

Treadmill Trail Liberty to Nauvoo Temple

100.000%

Best Goal
20 min/day
100 cal

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

Forward		354:01:41	1088.69	136,358	124,358		
#9	Totals	412:54:46	1,276.840	166,356	172,586	min	
Day	Averages	Time	Miles	Calorie Burn	Vert Climb	Incline	Speed
	Set Best	2:28:11	7.656	1285	2198	6	3.3
217	12/1/11	1:49:18	6.011	937	1471	5	3.3
218	12/2/11	1:52:56	6.211	968	1520	5	3.3
219	12/3/11	1:54:45	6.311	984	1544	5	3.3
220	11/4/11	1:56:34	6.411	1000	1568	5	3.3
221	12/5/11	1:58:24	6.511	1015	1593	5	3.3
222	12/6/11	2:00:13	6.611	1031	1618	5	3.3
223	12/7/11	2:02:02	6.711	1046	1642	5	3.3
224	12/8/11	2:03:51	6.811	1062	1667	5	3.3
225	12/9/11	2:18:24	7.611	1187	1863	5	3.3
226	12/10/11	2:02:02	6.711	1046	1642	5	3.3
227	12/11/11	2:02:02	6.711	1046	1642	5	3.3
228	12/12/11	0:59:11	3.156	493	772	5	3.2
229	12/13/11	0:32:11	1.738	271	425	5	Elder Levelua/NZ
230	12/14/11	1:17:30	4.111	653	1052	5	3.2
231	12/15/11	1:43:51	5.711	890	1397	5	3.3
232	12/16/11	2:04:11	6.622	1103	1900	5.5	3.2
233	12/17/11	2:10:11	6.943	1127	1874	5.5	3.2
234	12/18/11	2:15:14	7.211	1170	1946	5.5	3.2
235	12/19/11	2:22:11	7.346	1201	1983	5.5	3.1
236	12/20/11	2:11:58	6.818	1157	2011	6	3.1
237	12/21/11	2:09:27	6.688	1093	1805	5.5	3.1
238	12/22/11	2:04:11	6.416	1049	1732	5.5	3.1
239	12/23/11	2:11:50	6.811	1114	1839	5.5	3.1
240	12/24/11	2:14:11	6.932	1092	1696	5	3.1
241	12/25/11	2:11:50	6.811	1073	1667	5	3.1
242	12/26/11	2:22:22	7.295	1150	1785	5	3
243	12/27/11	2:24:11	7.433	1177	1844	5	3
244	12/28/11	2:28:11	7.656	1285	2198	5.5	3.1
245	12/29/11	2:06:48	6.501	1025	1591	5	3



Extra Walking	1:03:05	3.330	553	941			
Totals	58:53:05	188.15	29,998	48,228			