

Treadmill Trail Liberty to Nauvoo Temple

38.06%

Best

Goal

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

20 min/day
100 cal

Forward	103:11:37	301.622	34,513	19,947		
#5 Totals	164:40:15	486.021	56,820	37,445		
	Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
Day	Averages	1:48:22	5.418	648.87	486.48	1.9 3
	Set Best	2:04:23	6.219	756	611	3 3.2

95	8/1/11	1:46:14	5.311	614	382	1.5	3	AK 20,320
96	8/2/11	1:48:14	5.411	625	389	1.5	3	
97	8/3/11	1:50:14	5.511	637	396	1.5	3	
98	8/4/11	1:52:14	5.611	648	403	1.5	3	25%
99	8/5/11	1:54:14	5.711	660	411	1.5	3	
100	8/6/11	1:56:14	5.811	671	418	1.5	3	
101	8/7/11	1:58:14	5.911	683	425	1.5	3	
102	8/8/11	2:00:14	6.011	694	432	1.5	3	
103	8/9/11	2:02:14	6.111	706	439	1.5	3	
104	8/10/11	1:02:14	3.111	376	302	2	3	
105	8/11/11	1:12:14	3.611	439	351	2	3	
106	8/12/11	1:32:14	4.611	560	448	2	3	
107	8/13/11	1:34:14	4.711	572	457	2	3	
108	8/14/11	1:36:14	4.811	585	467	2	3	
109	8/15/11	1:38:14	4.911	597	477	2	3	30%
110	8/16/11	1:40:14	5.011	609	487	2	3	K2 28,251
111	8/17/11	1:42:14	5.111	622	496	2	3	
112	8/18/11	1:44:14	5.211	633	506	2	3	Mt Everest
113	8/19/11	1:46:14	5.311	645	516	2	3	29,305
114	8/20/11	1:48:14	5.411	657	526	2	3	
115	8/21/11	1:50:14	5.511	670	535	2	3	
116	8/22/11	1:52:14	5.611	682	545	2	3	33.33%
117	8/23/11	1:54:14	5.711	694	555	2	3	
118	8/24/11	1:56:14	5.811	706	564	2	3	Cheyenne
119	8/25/11	1:58:14	5.911	718	574	2	3	
120	8/26/11	2:00:14	6.011	730	584	2	3	
121	8/27/11	2:02:21	6.117	743	594	2	3	
122	8/28/11	2:04:14	6.211	755	603	2	3	Caroline, NYC
123	8/29/11	2:04:23	6.219	756	604	2	3	
124	8/30/11	1:52:14	5.611	698	611	2	3	
125	8/31/11	2:00:14	6.011	730	584	2	3	

Extra Walking	5:29:08	16.444	2,192	2,417	-	-
Totals	61:28:38	184.399	22,307	17,498		