:31	1.025	131	125	2.5	3	SC 3,560
	5/20/11							
	5/21/11							
	5/22/11							
	5/23/11							
	5/24/11							
	5/25/11							
28	5/26/11	0:31:52	1.063	119	0	0	2	KS 4,039
29	5/27/11	0:22:32	1.016	109	30	0.5	2.7	
		0:24:27	0.815	101	41	1	2	KY 4145
30	5/28/11	0:50:32	2.105	243	106	1	2.5	
31	5/29/11	0:34:34	1.324	174	134	2	2.3	
		0:40:25	1.549	202	150	2	2.3	VT 4393
32	5/30/11	0:51:03	2.126	271	206	2	2.5	
33	5/31/11	0:55:08	2.389	302	232	2	2.6	GA 4784

Averages	0:29:08	1.291	168.037	150.593	2.3981	2.7019
Totals	13:06:26	34.857	4537	4066		