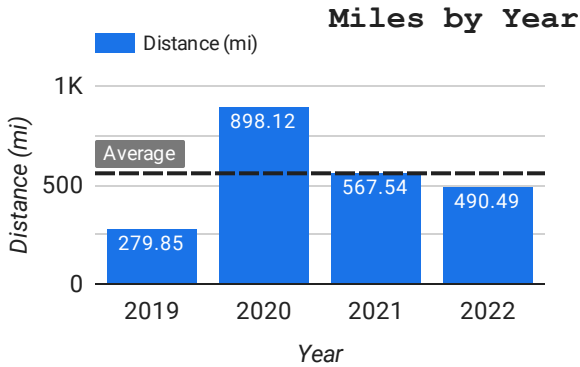


MapMyRun Data 2019 - 2022



Calories Burned (kCal) **288,987**

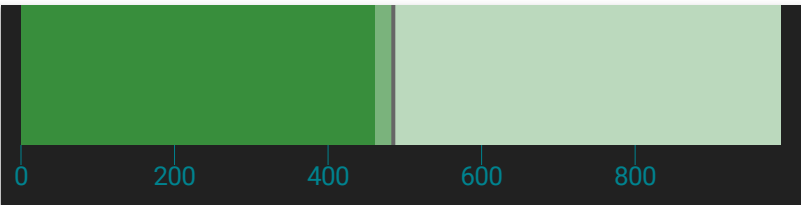
Activity Count **717**

Max Distance (mi) **13.48**

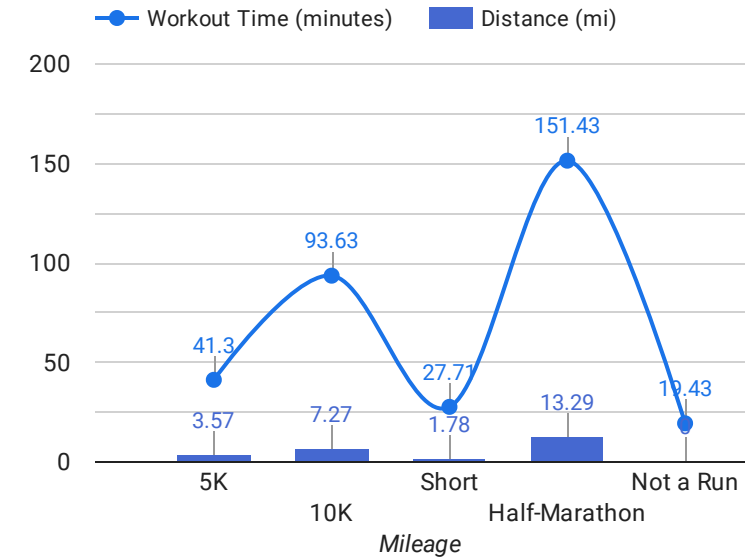
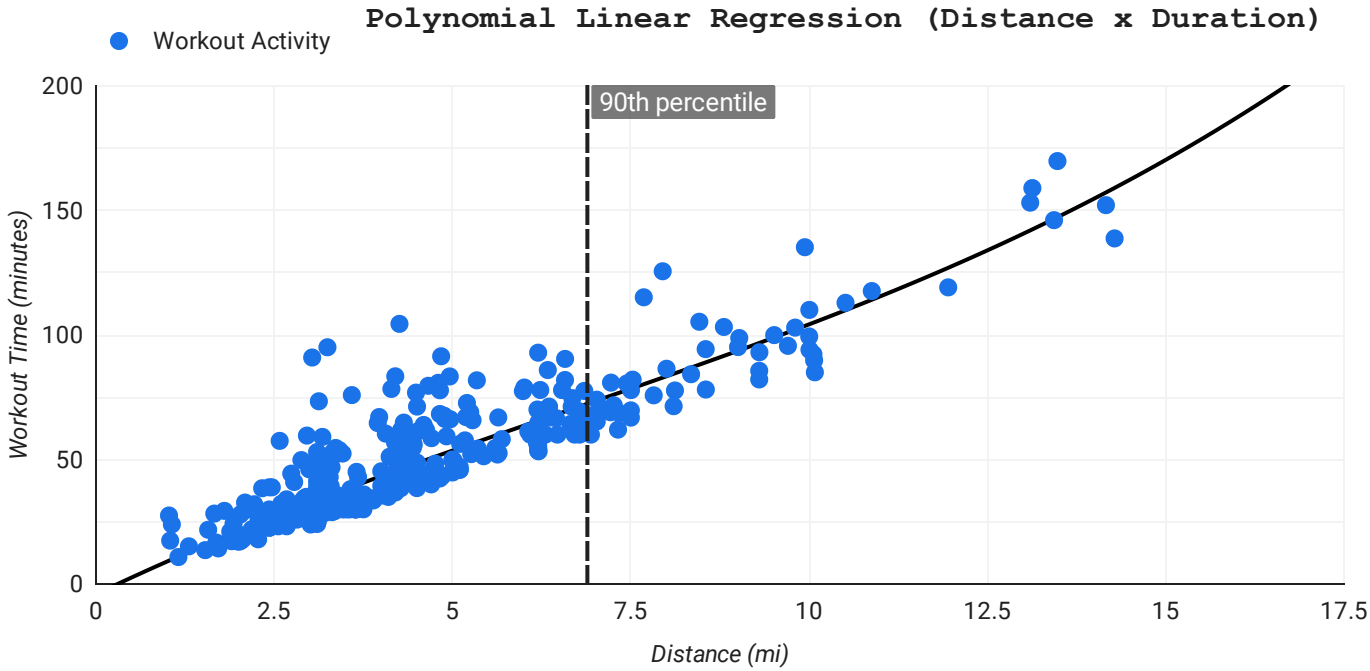
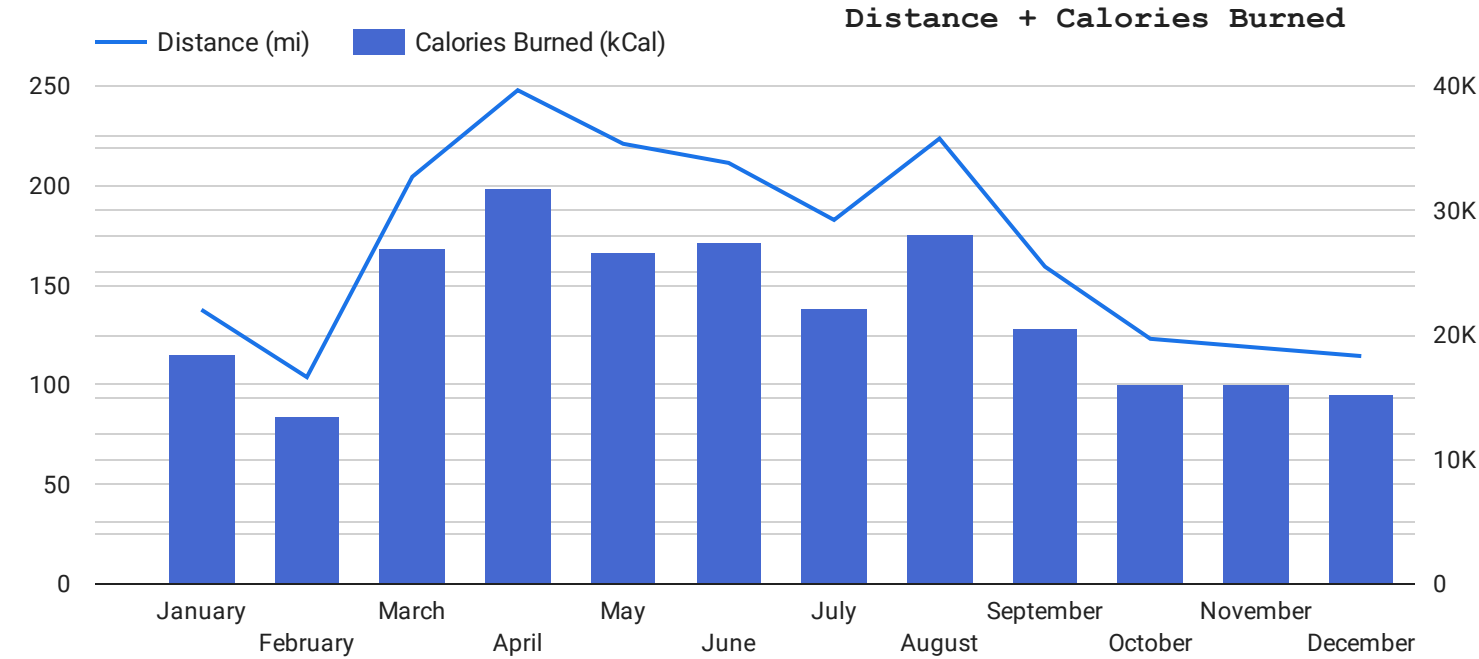
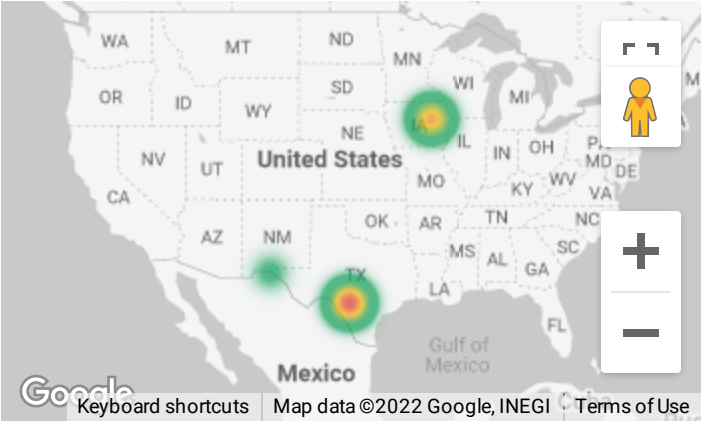
Steps **3,853,779**

Distance (mi) **2,236**

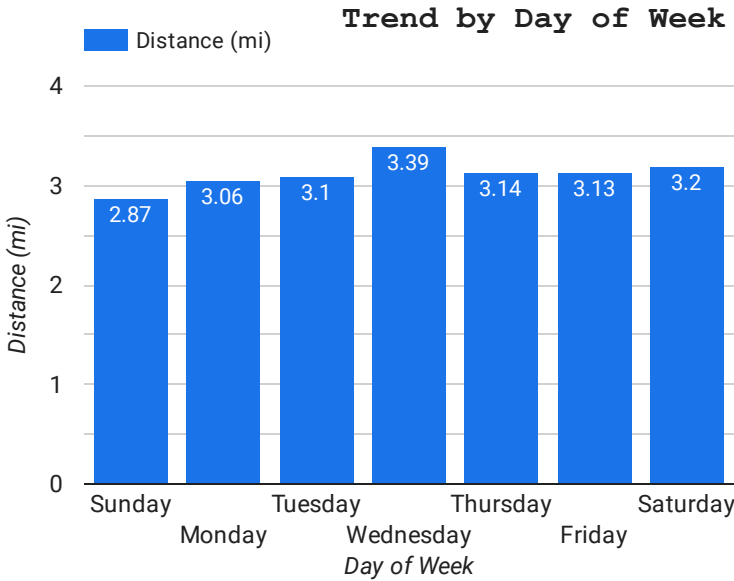
Distance (mi)
490.49



2022 Goal
990

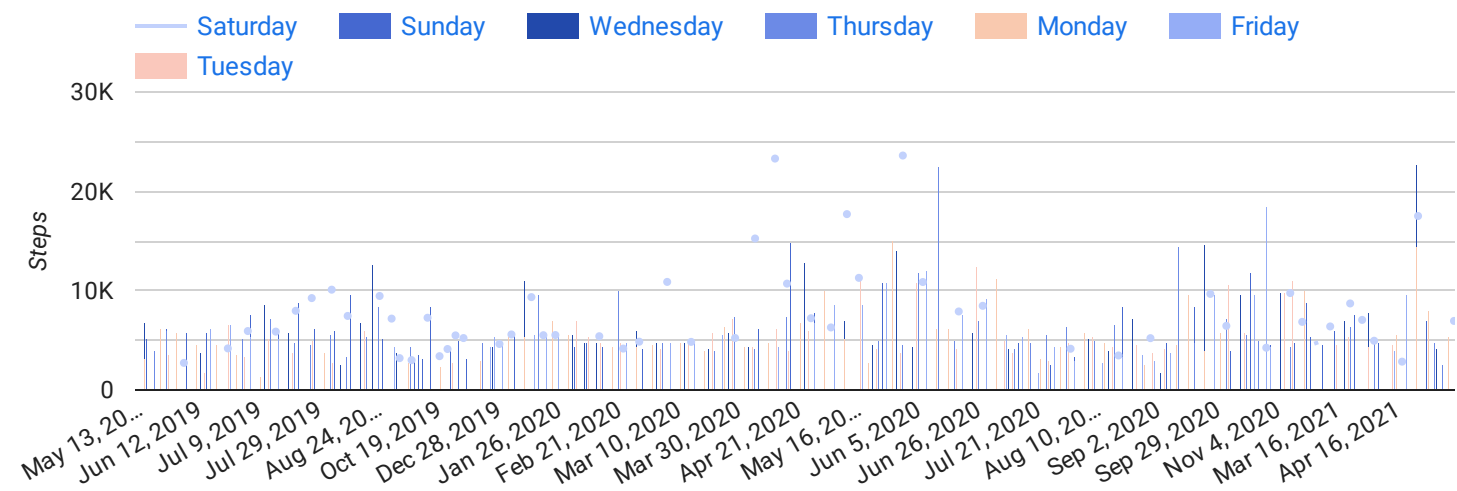
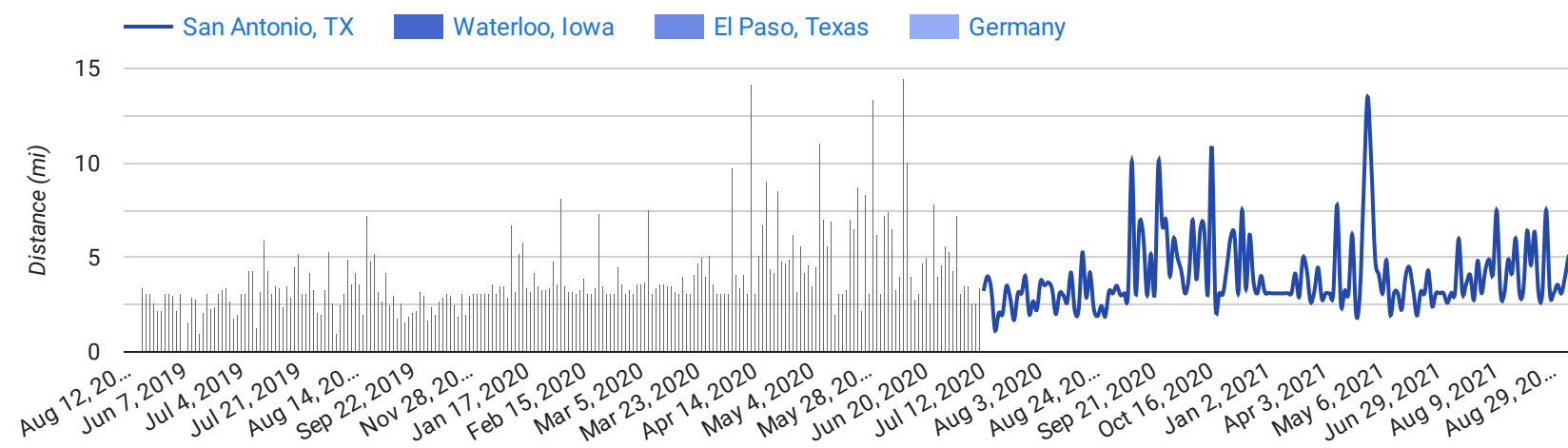
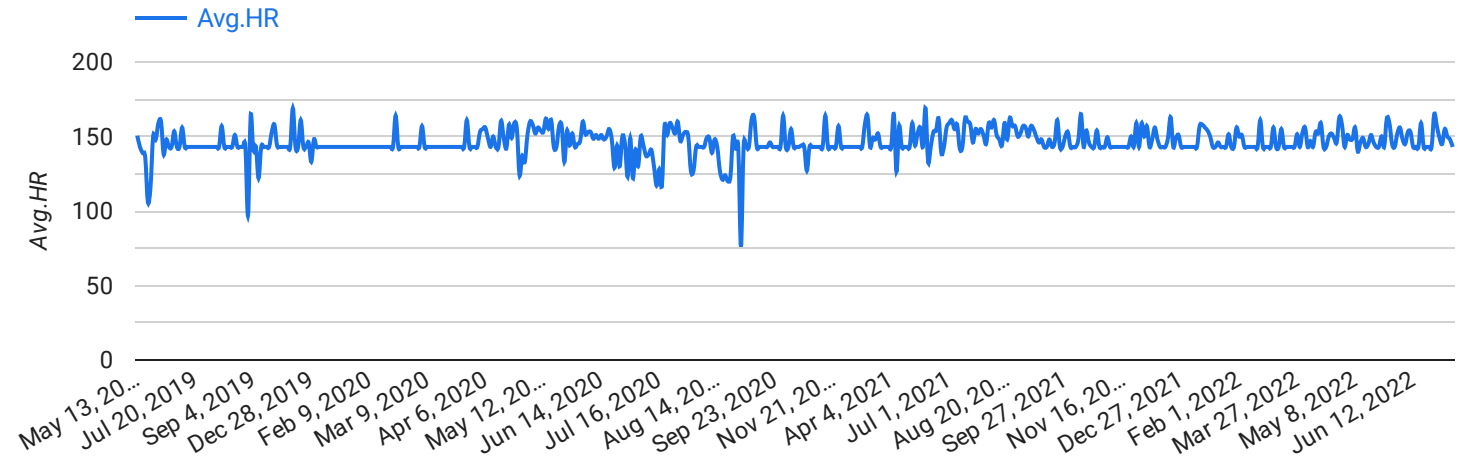
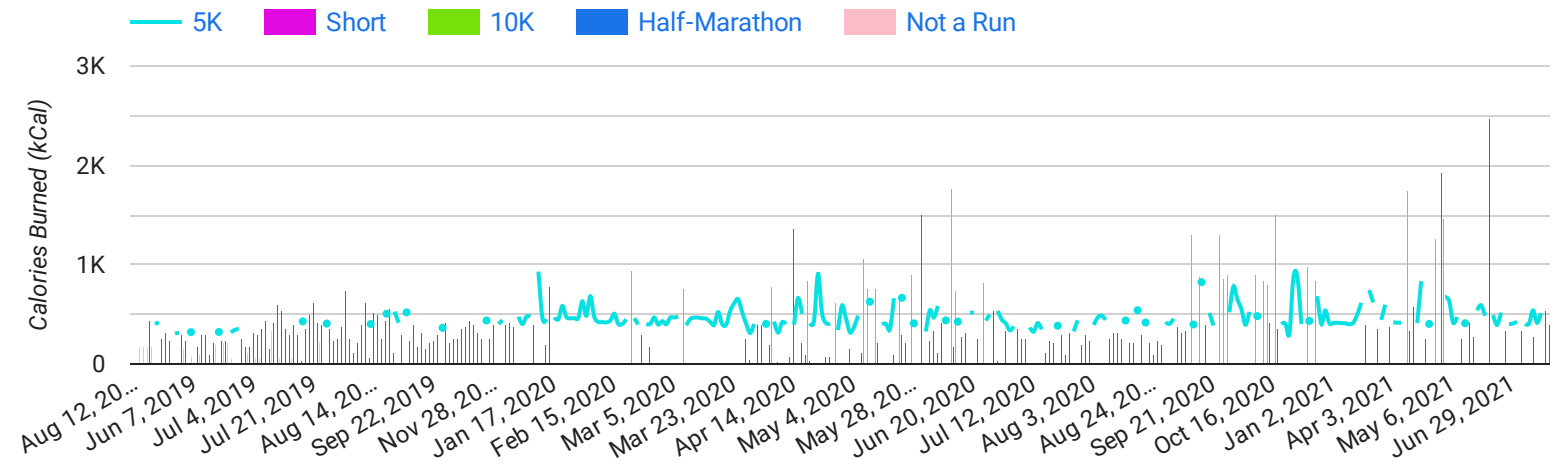
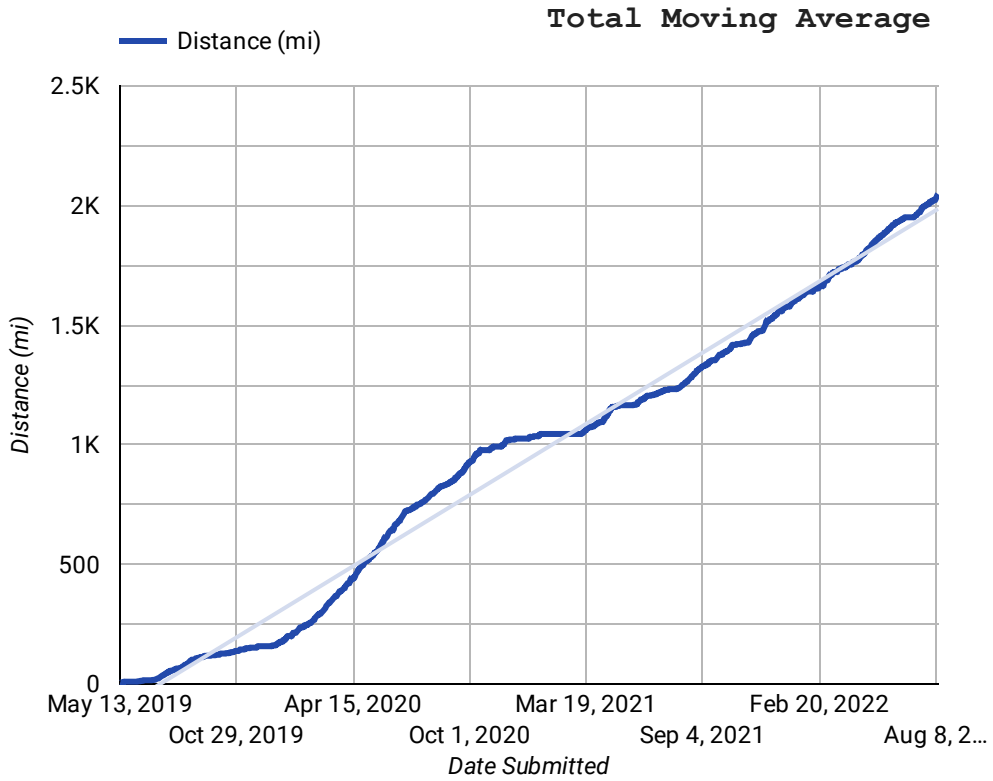
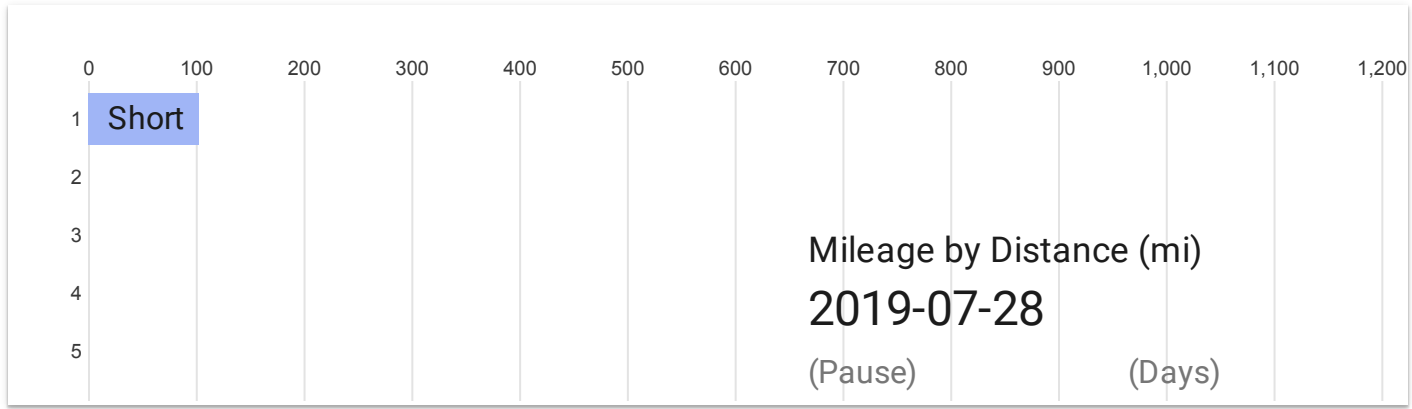


Activity Type / Distance (mi) / Calories Burned (kCal)						
Year	Run		Walk		Indoor Run / Jog	
	Distance (mi)	Calories Bu...	Distance (mi)	Calories Bu...	Distance (mi)	Calories Bu...
2022	476.39	62,653	14.1	1,895	-	-
2021	527.98	74,375	28.59	6,779	10.97	1,596
2020	858.78	102,425	29.84	2,894	-	-
2019	169.5	21,303	105.8	11,190	4.55	594



MapMyRun Data 2019 - 2022

Time Analysis

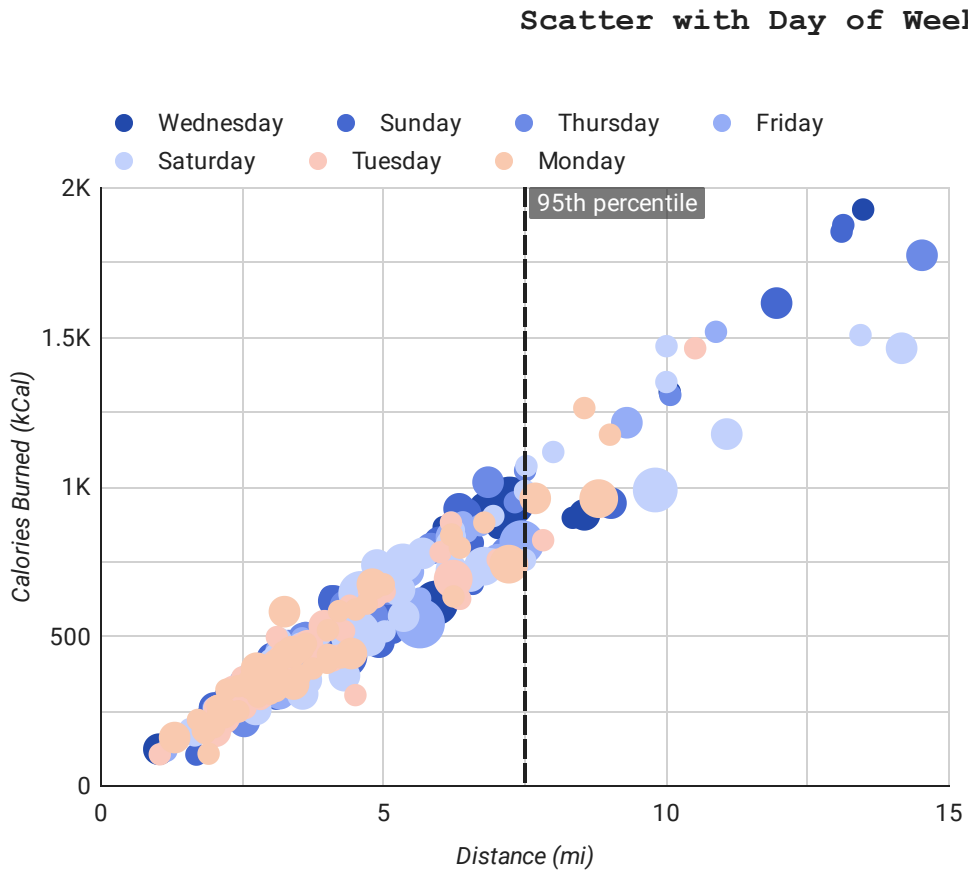
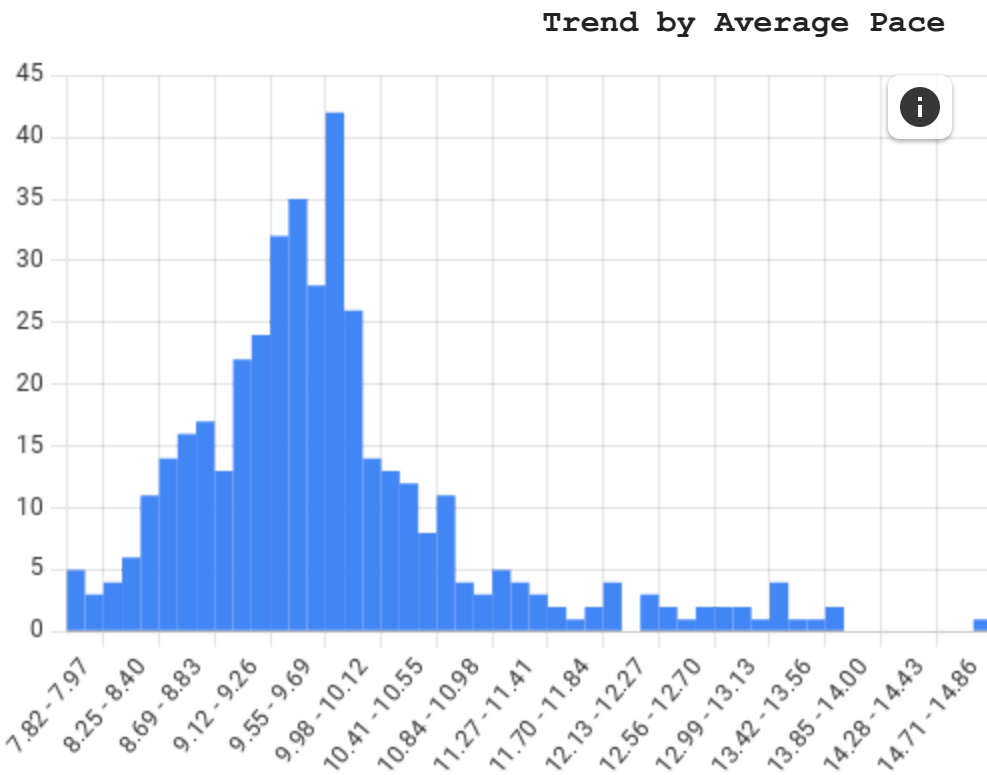
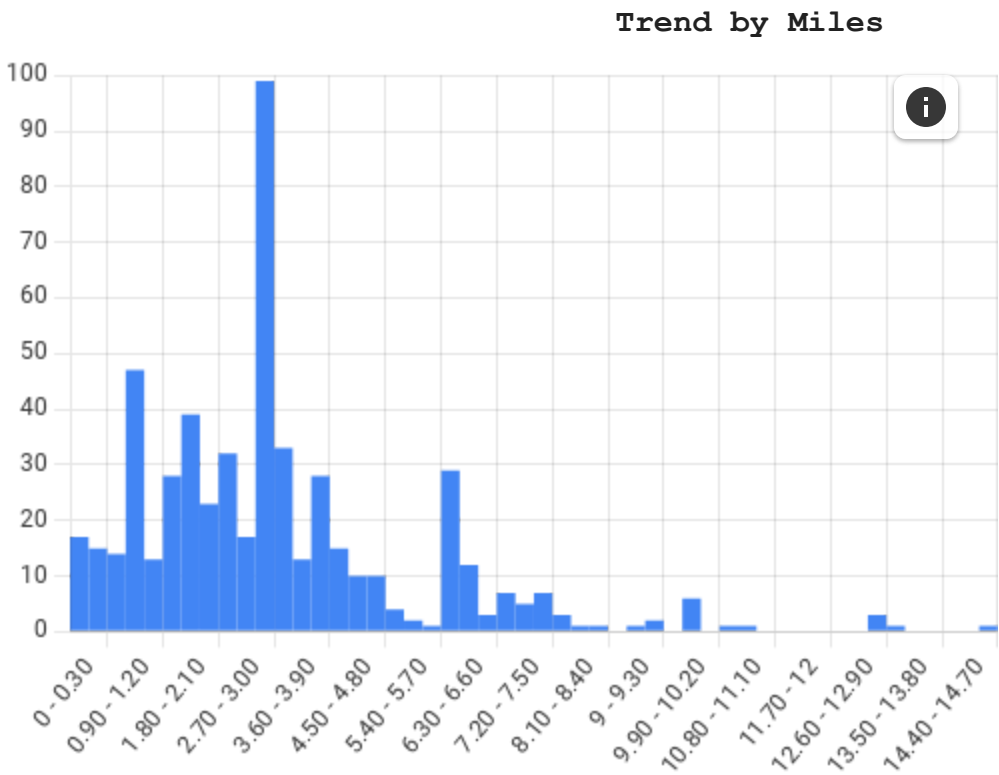


Select date range

MapMyRun Data 2019 - 2022

Trend Analysis

Distance (mi)



	Workout Date	Location	Mileage	Activity Type	Distance (mi)	Minutes	Cal Burned	Avg.HR	Avg Pace	Avg Speed (mi/h)	Steps
1.	Aug 11, 2022	El Paso, Texas	5K	Run	4.63	61.87	576	116	13.37	4.49	7,878
2.	Aug 10, 2022	El Paso, Texas	10K	Run	7.02	74.02	863	144	10.54	5.69	11,520
3.	Aug 9, 2022	El Paso, Texas	10K	Run	6.35	71.23	626	145	11.21	5.35	11,074
4.	Aug 8, 2022	El Paso, Texas	10K	Run	6.35	66.88	797	146	10.53	5.7	10,360
5.	Aug 6, 2022	El Paso, Texas	Short	Run	2.37	23.5	311	152	9.91	6.05	3,639
6.	Aug 3, 2022	El Paso, Texas	5K	Run	6.09	60	820	143	9.85	6.09	9,545
7.	Jul 30, 2022	El Paso, Texas	10K	Run	8	86.45	1,117	143	10.81	5.55	13,634
8.	Jul 28, 2022	El Paso, Texas	5K	Run	3.16	31.75	314	158	10.06	5.96	5,020
9.	Jul 25, 2022	El Paso, Texas	5K	Run	4.26	104.47	430	87	24.48	2.45	8,227
	Grand total				2,048.17	23,097.83	262,946	145.56	6,161.25	3,530.96	3,516,050