

Running

																							176	2.9	29							
																							172	2.8	28							
																							168	2.7	27							
																							164	2.6	26							
																							160	2.5	25							
																							156	2.4	24							
																							152	2.3	23							
																							148	2.2	22							
																							144	2.1	21							
																							140	2.0	20							
																							136	1.9	19							
																							132	1.8	18							
																							128	1.7	17							
																							124	1.6	16							
																							120	1.5	15							
																							116	1.4	14							
																							112	1.3	13							
																							108	1.2	12							
																							104	1.1	11							
																							100	1.0	10							
05	07	12	14	19	21	26	28	03	05	10	12	17	19	24	26	31	02	07	09	14	16	21	23	Heart Rate (BPM)			Distance (M)			Time (m)		