



9:41 AM

100%

# runMiami



start run

settings

run log

about



9:41 AM

100%

Home

# New Run

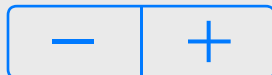
Set Lane

**3**



Set Distance

**3** miles



Run!

run log



9:41 AM

100%

Reset Run

# New Run



Lap



Finish

00.34.23

lap

07.38.00

pace



9:41 AM

100%

Reset Run

# New Run

Lap

Finish

00.38.23

lap

07.14.11

pace



9:41 AM



Great job, John!

**07.12.33**

0.9 miles

Save Run >

Take A Breather >

Run Again >

settings

run log

about



9:41 AM

Bluetooth 100%

Home

# Run Log

98

total runs

112

total miles

[New Run...](#)

Run Tuesday, Feb. 20



Run Monday, Feb. 19



Run Sunday, Feb. 18



Run Friday, Feb. 16



Run Thursday, Feb. 15



Run Wednesday, Feb. 14

Delete



9:41 AM

100%

Run Log

# Tuesday, Feb 20

# 7.12.33

0.9 miles

Distance

**0.9 miles**

Avg. Lap

**.42s/lap**

Time of Run

**7:32am**

Location

**Main Rec**