One entry attribute

* Run\_date: date of the run (YYYY-MM-DD)
* Total\_time: Total amount of time from the start to the end of the running including pause time
* Total\_distance: Total displacement covered for the run including pause time
* Total\_run\_time: the total amount of time in mins during running excluding pause time
* Total\_run\_distance: The total displacement run excluding pause time
* Start\_time: the time running started (hh:mm:ss)
* End\_time: the time running ended (hh:mm:ss)
* Total\_pause\_time: The total amount of time during pauses
* Total\_pause\_distance: The total displacement covered during pauses
* Total\_uphill: summation of all the positive elevation
* Total\_downhill: summation of all the negative depression

Multiple entries attribute

* Tag\_100m: To give each start of 100m a corresponding sequential number for referencing
* Ind\_100m\_rate: Each 100m tag running rate
* Ind\_100m\_elev: Elevation during each 100m tag.
* Percent\_run: percentage of run completed for each 100m tag. (current distance/total displacement)
* Ind\_pause\_time: The amount of time stopped for each pause
* Tag\_pause\_distance: Tag the pause according to the distance. Similar to Tag\_100m, this is tagging with the pauses’ distances divided 100m