

Training Analysis

Name

Description

Date 4/14/2012 1:15 PM

Athlete tak7

Sport rollerblading

Distance 37.99 km (23.60 mi)

Total Time 01:44:34

Active Time 01:33:34

Calories

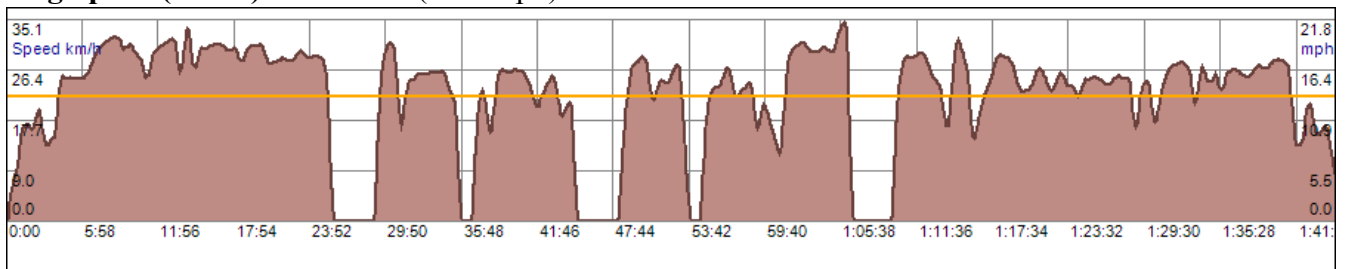
Your training consumed about 2903 kcal.

Speed

Max Speed 35.1 km/h (21.8 mph)

Avg Speed (total) 21.8 km/h (13.5 mph)

Avg Speed (active) 24.4 km/h (15.1 mph)



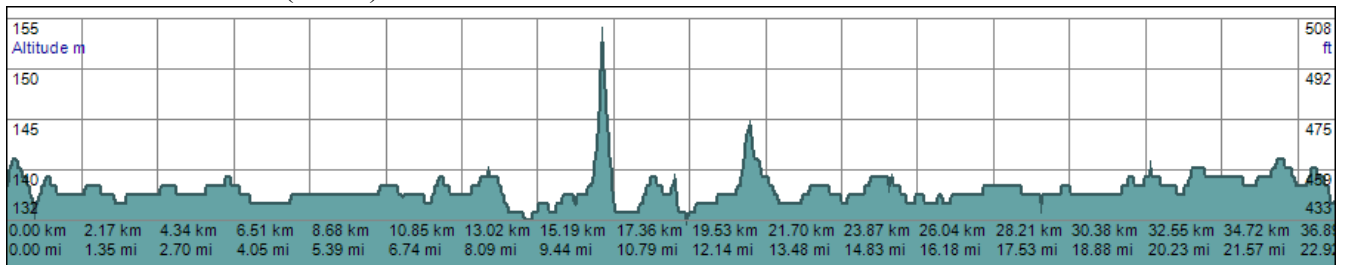
Altitude

Min Altitude 132 m (435 ft)

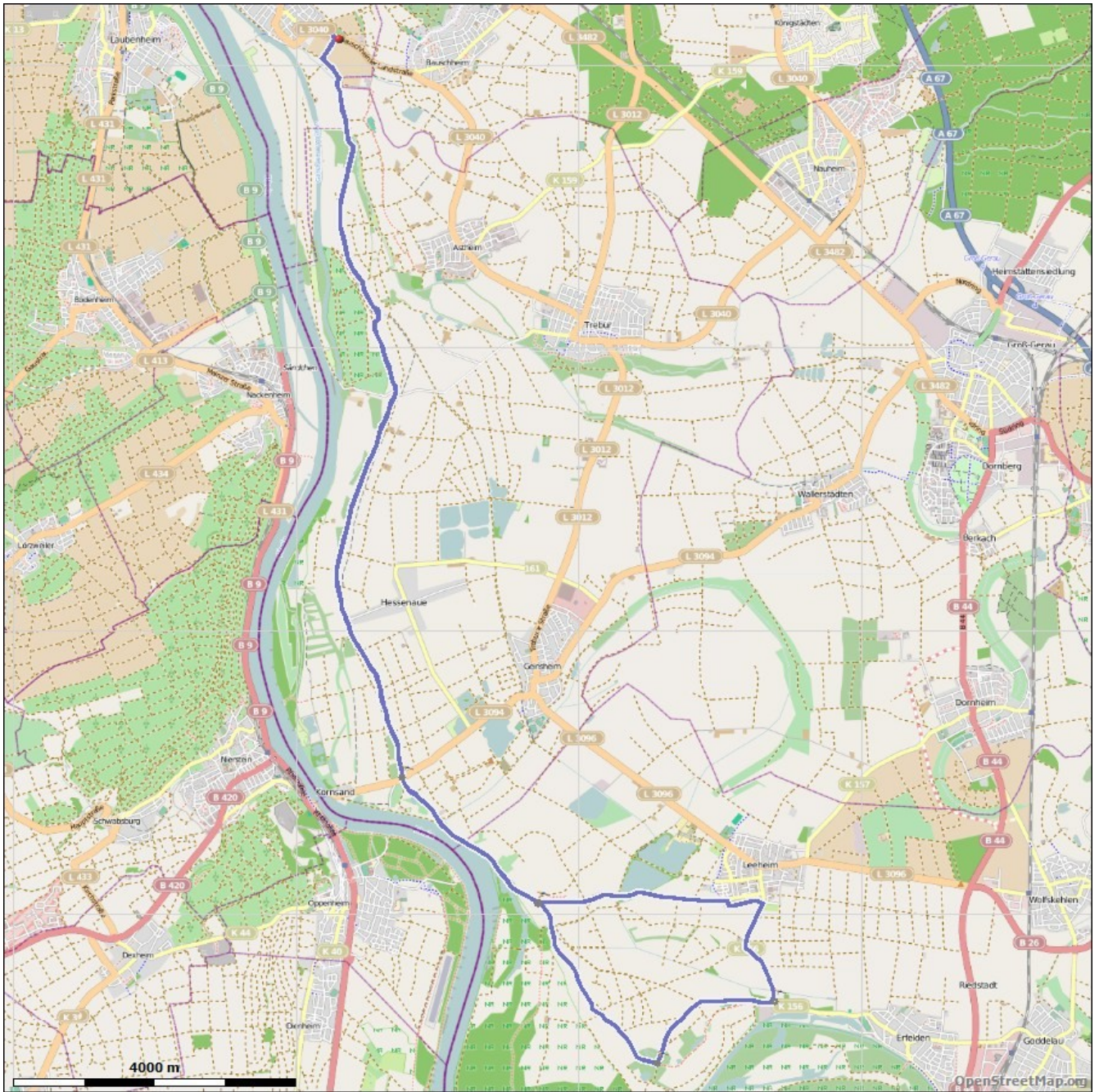
Max Altitude 155 m (510 ft)

Total Ascent 77 m (255 ft)

Total Descent 78 m (258 ft)



Map



Laps

No data

Pauses



	Start Time	Duration	Distance km	Distance mi
1	00:25:54	00:03:06	11.33	7.04
2	00:35:58	00:00:41	14.00	8.70
3	00:45:04	00:03:09	16.99	10.56
4	00:53:57	00:00:40	19.13	11.89
5	01:06:43	00:02:57	24.02	14.92
Total		00:10:36		

Heart Rate

No data

Cadence

No data

Temperature

No data

GPS Dilution (DOP)

