

Treadmill Trail Liberty to Nauvoo Temple

70.886%

Best

Goal

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

20 min/day
100 cal

Forward	227:46:06	681.449	80,872	58,386			
#7 Totals	298:18:04	905.107	109,177	85,183	min		
	Time	Miles	Calorie Burn	Vert Climb	Incline	Speed	
Day	Averages	2:00:44	6.377	803.62	756.79	2.32	3.162
	Set Best	2:21:11	7.529	958	975	3	3.3

156	10/1/11	2:02:14	6.111	706	439	1.5	3	
		2:16:14	6.811	787	490	1.5	3	
		0:24:14	1.211	140	87	1.5	3	700 Mile
157	10/2/11	2:18:14	6.911	798	497	1.5	3	55%
		2:00:17	5.311	603	267	1	2.5	
158	10/3/11	1:42:14	5.111	560	257	1	3	
159	10/4/11	2:11:28	7.011	840	681	2	3.2	
160	10/5/11	2:12:11	7.049	877	795	2	3.2	
161	10/6/11	1:40:11	5.342	673	653	2.5	3.2	
162	10/7/11	2:04:11	6.622	834	810	2.5	3.2	
163	10/8/11	2:06:11	6.728	847	823	2.5	3.2	
164	10/9/11	1:52:44	6.011	757	735	2.5	3.2	
165	10/10/11	2:13:21	7.111	852	691	2	3.2	
166	10/11/11	1:54:36	6.111	789	828	2.5	3.2	60%
167	10/12/11	2:03:11	6.569	835	836	2.5	3.2	
168	10/13/11	1:52:44	6.011	795	850	2.5	3.2	
169	10/14/11	1:56:11	6.196	804	858	2.5	3.2	28 year
170	10/15/11	2:15:14	7.211	908	882	2.5	3.2	
171	10/16/11	2:17:06	7.311	921	894	2.5	3.2	800 Mile
172	10/17/11	2:10:11	6.942	887	901	2.5	3.2	
173	10/18/11	2:02:02	6.711	840	821	2.5	3.3	
174	10/19/11	1:56:28	6.211	819	916	3	3.2	
175	10/20/11	2:18:58	7.411	933	907	2.5	3.2	65%
176	10/21/11	2:04:11	6.622	834	810	2.5	3.2	
177	10/22/11	2:08:11	6.836	881	921	2.5	3.2	
178	10/23/11	2:20:50	7.511	946	919	2.5	3.2	66.66%
179	10/24/11	2:03:11	6.569	827	804	2.5	3.2	
180	10/25/11	1:55:11	6.143	780	778	2.5	3.2	
181	10/26/11	2:21:11	7.529	958	933	2.5	3.2	
182	10/27/11	1:59:11	6.356	839	942	3	3.2	
183	10/28/11	2:03:11	6.569	863	952	2.5	3.2	Lincoln
184	10/29/11	1:59:11	6.554	861	967	3	3.3	
185	10/30/11	1:40:11	5.499	861	812	3	3.3	70%
186	10/31/11	2:00:11	6.609	868	975	3	3.3	900 Mile

Extra Walking	2:06:53	6.837	982	1,066		
Totals	70:31:58	223.658	28,305	26,797		