

## Run of 01.01.1970

Distance	10000 m
Duration	1 h 9 min 42 s
Speed	8.61 km h <sup>-1</sup>
Pace	06 : 58 min km <sup>-1</sup>
Heartbeat	150 min <sup>-1</sup>
Cadence	160 min <sup>-1</sup>
Energy	420 kcal
Ascent	13 m
Descent	15 m
Steps	11152
Temperature	31 °C
Sweat	1050 mL
Power	300 W
Training Effect	Basic
Aerob	2.5
Anaerob	0.0
Training	Basic
Location	City
Notes	Good Run