

activity_id	activity_date	total_distance	total_duration	avg_hr	avg_pace	time_zone_1	time_zone_2	time_zone_3	time_zone_4	time_zone_5
14	2024-06-17	11.033	01:15:10	150	6:48	00:01:39	00:32:57	00:32:48	00:04:13	00:03:34
13	2024-06-18	13.339	01:30:06	149	6:45	00:00:34	00:37:53	00:51:25	00:00:17	00:00:00
12	2024-06-19	10.004	01:01:38	151	6:09	00:01:02	00:10:23	00:49:50	00:00:24	00:00:00
18	2024-06-24	11.006	01:16:38	151	6:57	00:01:23	00:25:36	00:42:02	00:05:17	00:02:22
17	2024-06-25	14.101	01:30:03	151	6:23	00:00:36	00:15:07	01:14:11	00:00:00	00:00:00
20	2024-06-26	12.552	01:16:05	147	6:03	00:02:20	00:30:00	00:43:47	00:00:00	00:00:00
22	2024-06-27	1.389	00:10:35	155	7:37	00:00:17	00:01:02	00:07:14	00:00:16	00:00:00
23	2024-06-27	3.062	00:11:34	168	3:46	00:00:00	00:01:08	00:02:43	00:05:38	00:00:03
19	2024-06-27	2.464	00:17:03	149	6:55	00:00:42	00:06:29	00:08:22	00:00:25	00:00:00
16	2024-06-28	5.286	00:33:34	134	6:21	00:03:40	00:29:52	00:00:00	00:00:00	00:00:00
15	2024-06-29	17.397	01:45:25	146	6:03	00:01:28	00:52:59	00:51:03	00:00:00	00:00:00
21	2024-06-30	13.091	01:17:01	145	5:52	00:02:06	00:40:54	00:34:02	00:00:00	00:00:00
			total_distance	total_duration_formatted		avg_hr				
			114.724	12:04:52		149.66666666666666				