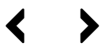




RUNNING ▾ BY SAMIR.PATEL71 (/MODERN/PROFILE/SAMIR.PATEL71) ON TODAY



@ 8:40 PM



Palm Harbor

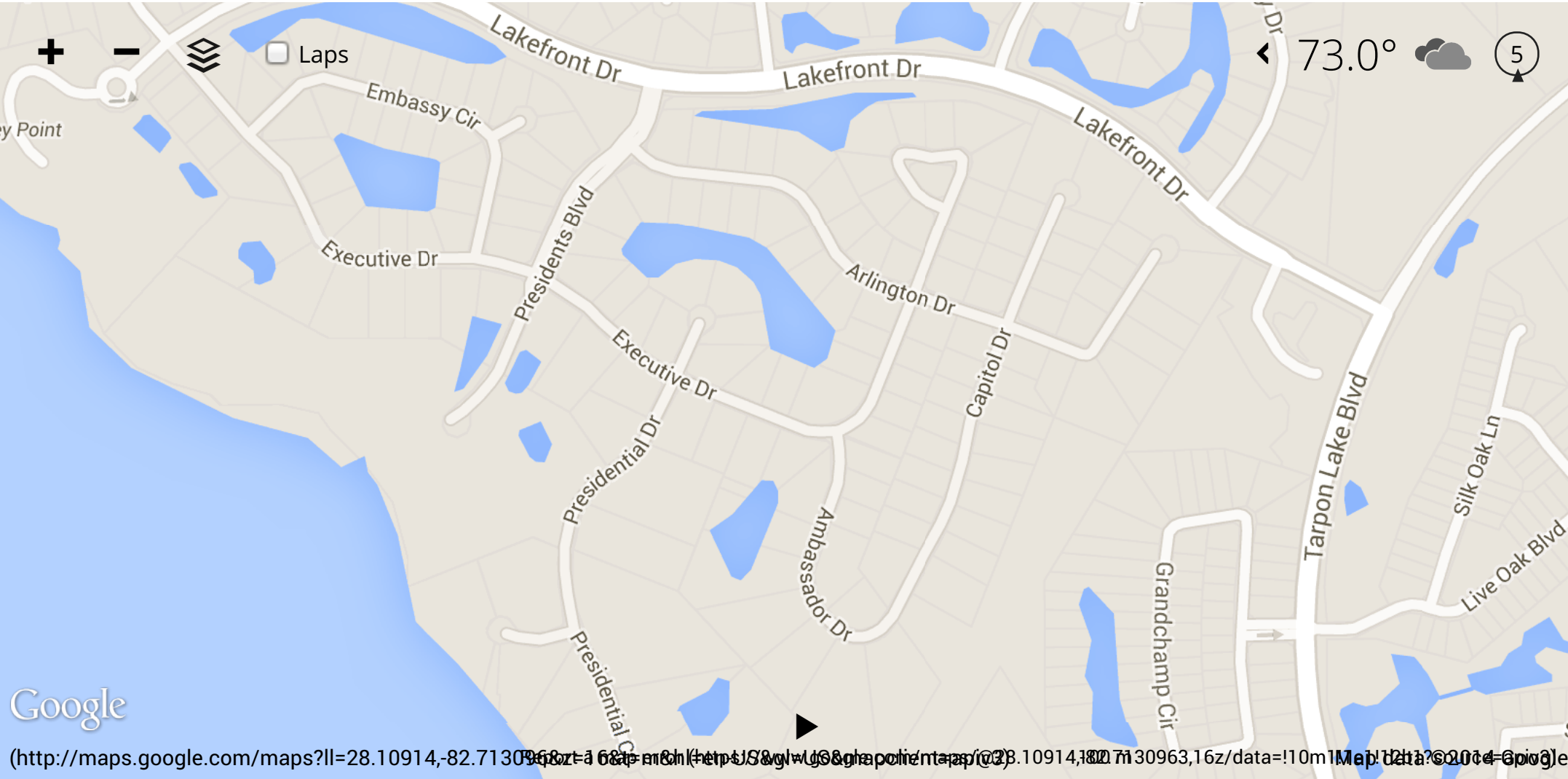
Event

Type:



Uncategorized ▾ Course: -- ▾ Gear: Add

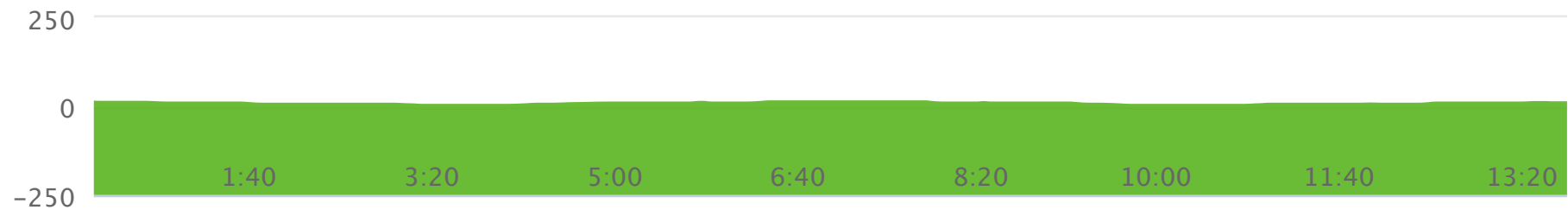
Like ♥ 0



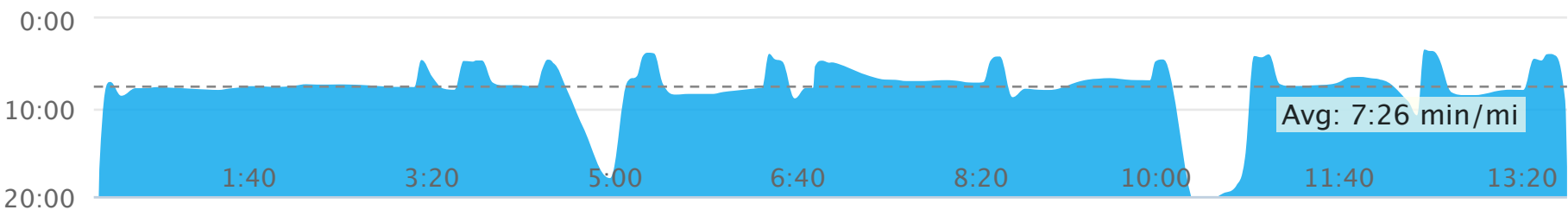
Over Time ▾

Customize ▾

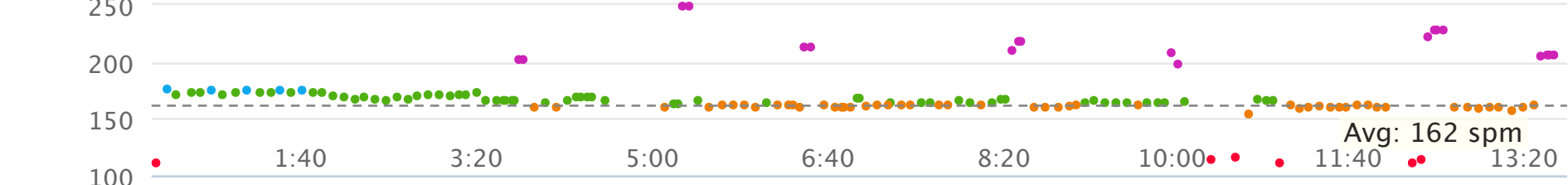
Elevation



Pace



Cadence ?



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

Distance

1.81 mi

Distance

Calories

203 C

Calories

Timing

Pace	Speed
------	-------

13:25

Time

13:25

Moving Time

13:25

Elapsed Time

7:26 min/mi

Avg Pace

7:26 min/mi

Avg Moving Pace

3:29 min/mi

Best Pace

Elevation

10 ft

Elev Gain

18 ft

Elev Loss

7 ft

Min Elev

16 ft

Max Elev

Running Dynamics

162 spm

Avg Cadence 

249 spm

Max Cadence

1.34 m

Avg Stride Length

1.81 mi

Distance

7:26 min/mi

Avg Pace

203 C

Calories

13:25

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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