


5.30MI RUN

SHARE:   

DISTANCE	STEPS	DURATION ?	AVG PACE	KCAL
5.5 _{mi}	9003	1:00:02	10:54	580

 **RUN** SOURCE MAP MY FITNESS MAPMYRUN IPHONE



DEC. 4, 2020
at 10:51 A.M.
by ANASTASIA MARKS


GEAR USED
NONE.
[ADD GEAR TO WORKOUT.](#)


[EDIT](#)


[COPY](#)

[DELETE](#)

[TCX](#)









Pro User Tools
Ad Free Experience

Discover the MVP

TIME	ELEVATION	PACE
START 12/04/2020	GAIN 143 ft	AVG ? 10:54 min/mi

