

Distance Wise Analysis

Gear Wise Distance Calculator

Activity Gear / Distance km			
Activity Type	Kalenji JogFlow 500	Asics Gel Galaxy 8B	Campus Maxico
Run	589.74	399.32	300.43
Walk	1.87	7.26	1.75

Total Activity Count by Type

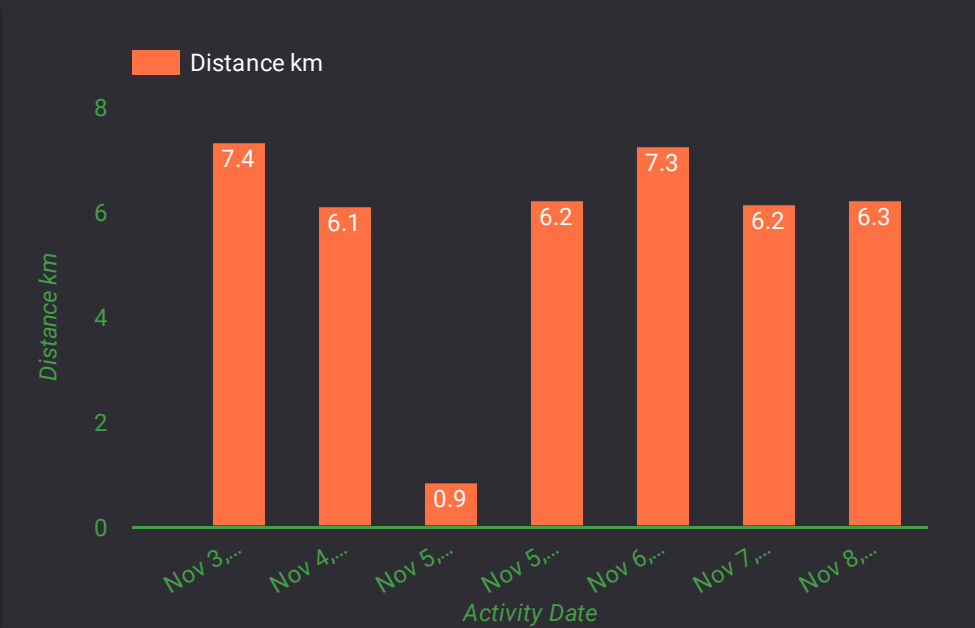
Activity Type	Activity Type
Run	170
Walk	9

Year

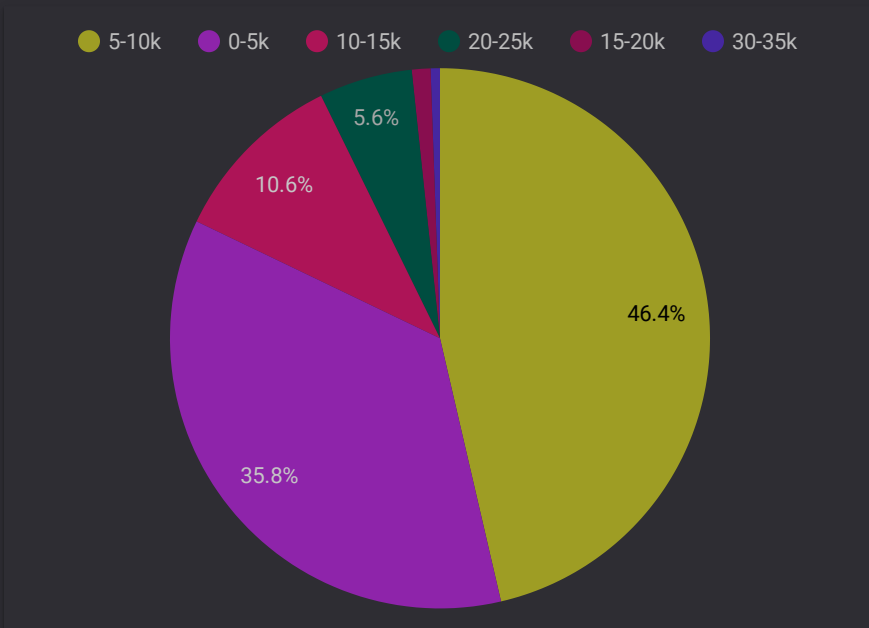
Total Activity Count

179

Last 7 Days Activities



Distance Contribution



Total Distance km

1,300.37

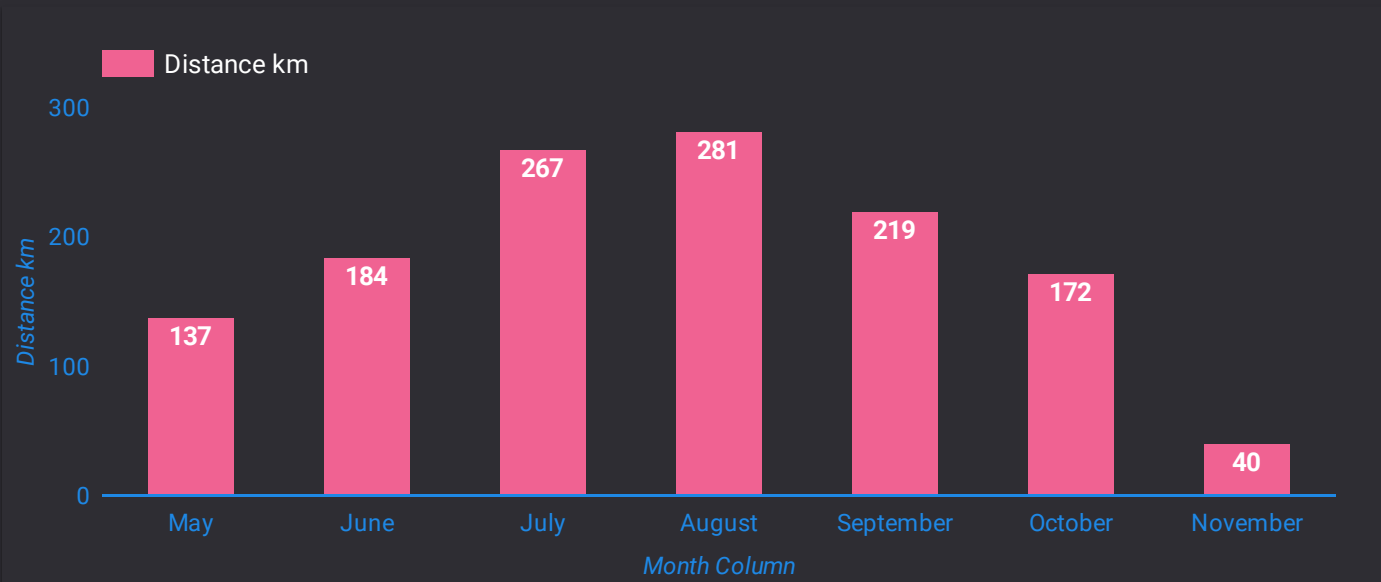
Total Time Spent (min)

8,428.04

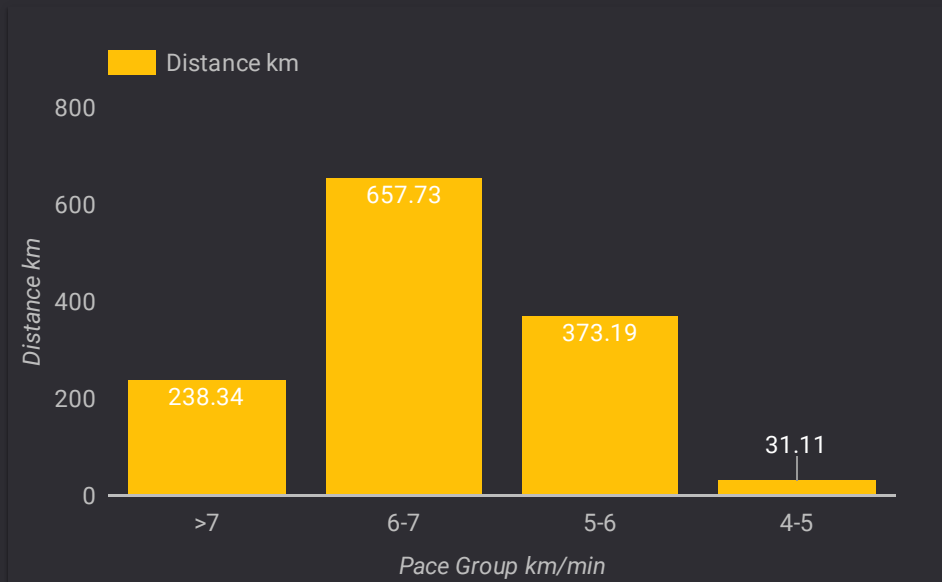
Total Calories Burned

94.6K

Month Wise Coverage



Distance By Pace

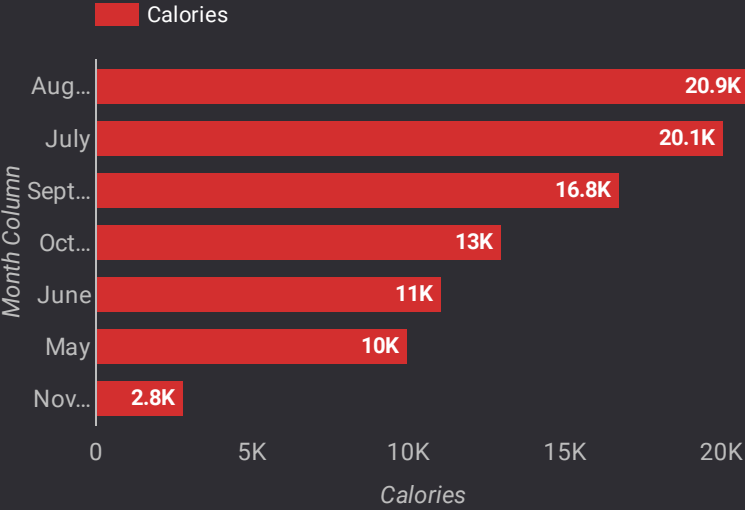


Calories Wise Analysis

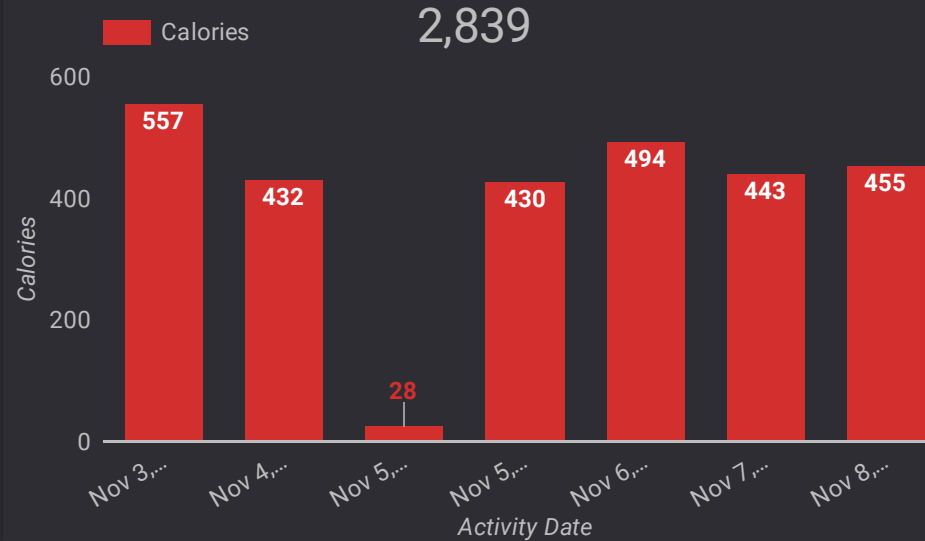
Year



Calories Burned By Monthly Basis



Last 7 Days Burned Calories



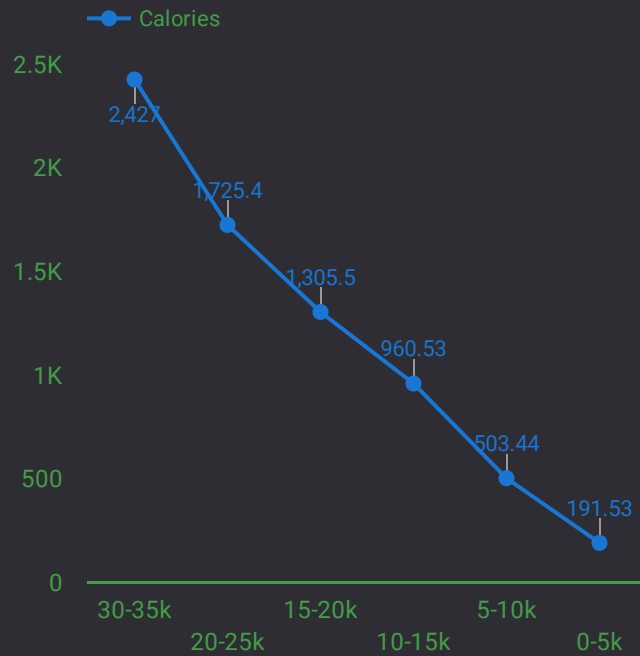
Total Burned Calories

94.6K

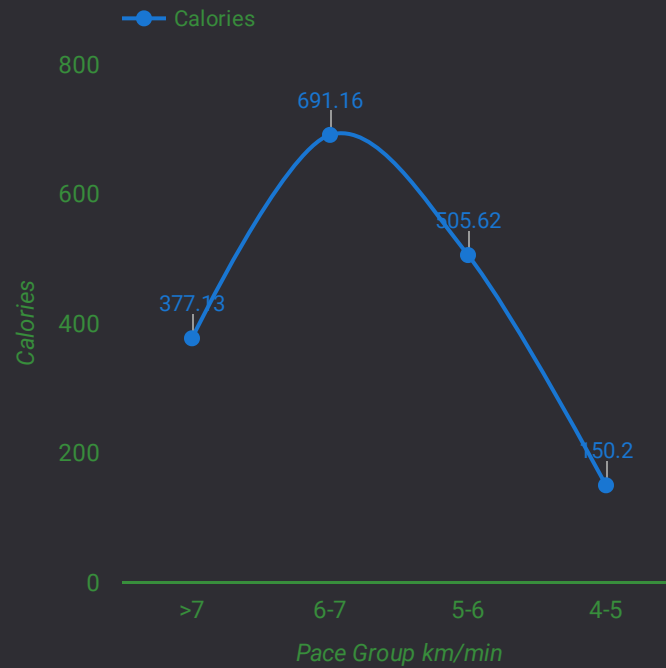
Today Burned Calories

455.0

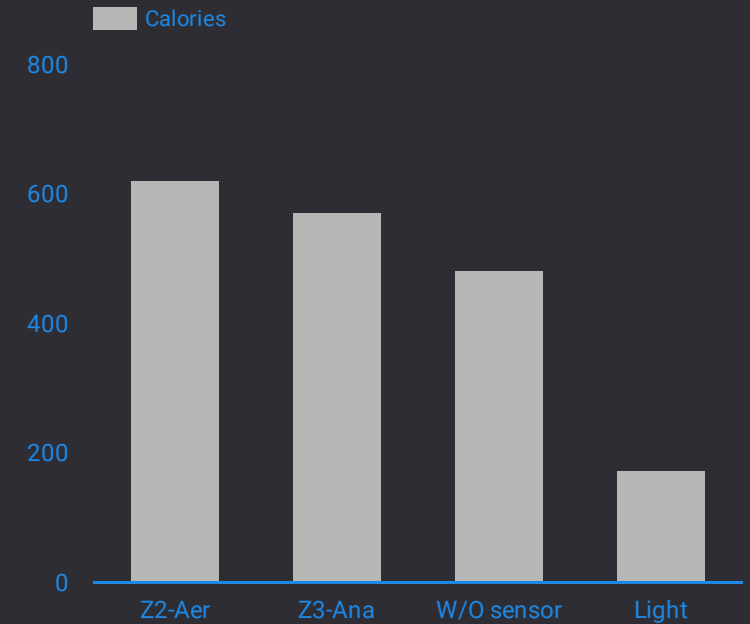
AVG Calories Burned by Distance Group



AVG Calories Burned in Pace Group



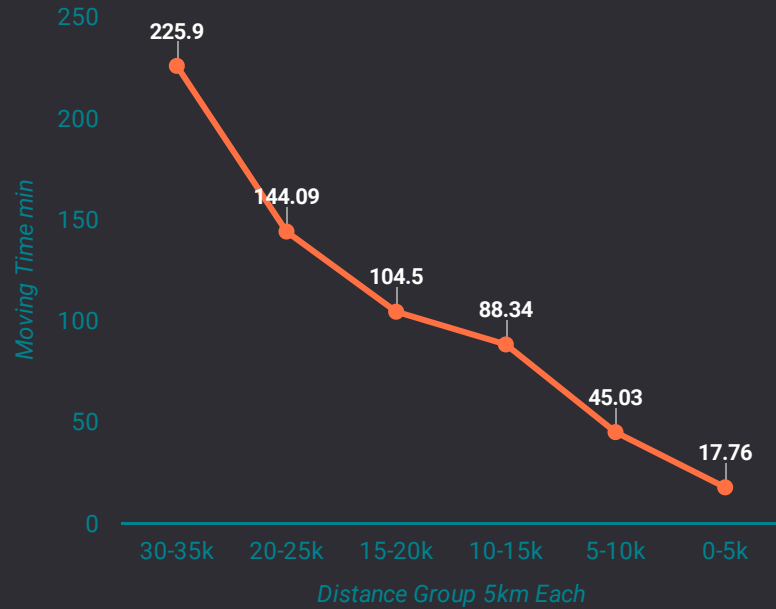
AVG Calories Burned in Heart Zone Training



Others Analysis

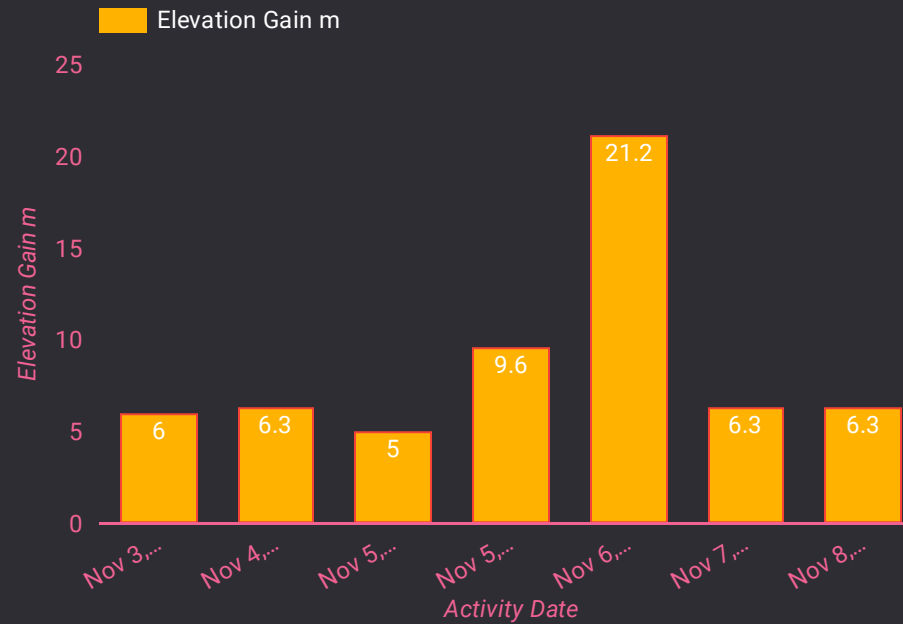
Year

Average Time by Distance



Last 7 Days of Elevation Gain

60.7



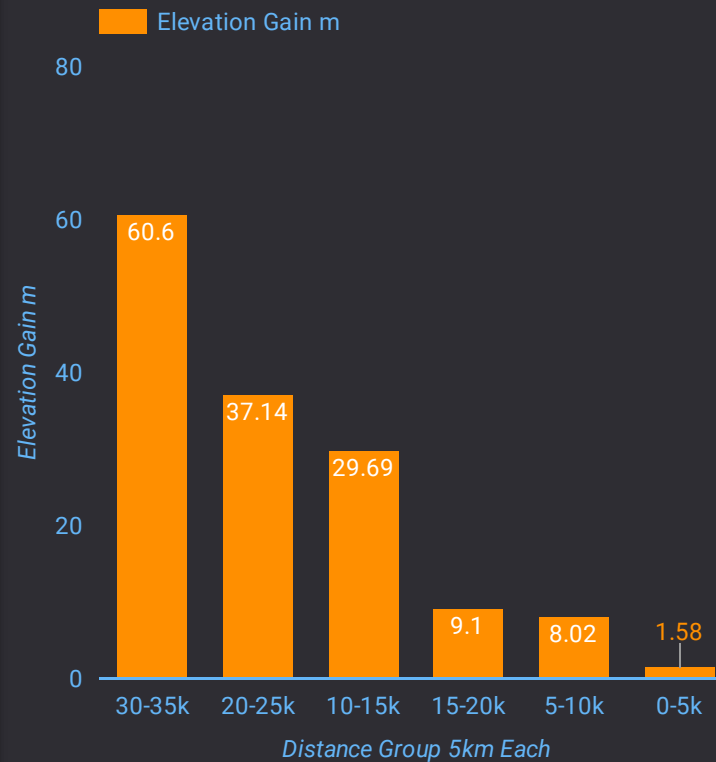
Total Time Spent (min)

8,428.04

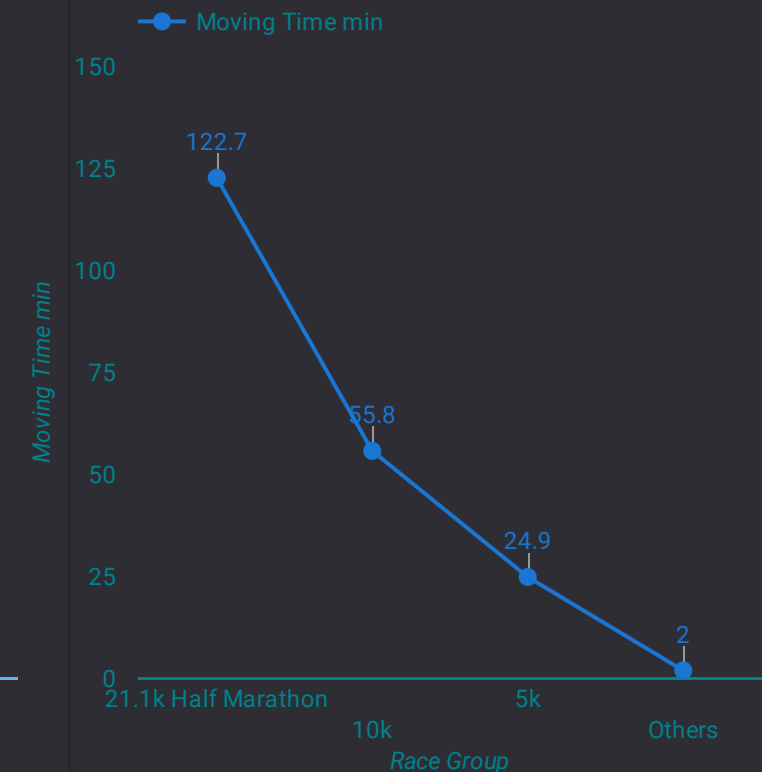
Total Elevation Gain (m)

1,780.9

AVG Elevation by Distance Group



Min Time Taken for Race



Moving Time min Pace Distance km

