

# Treadmill Trail Liberty to Nauvoo Temple

**85.264%**

**Best**

**Goal**

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

20 min/day  
100 cal

Forward	298:18:04	905.107	109,177	85,183			
<b>#8 Totals</b>	<b>354:01:41</b>	<b>1,088.690</b>	<b>136,358</b>	<b>124,358</b>		min	
	Time	Miles	Calorie Burn	Vert Climb	Incline	Speed	
Day	<b>Averages</b>	1:33:44	5.151	744.13	1023.44	4.00	3.297
	<b>Set Best</b>	2:21:11	7.529	958	1440	5	3.3

187	11/1/11	2:01:11	6.665	876	983	3	3.3	
188	11/2/11	2:02:02	6.711	882	990	3	3.3	
189	11/3/11	1:45:40	5.811	799	1004	3.5	3.3	
190	11/4/11	1:47:29	5.911	813	1021	3.5	3.3	
191	11/5/11	1:49:18	6.011	827	1038	3.5	3.3	
192	11/6/11	1:51:07	6.111	841	1055	3.5	3.3	
193	11/7/11	1:52:56	6.211	854	1073	3.5	3.3	
194	11/8/11	1:54:45	6.311	868	1090	3.5	3.3	75%
195	11/9/11	1:11:11	3.915	562	761	4	3.3	
196	11/10/11	1:42:11	5.619	807	1092	4	3.3	
197	11/11/11	1:43:57	5.717	821	1111	4	3.3	300 left
198	11/12/11	1:48:58	5.811	837	1129	4	3.2	
199	11/13/11	1:47:29	5.911	849	1149	4	3.3	
200	11/14/11	1:49:18	6.011	863	1168	4	3.3	1000 Mile
201	11/15/11	1:51:07	6.111	877	1188	4	3.3	Elder Belnap Home
202	11/16/11	0:59:11	3.254	467	632	4	3.3	
203	11/17/11	0:59:11	3.254	486	709	4	3.3	
204	11/18/11	0:59:11	3.254	467	632	4	3.3	
205	11/19/11	1:52:56	6.211	892	1207	4	3.3	80%
206	11/20/11	0:59:11	3.331	476	647	4	3.3	
207	11/21/11	0:59:11	3.255	467	632	4	3.3	
208	11/22/11	1:42:02	5.611	815	1127	4	3.3	
209	11/23/11	1:46:29	5.856	859	1211	4	3.3	
210	11/24/11	1:41:11	5.564	833	1221	4.5	3.3	Thanksgiving
		0:36:11	1.997	389	800	4.5	3.3	
211	11/25/11	1:42:02	5.611	840	1232	4.5	3.3	
		0:40:12	2.211	426	866	4.5	3.3	
212	11/26/11	0:59:11	3.255	487	714	4.5	3.3	
213	11/27/11	1:43:51	5.711	855	1254	4.5	3.3	Des Moines
214	11/28/11	1:45:40	5.811	870	1276	4.5	3.3	
215	11/29/11	1:47:29	5.911	885	1298	4.5	3.3	200 left
216	11/30/11	1:47:29	5.911	922	1440	5	3.3	85%

<b>Extra Walking</b>	5:44:20	18.738	3,369	6,425
<b>Totals</b>	55:43:37	183.583	27,181	39,175

