

local time	activity	duration(hr)	distance(km)	calories(kcal)	avg speed(km/hr)	min elevation(m)	max elevation(m)	elevationgain(m)	elevationloss(m)	title	notes		
2025-10-26 12:1	Running	0.6641666667	5.6776	435	8.532	22	32	33	33	L'An-Deux-Mille - Saraguay			
2025-10-18 6:08	Road Cycling	2.886388889	65.56258	1892	22.716	14	65	456	457	L'An-Deux-Mille - La Trappe			
2025-10-16 16:5	Road Cycling	0.8141666667	17.11859	472	21.06	18	77	106	145	Le St Martin Centre-Ville - L'An-Deux-Mille			
2025-10-16 8:10	Road Cycling	0.8177777778	17.54909	490	21.456	17	75	152	117	L'An-Deux-Mille - Hotel Le Germain			
2025-10-13 6:47	Road Cycling	2.531944444	53.59904	1485	21.168	18	51	250	247	L'An-Deux-Mille - Brucy			
2025-10-11 6:35	Road Cycling	2.500833333	55.86677	1597	22.356	4	39	260	260	L'An-Deux-Mille - Berge Olivier-Charbonneau			
2025-10-04 6:38	Road Cycling	3.020555556	67.00745	1908	22.176	2	39	289	291	L'An-Deux-Mille - Parc du Bout-de-l'île			
2025-09-25 17:2	Road Cycling	0.8661111111	17.96044	494	20.772	18	72	82	141	Hotel Le Germain - L'An-Deux-Mille			
2025-09-25 8:17	Road Cycling	0.8613888889	17.44947	480	20.268	17	74	149	117	L'An-Deux-Mille - Hotel Le Germain			
2025-09-24 8:15	Road Cycling	0.9086111111	17.85406	492	19.656	17	75	181	149	L'An-Deux-Mille - Hotel Le Germain			
2025-09-23 17:0	Road Cycling	0.9180555556	17.88367	493	19.476	18	77	108	152	Le St Martin Centre-Ville - L'An-Deux-Mille			
2025-09-23 8:12	Road Cycling	0.8508333333	17.43193	480	20.484	17	75	151	111	L'An-Deux-Mille - Hotel Le Germain			
2025-09-22 17:1	Road Cycling	0.8894444444	17.87724	492	20.124	18	79	104	156	Le St Martin Centre-Ville - L'An-Deux-Mille			
2025-09-22 7:09	Road Cycling	0.8513888889	17.00079	468	20.016	17	74	164	133	L'An-Deux-Mille - Le St Martin Centre-Ville			
2025-09-01 13:2	Road Cycling	1.971388889	45.73031	1335	23.184	14	45	206	200	L'An-Deux-Mille - Laval-sur-le-Lac			
2025-08-30 20:5	Treadmill Runnin	0.5	4.5	338	9	0	0	0	0				
2025-08-29 16:5	Treadmill Runnin	0.4666666667	4.5	329	9.648	0	0	0	0				
2025-08-28 16:5	Treadmill Runnin	0.4166666667	3.99999	293	9.612	0	0	0	0				
2025-08-23 6:20	Road Cycling	2.489444444	56.01531	1608	22.5	7	39	259	255	L'An-Deux-Mille - Lachenaie			
2025-08-16 16:2	Road Cycling	2.606666667	60.09999	1749	23.04	4	40	256	262	L'An-Deux-Mille - Saint-Charles			
2025-08-15 15:1	Road Cycling	1.802222222	40.90003	1180	22.68	15	44	160	159	L'An-Deux-Mille - Auteuil			
2025-08-10 15:3	Road Cycling	1.344722222	30.83004	894	22.932	18	32	82	80	L'An-Deux-Mille - Greendale			
2025-08-05 16:4	Road Cycling	1.113888889	25.33993	732	22.752	15	40	79	74	L'An-Deux-Mille - Saint-Elzéar			
2025-07-20 15:2	Road Cycling	2.425	56.28198	1643	23.22	4	71	322	329	L'An-Deux-Mille - Berge Olivier-Charbonneau			
2025-07-11 15:5	Running	0.5625	5.03	379	8.928	22	33	33	30	L'An-Deux-Mille - Saraguay			
2025-07-08 16:3	Road Cycling	1.648888889	40.05995	1195	24.3	15	44	141	149	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-07-03 16:4	Running	0.6905555556	5.86144	474	8.496	22	32	39	33	L'An-Deux-Mille - Saraguay			
2025-06-29 16:2	Road Cycling	2.4611111111	60.03996	1884	24.408	4	71	310	313	L'An-Deux-Mille - Berge Olivier-Charbonneau			
2025-06-26 16:1	Running	0.46	4.17	328	9.072	22	32	33	28	L'An-Deux-Mille - Saraguay			
2025-06-24 19:0	Running	0.5177777778	4.86946	378	9.396	22	32	33	27	L'An-Deux-Mille - Saraguay			
2025-06-21 14:3	Road Cycling	1.584722222	38.53816	1209	24.336	15	44	141	136	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-06-19 20:2	Road Cycling	0.5969444444	14.40542	451	24.228	14	30	49	62	Lachine - Griffintown			
2025-06-19 19:4	Road Cycling	0.6125	14.99614	471	24.48	15	24	40	43	Lieu historique national du Canada du Commerce-de-la-Fourrure-à-La			
2025-06-15 12:4	Road Cycling	1.670555556	40.52006	1270	24.264	15	44	141	144	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-06-11 16:2	Road Cycling	1.666666667	40.04	1251	24.012	15	44	141	139	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-06-09 15:4	Running	0.6363888889	5.75349	453	9.036	22	32	40	33	L'An-Deux-Mille - Saraguay			
2025-06-04 19:5	Treadmill Runnin	0.4	4.04999	305	10.116	0	0	0	0				
2025-06-03 17:2	Road Cycling	1.5975	38.59931	1209	24.156	15	44	138	133	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-05-30 15:5	Road Cycling	1.583055556	38.67093	1214	24.444	15	44	138	137	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-05-27 22:3	Treadmill Runnin	0.4166666667	4.12	313	9.9	0	0	0	0				
2025-05-25 12:2	Road Cycling	1.686111111	40.68003	1274	24.12	15	44	139	138	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-05-23 22:0	Treadmill Runnin	0.4166666667	4.13	314	9.9	0	0	0	0				
2025-05-15 12:1	Road Cycling	1.6075	38.51659	1202	23.976	15	44	139	140	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-05-11 16:1	Road Cycling	1.054166667	26.55031	838	25.2	14	30	125	124	Griffintown - Lachine			
2025-05-10 16:1	Road Cycling	1.5925	38.62747	1211	24.264	15	44	138	139	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-05-08 16:1	Treadmill Runnin	0.4166666667	4.12	313	9.9	0	0	0	0				
2025-05-04 16:2	Road Cycling	1.634722222	38.58161	1194	23.616	15	44	141	138	L'An-Deux-Mille - Bas-de-Sainte-Rose			
2025-04-30 16:0	Road Cycling	1.755555556	40.66008	1246	23.148	15	45	138	136	L'An-Deux-Mille - Bas-de-Sainte-Rose			

2025-04-18 16:00	Road Cycling	1.670277778	38.56278	1180	23.076	15	44	135	136	L'An-Deux-Mille - Bas-de-Sainte-Rose	
2025-04-12 16:4	Road Cycling	1.820833333	40.41996	1210	22.212	15	45	134	139	L'An-Deux-Mille - Bas-de-Sainte-Rose	
2025-04-07 13:50	Road Cycling	1.852777778	40.40998	1198	21.816	15	44	150	151	L'An-Deux-Mille - Bas-de-Sainte-Rose	
2025-04-06 12:30	Running	0.683611111	6.44999	499	9.432	22	32	33	31	L'An-Deux-Mille - Saraguay	
2025-04-05 15:50	Running	0.523055556	5.10317	390	9.756	22	32	30	30	L'An-Deux-Mille - Saraguay	
2025-02-26 16:20	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-02-23 15:20	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-02-17 19:20	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-02-14 18:40	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-02-09 17:40	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-02-05 7:290	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-02-02 12:20	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-29 13:20	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-28 5:240	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-26 13:00	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-17 12:10	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-12 21:00	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-11 22:20	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-10 9:280	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2025-01-07 12:40	Treadmill Runnin	0.416666667	4.12	313	9.9	0	0	0	0		
2025-01-01 14:40	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2024-12-15 17:50	Treadmill Runnin	0.416666667	4.15	315	9.972	0	0	0	0		
2024-12-13 17:50	Treadmill Runnin	0.416666667	4.12	313	9.9	0	0	0	0		
2024-12-10 0:060	Treadmill Runnin	0.25	2.5	189	10.008	0	0	0	0		
2024-12-09 21:40	Treadmill Runnin	0.416666667	4.2	317	10.08	0	0	0	0		
2024-12-05 20:10	Treadmill Runnin	0.416666667	4.2	317	10.08	0	0	0	0		
2024-12-04 21:10	Treadmill Runnin	0.416666667	4.2	317	10.08	0	0	0	0		
2024-12-03 7:200	Treadmill Runnin	0.416666667	4.2	317	10.08	0	0	0	0		
2024-12-01 22:20	Treadmill Runnin	0.416666667	3.99999	308	9.612	0	0	0	0		
2024-11-30 20:20	Treadmill Runnin	0.416666667	4.2	317	10.08	0	0	0	0		
2024-11-29 11:00	Treadmill Runnin	0.416666667	3.99999	308	9.612	0	0	0	0		
2024-11-28 19:10	Treadmill Runnin	0.333333333	3.2	246	9.612	0	0	0	0		
2024-11-27 18:40	Treadmill Runnin	0.333333333	3.2	246	9.612	0	0	0	0		
2024-11-26 9:080	Treadmill Runnin	0.333333333	2.99999	237	9	0	0	0	0		
2024-11-25 21:00	Treadmill Runnin	0.333333333	2.99999	237	9	0	0	0	0		
2024-11-25 12:10	Treadmill Runnin	0.084166667	0.47796	28	7.416	0	0	0	0		
2024-11-25 12:00	Treadmill Runnin	0.113888889	1.00273	80	8.784	0	0	0	0		
2024-11-25 9:230	Treadmill Runnin	0.086388889	0.88457	66	10.224	0	0	0	0		
2024-11-25 9:110	Treadmill Runnin	0.177222222	1.77527	134	16.668	0	0	0	0		
2024-11-24 14:00	Treadmill Runnin	0.213333333	1.14036	65	8.1	0	0	0	0		
2024-11-22 20:30	Treadmill Runnin	0.483611111	1.60703	103	3.312	0	0	0	0		
2024-11-22 15:10	Treadmill Runnin	0.192777778	1.46906	111	7.632	0	0	0	0		
2024-11-16 12:20	Road Cycling	2.034166667	42.46994	1228	20.88	16	41	161	152	L'An-Deux-Mille - Sault-au-Récollet	
2024-11-11 17:40	Running	0.246111111	1.81606	134	7.38	22	28	12	7	L'An-Deux-Mille - Saraguay	
2024-10-06 6:430	Road Cycling	3.217222222	70.30999	2087	21.852	4	72	438	433	Griffintown - Chambly	
2024-09-29 6:100	Road Cycling	3.674166667	84.57956	2584	23.004	4	71	417	421	L'An-Deux-Mille - Berge Olivier-Charbonneau	
2024-09-27 7:230	Road Cycling	1.441388889	30.63756	894	21.24	15	43	107	95	L'An-Deux-Mille - Saint-Elzéar	
2024-09-24 6:510	Road Cycling	0.984444444	20.00479	579	20.304	15	38	105	99	L'An-Deux-Mille - Cap-Saint-Martin	
2024-09-23 6:360	Road Cycling	1.759722222	39.01002	1167	22.176	15	50	126	123	L'An-Deux-Mille - Saint-Elzéar	

2024-09-15 6:25: Road Cycling	2.431666667	60.09001	1891	24.696	4	72	352	355	L'An-Deux-Mille - Berge Olivier-Charbonneau	
2024-09-13 5:58: Road Cycling	1.456944444	31.1804	914	21.42	15	45	108	112	L'An-Deux-Mille - Auteuil	
2024-09-11 5:56: Road Cycling	2.654166667	59.77619	1805	22.536	4	71	343	360	L'An-Deux-Mille - Berge Olivier-Charbonneau	
2024-09-02 6:33: Road Cycling	2.651666667	60.03674	1818	22.644	4	70	364	373	L'An-Deux-Mille - Berge Olivier-Charbonneau	
2024-08-31 6:18: Road Cycling	1.8725	42.73404	1300	22.824	15	45	175	171	L'An-Deux-Mille - Bas-de-Sainte-Rose	
2024-08-24 13:01: Road Cycling	1.659166667	38.43822	1178	23.184	4	21	114	121	Sainte-Catherine - Brossard	
2024-08-17 7:19: Road Cycling	2.310833333	52.72549	1603	22.824	4	21	211	213	Griffintown - Parc-Saint-Laurent	
2024-08-14 6:13: Road Cycling	1.673888889	38.05004	1155	22.752	15	44	148	144	L'An-Deux-Mille - Bas-de-Sainte-Rose	
2024-08-01 7:29: Road Cycling	1.303888889	31.06259	966	23.832	15	45	104	103	L'An-Deux-Mille - Auteuil	
2024-07-25 16:21: Road Cycling	1.476944444	34.03859	1041	23.04	15	45	122	117	L'An-Deux-Mille - Bas-de-Sainte-Rose	
2024-07-20 8:32: Road Cycling	1.618888889	38.21033	1183	23.616	15	45	141	146	L'An-Deux-Mille - Bas-de-Sainte-Rose	
2024-07-19 7:13: Road Cycling	1.344166667	33.4	1052	24.84	15	44	64	55	L'An-Deux-Mille - Sainte-Rose	
2024-07-17 7:02: Road Cycling	0.95	21.25686	639	22.392	15	38	77	68	L'An-Deux-Mille - Saint-Elzéar	
2024-07-14 8:26: Road Cycling	0.897222222	19.85657	594	22.14	15	35	73	70	L'An-Deux-Mille - Saint-Elzéar	
2024-07-12 6:52: Road Cycling	1.591111111	34.45396	1017	21.672	15	45	123	121	L'An-Deux-Mille - Auteuil	
2024-07-07 8:14: Road Cycling	1.850555556	40.93222	1223	22.104	15	40	153	152	L'An-Deux-Mille - Saint-Elzéar	
2024-07-05 7:13: Road Cycling	0.923611111	20.23847	602	21.924	16	29	70	71	L'An-Deux-Mille - Parc Louis-Hébert	
2024-06-28 18:21: Road Cycling	0.909166667	20.37108	613	22.392	16	29	67	68	L'An-Deux-Mille - Parc Louis-Hébert	
2024-06-26 6:33: Road Cycling	0.935277778	20.19083	595	21.6	16	28	65	68	L'An-Deux-Mille - Parc Louis-Hébert	
2024-06-24 8:20: Road Cycling	1.086388889	21.23047	615	19.548	16	29	67	67	L'An-Deux-Mille - Parc Louis-Hébert	
2024-06-22 6:06: Road Cycling	2.758333333	60.60001	1804	21.96	4	29	264	265	Griffintown - Dorval	
2024-06-21 7:11: Road Cycling	0.964722222	18.91575	548	19.62	14	26	86	84	L'An-Deux-Mille - Sault-au-Récollet	
2024-06-20 6:55: Road Cycling	1.075	19.72927	572	18.36	16	27	74	71	L'An-Deux-Mille - Sault-au-Récollet	
2024-06-18 7:54: Road Cycling	0.986111111	17.52994	987	17.784	16	27	34	27	Ahuntsic-Cartierville - L'An-Deux-Mille	