

Latest Effort, what am I
behind on?

5

Mean Activities / week

18 August 2019
Last Run

18 August 2019
Last Lift

17 July 2019
Last Ride

12 August 2019
Last Distance Run

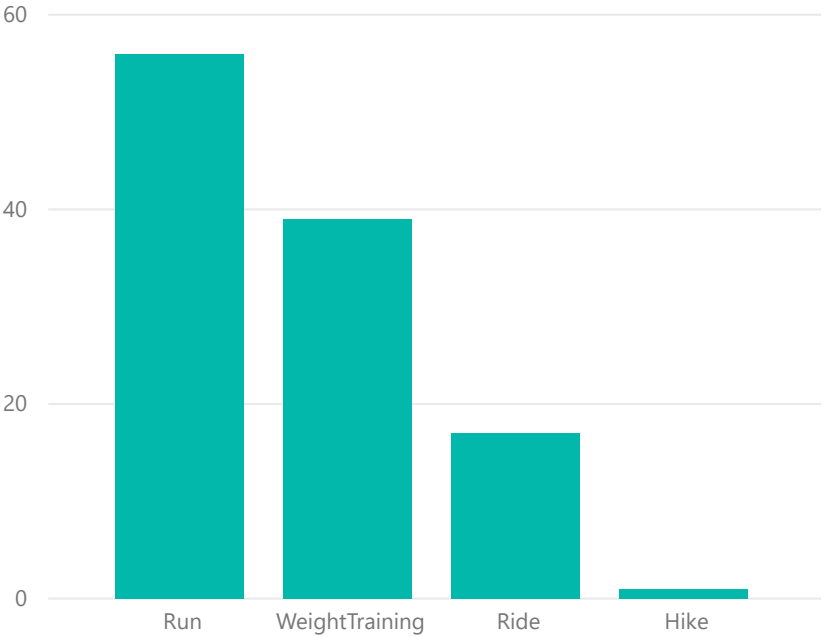
0
Lifting this week

0
Activities this week



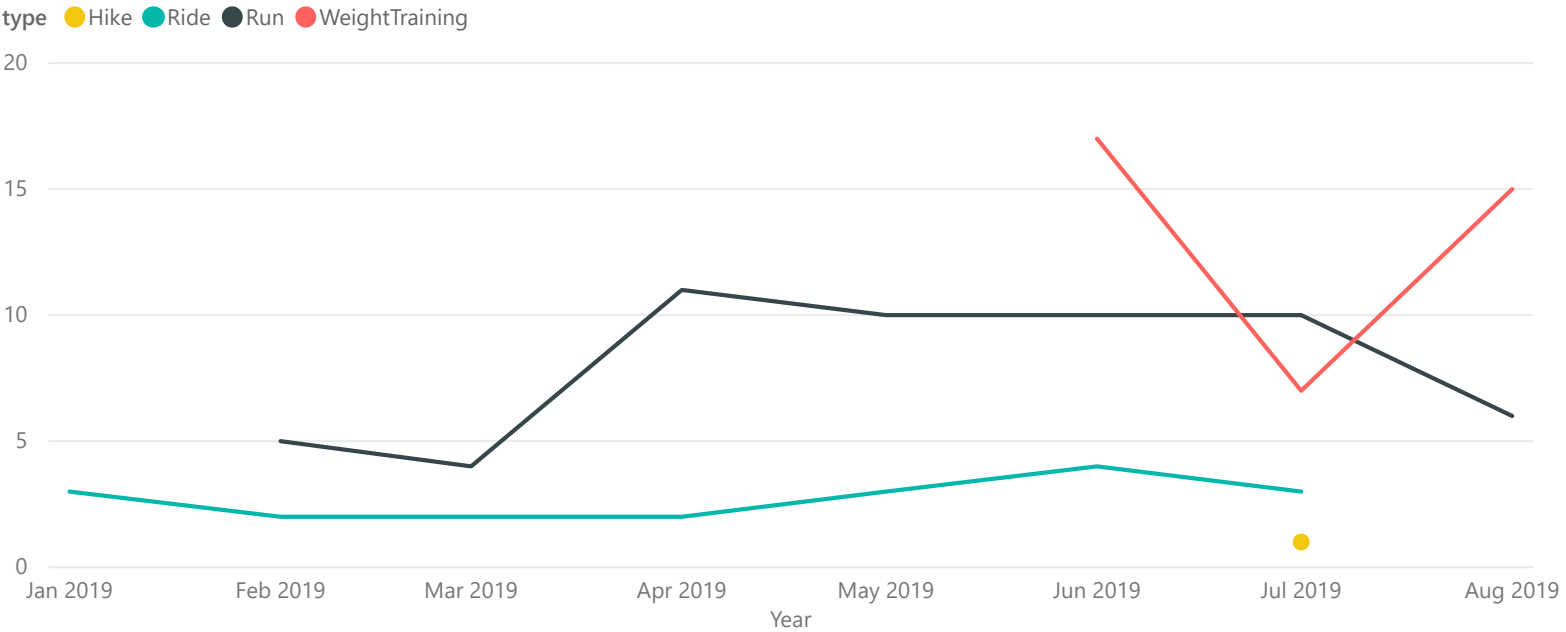
Key Overall Stats

Activity Count by type

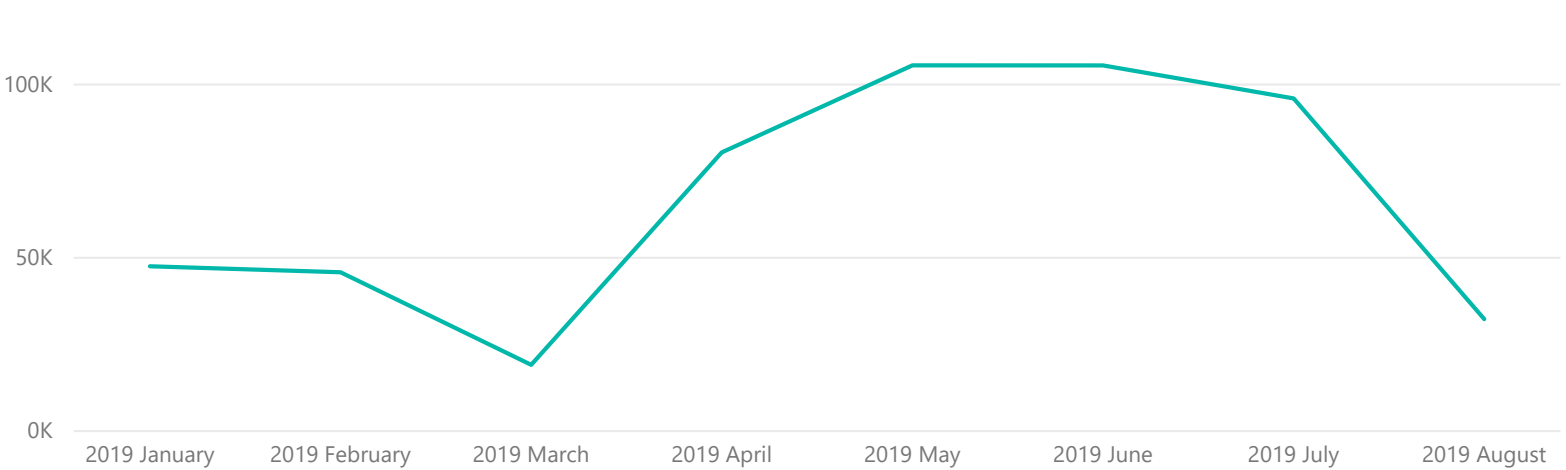


Average Time Per Activity	type
00:23:54	Hike
00:50:47	Ride
00:26:47	Run
00:26:06	WeightTraining
	Yoga
00:30:08	

Activity Count by Year, Month and type



Total Distance by Year and Month



Running effort post March '19

56

Activity Count

00:26:47

Mean Time

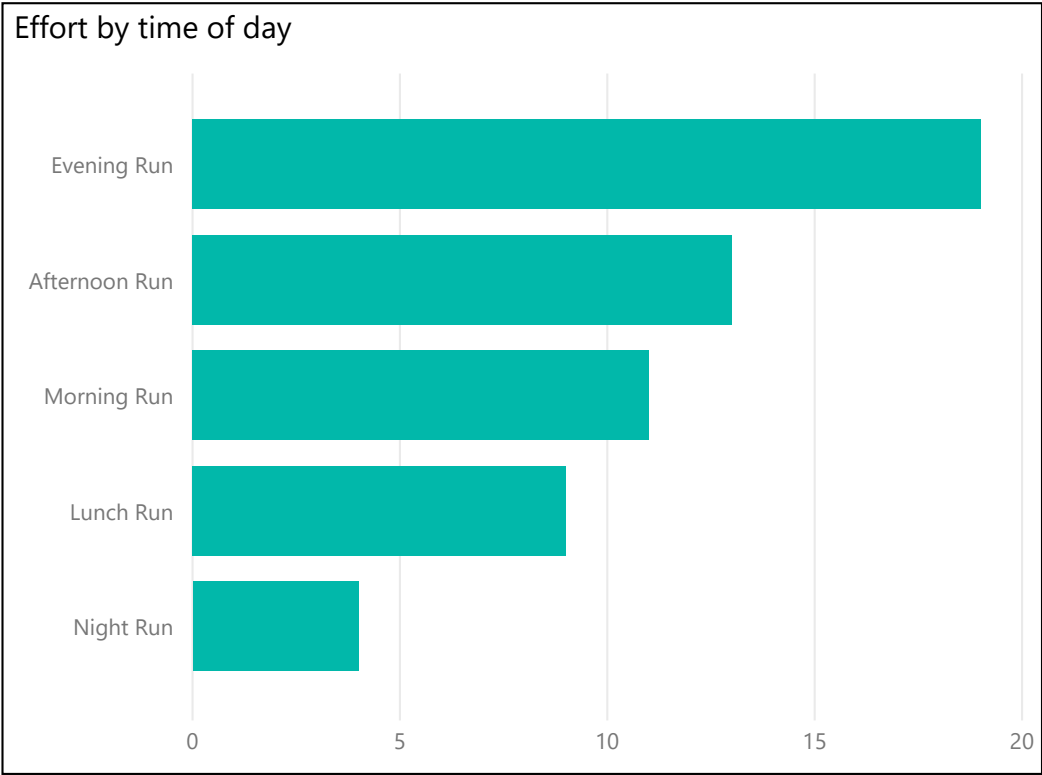
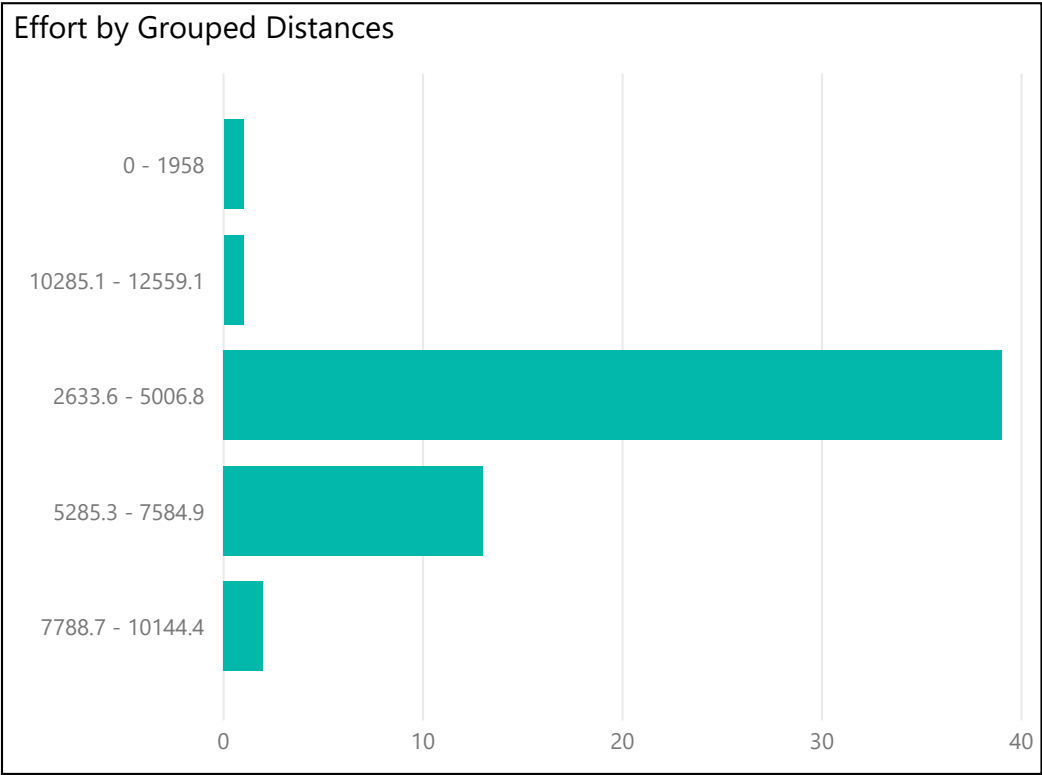
4.64K

Average Distance

2

Mean Activities / week

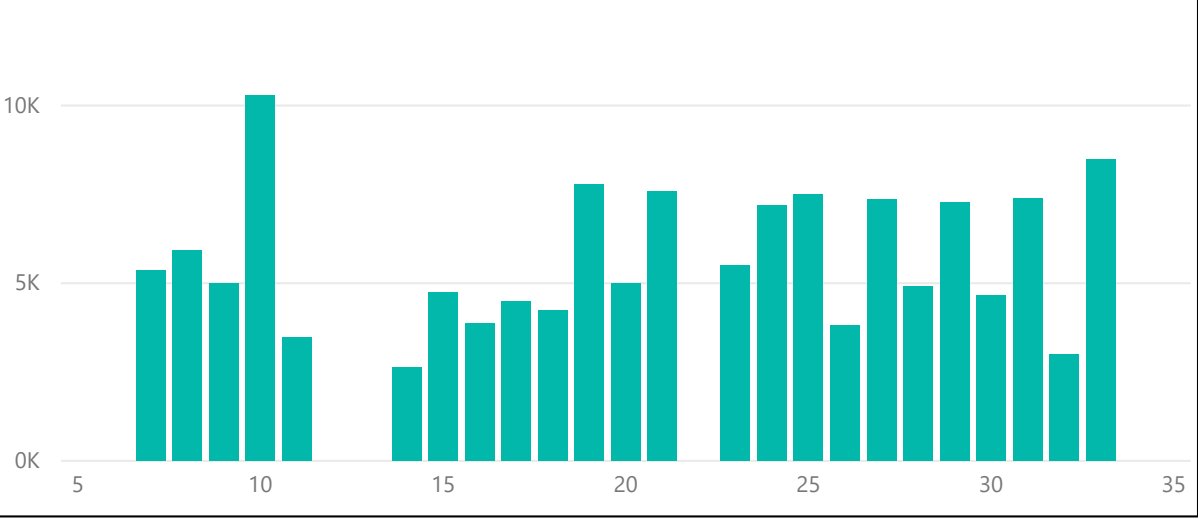
Starting hour	Mean Time	Average Distance
06:00:00		
08:00:00	00:12:43	1,824.30
09:00:00	00:28:04	4,489.00
10:00:00	00:31:44	5,263.85
11:00:00	00:29:53	5,202.93
12:00:00	00:24:43	4,475.46
13:00:00	00:26:08	4,819.10
15:00:00	00:20:24	3,828.40
16:00:00	00:25:39	4,633.55
Total	00:26:47	4,641.01



Running Effort Over Time

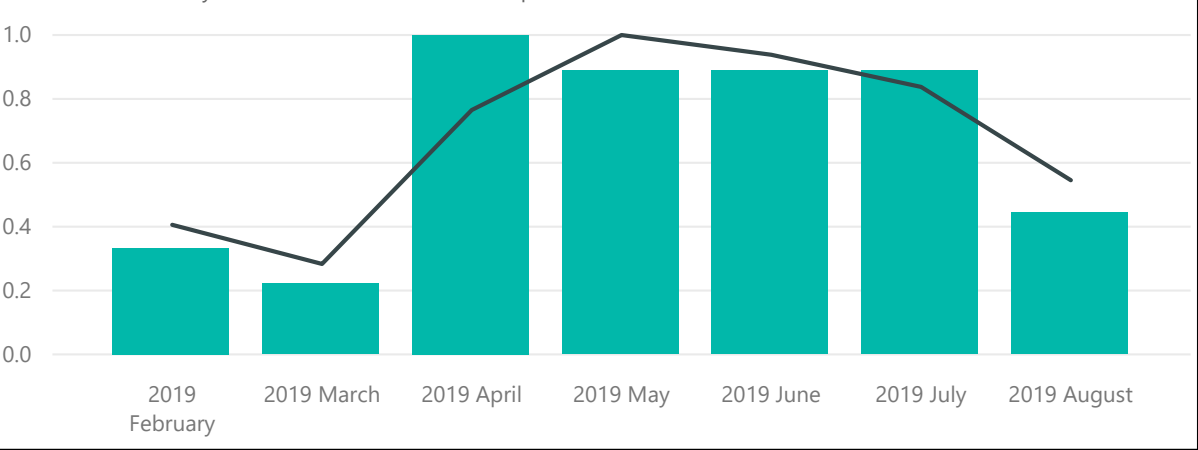
Max distance by Week Number, This week highlighted

this week Not this week



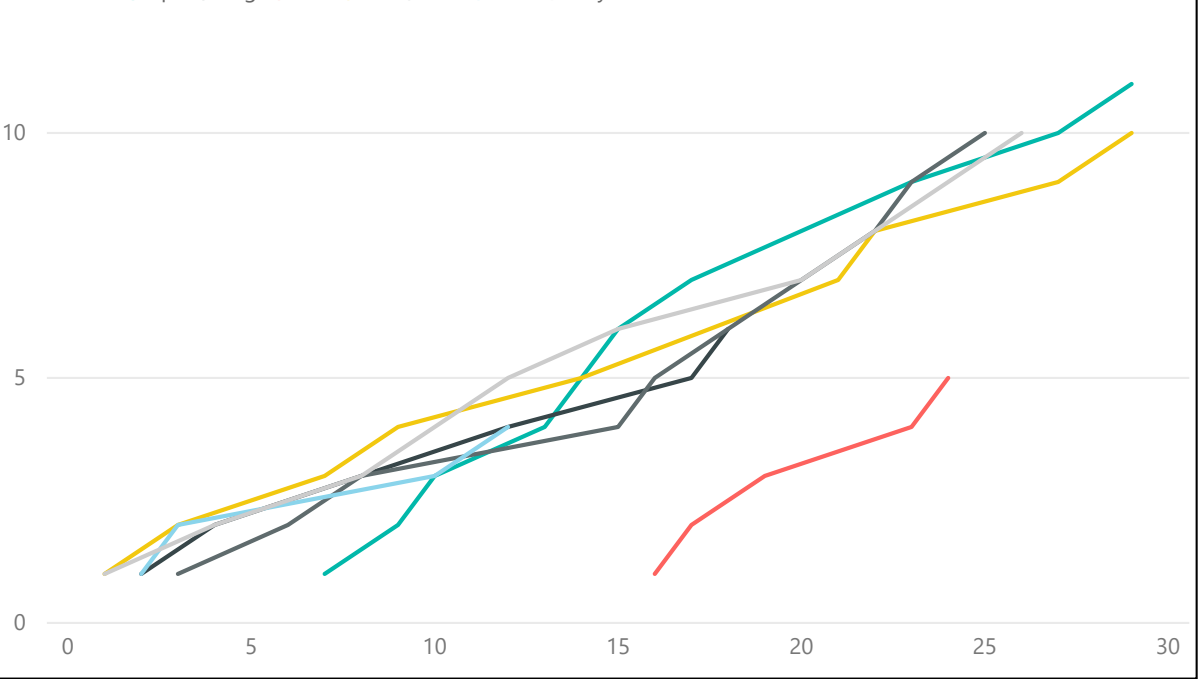
normalized activity count and normalized minutes spent by Year and Month

normalized activity count normalized minutes spent



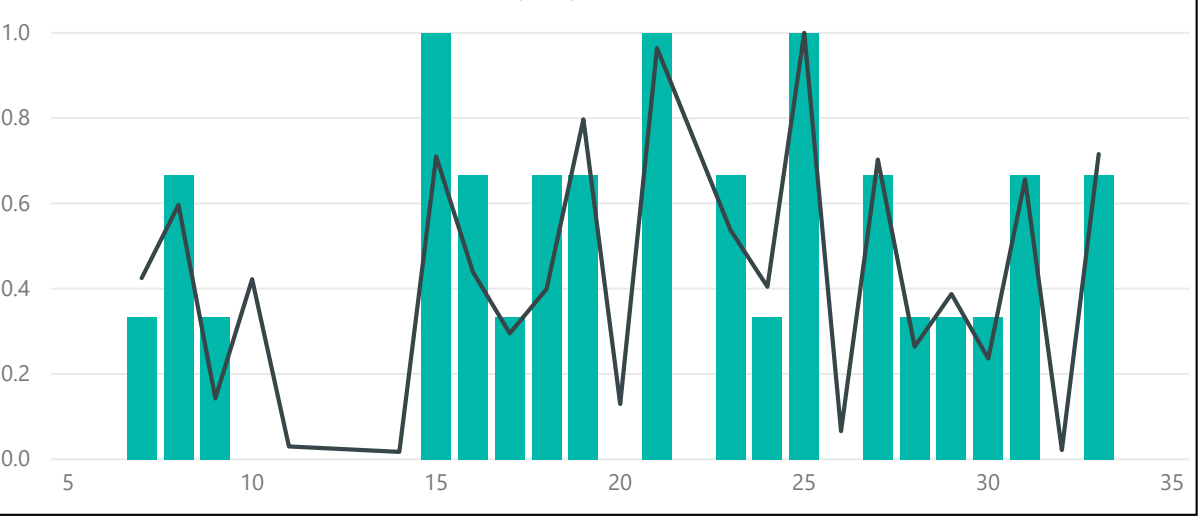
Running total of activities

Month No Apr Aug Feb Jul Jun Mar May

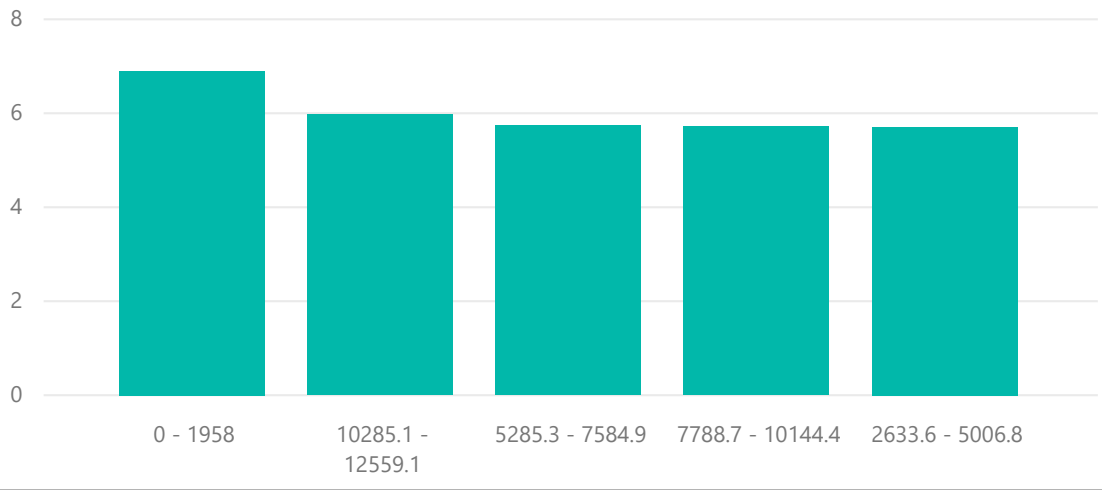


normalized activity count per week and normalized minutes spent per week by Week Number and this w...

this week Not this week normalized minutes spent per week



Median Pace Fraction and Median Pace in Time by distance range



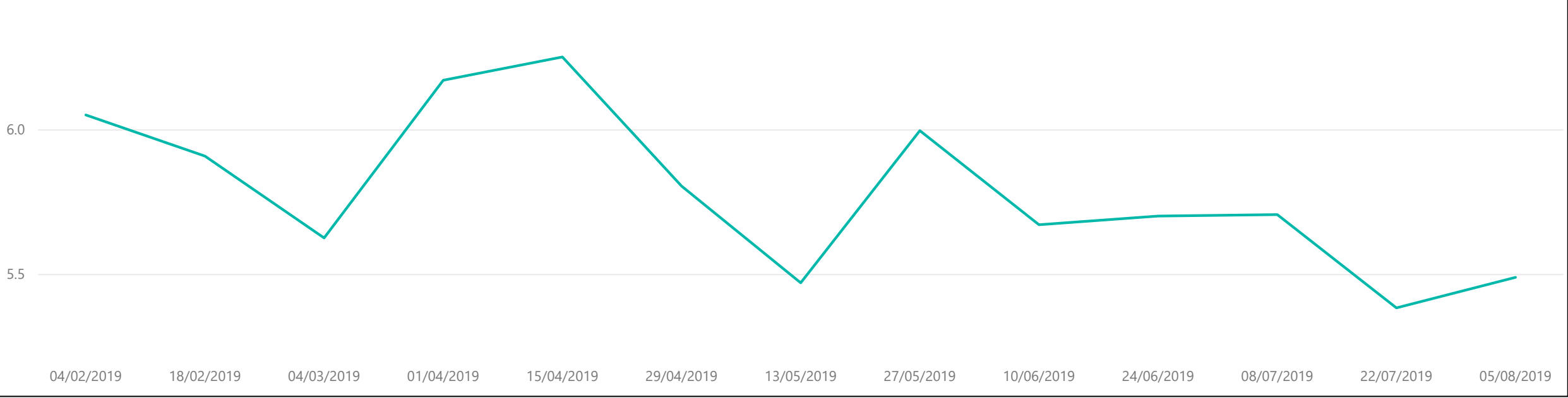
distance range ▼

All ▼

start_date_local ▼

16/02/2019 18/08/2019

Median Pace Fraction and Median Pace in Time by Fortnight Start



Weight Training effort post March '19

39

Activity Count

00:26:06

Mean Time

4

Mean Activities / week

Starting hour	Mean Time
07:00:00	00:35:00
09:00:00	00:10:00
12:00:00	00:35:00
13:00:00	00:29:00
14:00:00	00:25:00
15:00:00	00:24:00
16:00:00	00:25:00
17:00:00	00:28:37
18:00:00	00:23:45
Total	00:26:06

