



◀ ▶

22



Course: -- ▼ Gear: Add

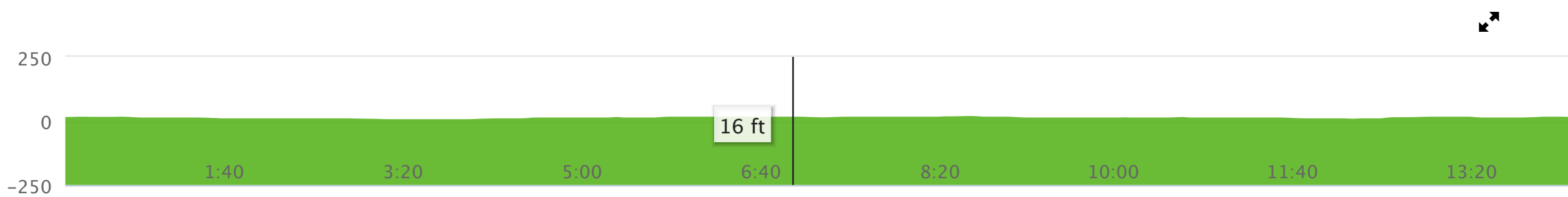
Like 0



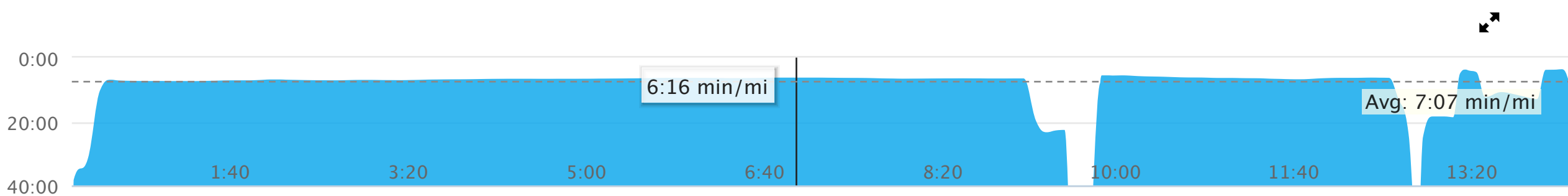
Over Time ▼

Customize ▼

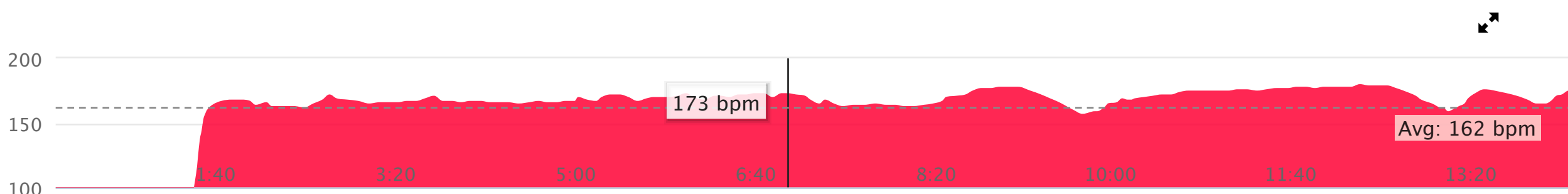

Elevation

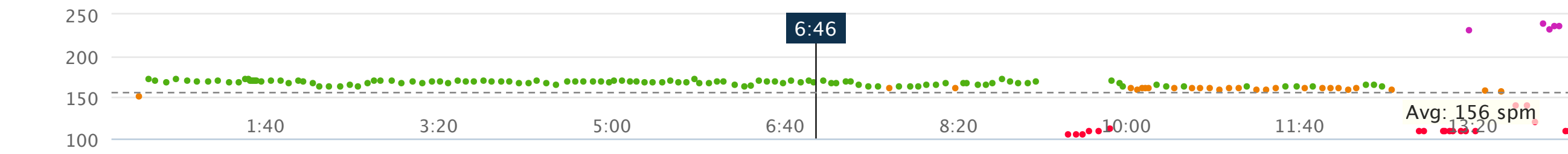


Pace



Heart Rate

Cadence 



Stats	Splits	Segments
-------	--------	----------

Distance

1.97 mi

Distance

Calories

169 C

Calories

Heart Rate

bpm	% of Max	Zones
-----	----------	-------

88 % of Max

Avg HR

97 % of Max

Max HR

Timing

Pace	Speed
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14:01

Time

13:43

Moving Time

14:01

Elapsed Time

7:07 min/mi

Avg Pace

6:58 min/mi

Avg Moving Pace

3:38 min/mi

Best Pace

Elevation

10 ft

Elev Gain

11 ft

Elev Loss

7 ft

Min Elev

19 ft

Max Elev

Running Dynamics

156 spm

Avg Cadence 

239 spm

Max Cadence

1.45 m

Avg Stride Length

1.97 mi

Distance

7:07 min/mi

Avg Pace

169 C

Calories

14:01

Time

10 ft

Elev Gain

All Stats

Notes



Add a comment.



Garmin Forerunner 220

Software: 2.90.0.0

Elev Corrections ⓘ: Enabled ▼

Summary Data: Original

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