

# Treadmill Trail Liberty to Nauvoo Temple

**53.37%**

**Best**

**Goal**

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

20 min/day  
100 cal

	Forward	164:40:15	486.021	56,820	37,445		
<b>#6</b>	<b>Totals</b>	<b>227:46:06</b>	<b>681.449</b>	<b>80,872</b>	<b>58,386</b>	min	
		<b>Time</b>	<b>Miles</b>	<b>Calorie Burn</b>	<b>Vert Climb</b>	<b>Incline</b>	<b>Speed</b>
Day	<b>Averages</b>	2:00:34	6.213	763.23	657.43	2.17	3.093
	<b>Set Best</b>	2:14:14	6.911	828	784	3	3.2

126	9/1/11	1:22:14	4.111	500	399	2	3	
127	9/2/11	2:04:14	6.211	755	603	2	3	
128	9/3/11	2:07:11	6.359	773	618	2	3	500 Mile
129	9/4/11	2:06:14	6.311	767	613	2	3	
130	9/5/11	2:08:14	6.411	779	623	2	3	40%
131	9/6/11	2:06:02	6.511	787	632	2	3.1	
132	9/7/11	2:10:14	6.511	791	632	2	3	
133	9/8/11	2:01:11	6.059	748	635	2	3	
134	9/9/11	2:12:14	6.611	804	642	2	3	
135	9/10/11	2:12:14	6.611	807	657	2	3	
136	9/11/11	2:14:14	6.711	812	652	2	3	
137	9/12/11	2:14:14	6.711	818	662	2	3	
138	9/13/11	1:48:37	5.611	678	545	2	3.1	
139	9/14/11	2:11:50	6.811	823	661	2	3.1	45%
140	9/15/11	2:07:43	6.811	816	661	2	3.2	
141	9/16/11	2:08:11	6.836	819	664	2	3.2	
142	9/17/11	1:40:11	5.381	647	538	2	3.2	200 Hours
143	9/18/11	2:09:36	6.911	828	671	2	3.2	600 Mile
144	9/19/11	2:08:11	6.836	819	664	2	3.2	
145	9/20/11	1:44:11	5.557	700	680	2.5	3.2	
146	9/21/11	2:04:11	6.416	783	654	2	3.1	
147	9/22/11	1:52:14	5.611	717	686	2.5	3	
148	9/23/11	1:54:14	5.711	729	699	2.5	3	
149	9/24/11	1:56:14	5.811	742	711	2.5	3	50%
150	9/25/11	1:50:51	5.911	744	723	2.5	3.2	
151	9/26/11	1:52:43	6.011	757	735	2.5	3.2	
152	9/27/11	1:54:36	6.111	770	747	2.5	3.2	No. Platte
153	9/28/11	1:56:28	6.211	782	760	2.5	3.2	
154	9/29/11	1:58:20	6.311	795	772	2.5	3.2	
155	9/30/11	2:00:14	6.411	807	784	2.5	3.2	

<b>Extra Walking</b>	2:48:46	9.031	1,155	1,218
<b>Totals</b>	63:05:51	195.428	24,052	20,941