

No.	Date	Stroke Count	Distance Meter	Distance Kms	Laps	Duration Min	Duration Hour	EnergyBurnedKcal	HKAverageMETs(kcal/hr·kg)
1	2024-02-25	1697	2800	2.8	112	68.59	1.14	733.8	11.19
2	2024-02-18	1502	2600	2.6	104	64.21	1.07	689.48	11.23
3	2024-03-17	1511	2600	2.6	104	64.59	1.08	659.99	10.75
4	2024-03-08	1401	2500	2.5	100	62.56	1.04	646.09	10.85
5	2024-03-11	1398	2500	2.5	100	62.16	1.04	645.12	10.75
6	2024-03-30	1407	2300	2.3	92	62.39	1.04	604.16	10.25
7	2024-02-27	1285	2200	2.2	88	53.31	0.89	566.83	11.14
8	2024-03-14	1279	2200	2.2	88	55.31	0.92	565.02	10.75
9	2024-02-29	1041	1850	1.85	74	44.98	0.75	474.88	10.52
10	2024-03-15	1046	1800	1.8	72	42.74	0.71	439.07	10.82