



Performance - All activities

112,51

Total distance all activities (km)

15:20

Total time all activities (hh:mm)

22

Total number of all activities

1

Days since last activity

Days with activities



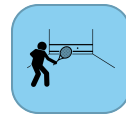
Today

September 2025

Month

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Activity



Time spent

02:22

10:05

02:53

00:00

00:00

00:00

Count

4

7

11

0

0

0

Days since last

1

4

6

260

293

267



Performance - Running

62,33

Total distance (km)

06:45

Total time (hh:mm)

12

Total number of runs

1

Days since last run

Best efforts

5 km

05:24

Pace (min:s/km)

11-09-2025

Date

10 km

05:19

Pace (min:s/km)

05-10-2024

Date

15 km

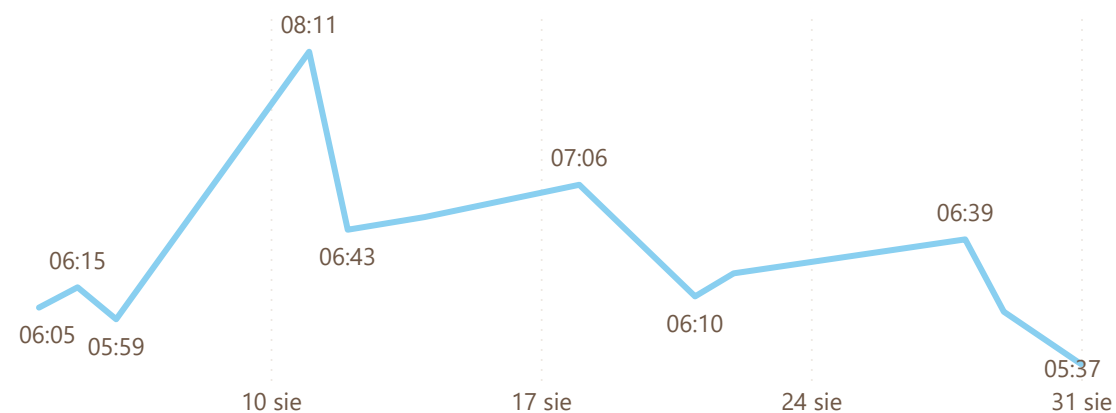
07:02

Pace (min:s/km)

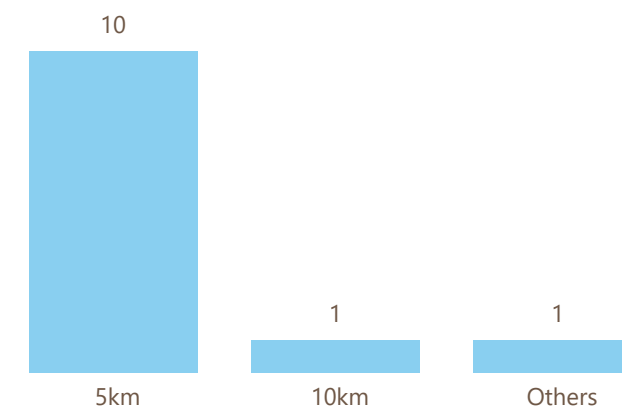
26-08-2024

Date

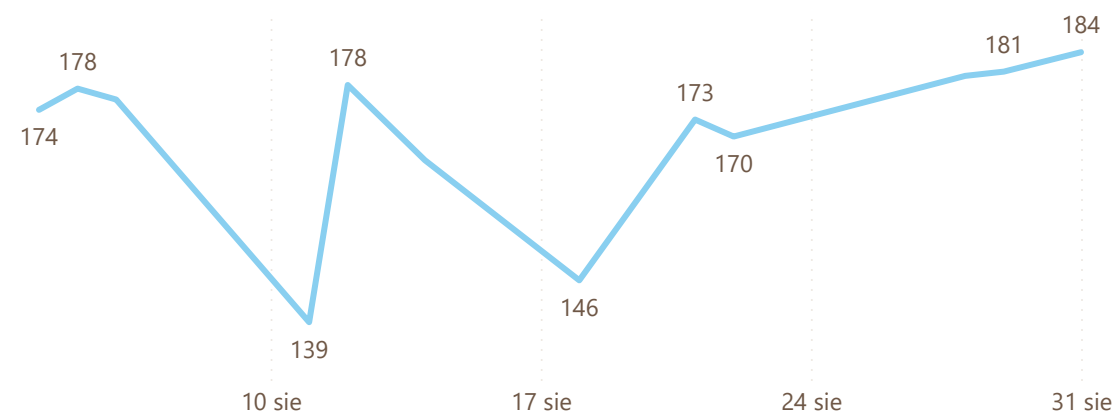
Average Pace (min/km)



Distance groups count



Average HR (bpm)



HR zones count

