

Summit Ultra Endurance Coaching

Run Outline

Steve Moors

2018 05 10

Averages

Average Speed/Pace: 4.49
Average Heart Rate: 155.40
Average Cadence: 90.97

Zones

Zone	% of Average Speed
Zone 1	0% - 70%
Zone 2	70% - 80%
Zone 3	80% - 90%
Zone 4	90% - 100%
Zone 5a	100% - 110%
Zone 5b	110% - 120%

