

# Treadmill Trail Liberty to Nauvoo Temple

10.29%

Best

Goal/day

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

20 min

100 cal

	Forward	16:25:20	42.958	5,604	4,984		
#3	<b>Totals</b>	<b>46:06:49</b>	<b>131.347</b>	<b>15,710</b>	<b>10,917</b>		

Day	Averages	Time	Miles	Calories	Vert Feet	Incline	Speed
		0:50:54	2.525	288.743	169.514	1.414	2.966

3

34	6/1/11	0:25:12	1.091	138	106	2	2.6	WV 4,863
35	6/2/11	0:56:04	2.523	315	245	2	2.7	OK 4,973
36	6/3/11	0:34:44	1.62	201	157	2	2.8	ME 5,267
37	6/4/11	0:48:33	2.265	281	220	2	2.8	NY 5,344
38	6/5/11	0:58:13	2.716	337	264	2	2.8	NE 5,424
39	6/6/11	0:35:36	1.661	206	161	2	2.8	VA 5,729
40	6/7/11	0:50:17	2.346	291	228	2	2.8	NH 6,288
41	6/8/11	1:03:00	3.051	356	219	1.5	2.9	
42	6/9/11	0:41:41	2.014	235	145	1.5	2.9	TN 6,643
43	6/10/11	0:51:46	2.502	292	180	1.5	2.9	NC 6,684
44	6/11/11	1:08:00	3.287	383	236	1.5	2.9	
45	6/12/11	0:50:22	2.518	291	181	1.5	3	SD 7,242
46	6/13/11	0:42:15	2.112	244	152	1.5	3	
47	6/14/11	0:45:07	2.255	260	162	1.5	3	
48	6/15/11	0:45:36	2.28	263	164	1.5	3	
49	6/16/11	0:43:48	2.195	253	158	1.5	3	
50	6/17/11	0:56:08	2.806	324	202	1.5	3	
		0:50:22	2.518	291	181	1.5	3	Evanston
51	6/18/11	0:42:15	2.112	244	152	1.5	3	
52	6/19/11	1:14:00	3.702	428	266	1.5	3	TX 8,749
53	6/20/11	0:51:58	2.598	300	187	1.5	3	
54	6/21/11	0:40:01	2.067	237	148	1.5	3.1	
		0:46:24	2.322	254	117	1	3	
55	6/22/11	0:53:25	2.759	300	139	1	3.1	
56	6/23/11	0:45:40	2.283	250	115	1	3	
57	6/24/11	0:40:01	2.067	224	104	1	3.1	
58	6/25/11	1:00:00	3.102	337	156	1	3.1	
59	6/26/11	1:18:00	4.03	438	203	1	3.1	
		0:46:27	2.322	254	117	1	3	
60	6/27/11	1:00:00	3.102	337	156	1	3.1	
61	6/28/11	1:19:00	4.083	444	205	1	3.1	
		0:44:04	2.203	241	111	1	3	
62	6/29/11	0:53:25	2.759	300	139	1	3.1	
63	6/30/11	1:08:00	3.514	382	177	1	3.1	
		0:32:05	1.604	175	80	1	3	

Averages		0:50:54	2.525	288.743	169.514	1.414	2.966
----------	--	---------	-------	---------	---------	-------	-------

<b>Totals</b>		29:41:29	88.389	10,106	5,933		
---------------	--	----------	--------	--------	-------	--	--