

Treadmill Trail Liberty to Nauvoo Temple

23.62%

Best

Goal

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

20 min/day
100 cal

Forward		46:06:49	131.347	15,710	10,917		
#4	Totals	103:11:37	301.622	34,513	19,947	min	
Day	Averages	Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
		1:27:49	4.366	482.13	231.54	1.1	2.964
64	7/1/11	1:12:00	3.72	404	187	1	3.1
		0:50:26	2.605	283	131	1	3.1
65	7/2/11	1:21:30	4.206	457	212	1	3.1
		0:32:32	1.649	180	83	1	3
66	7/3/11	1:08:00	3.403	373	171	1	3
67	7/4/11	1:26:00	4.301	471	216	1	3
68	7/5/11	1:29:00	4.451	487	224	1	3
		0:56:27	2.54	286	128	1	2.7
69	7/6/11	1:32:01	4.601	504	231	1	3
70	7/7/11	1:34:00	4.702	515	237	1	3
71	7/8/11	1:38:00	4.901	551	301	1.25	3
72	7/9/11	1:20:00	4.002	438	201	1	3
73	7/10/11	1:12:00	3.602	394	181	1	3
		1:02:00	2.275	303	229	2	2.2
74	7/11/11	1:39:00	4.952	543	250	1	3
75	7/12/11	1:40:00	5.002	548	252	1	3
		0:58:21	2.334	273	117	1	2.4
76	7/13/11	1:40:00	4.838	535	243	1	2.9
77	7/14/11	1:05:00	3.251	356	163	1	3
		1:40:00	4.846	536	244	1	2.9
78	7/15/11	1:40:00	5.166	561	260	1	3.1
79	7/16/11	1:40:00	5.198	564	261	1	3.1
80	7/17/11	1:40:00	5.335	575	268	1	3.2
		1:17:00	3.602	402	181	1	2.8
81	7/18/11	1:04:00	3.205	351	161	1	3
82	7/19/11	1:40:00	5.016	550	252	1	3
83	7/20/11	1:40:00	5.012	548	252	1	3
84	7/21/11	1:40:00	5.058	581	366	1.5	3
85	7/22/11	1:40:00	5.134	559	258	1	3
		1:02:06	3.105	340	156	1	3
86	7/23/11	1:49:33	5.475	600	275	1	3
87	7/24/11	1:50:14	5.511	604	277	1	3
88	7/25/11	1:52:14	5.611	615	282	1	3
89	7/26/11	1:54:14	5.711	625	287	1	3
90	7/27/11	1:56:14	5.811	636	292	1	3
91	7/28/11	1:58:14	5.911	647	297	1	3
92	7/29/11	2:00:14	6.011	658	302	1	3
93	7/30/11	1:02:14	3.111	359	227	1.5	3
94	7/31/11	1:42:14	5.111	591	375	1.5	3
Totals		57:04:48	170.275	18,803	9,030		

OR 11,239

AZ 12,633

ID 12,662

MT 12,799

NV 13,134

NM 13,161

UT 13,528

Rock Springs

HI 13,796

WY 13,804

WA 14,410

CO 14,433

CA 14,494

PB Week
Dedicated
to NZ's
Elder
Belnap

Rawlins,WY