

Concept2 Workout Report

Generated: 2025-08-29 12:05

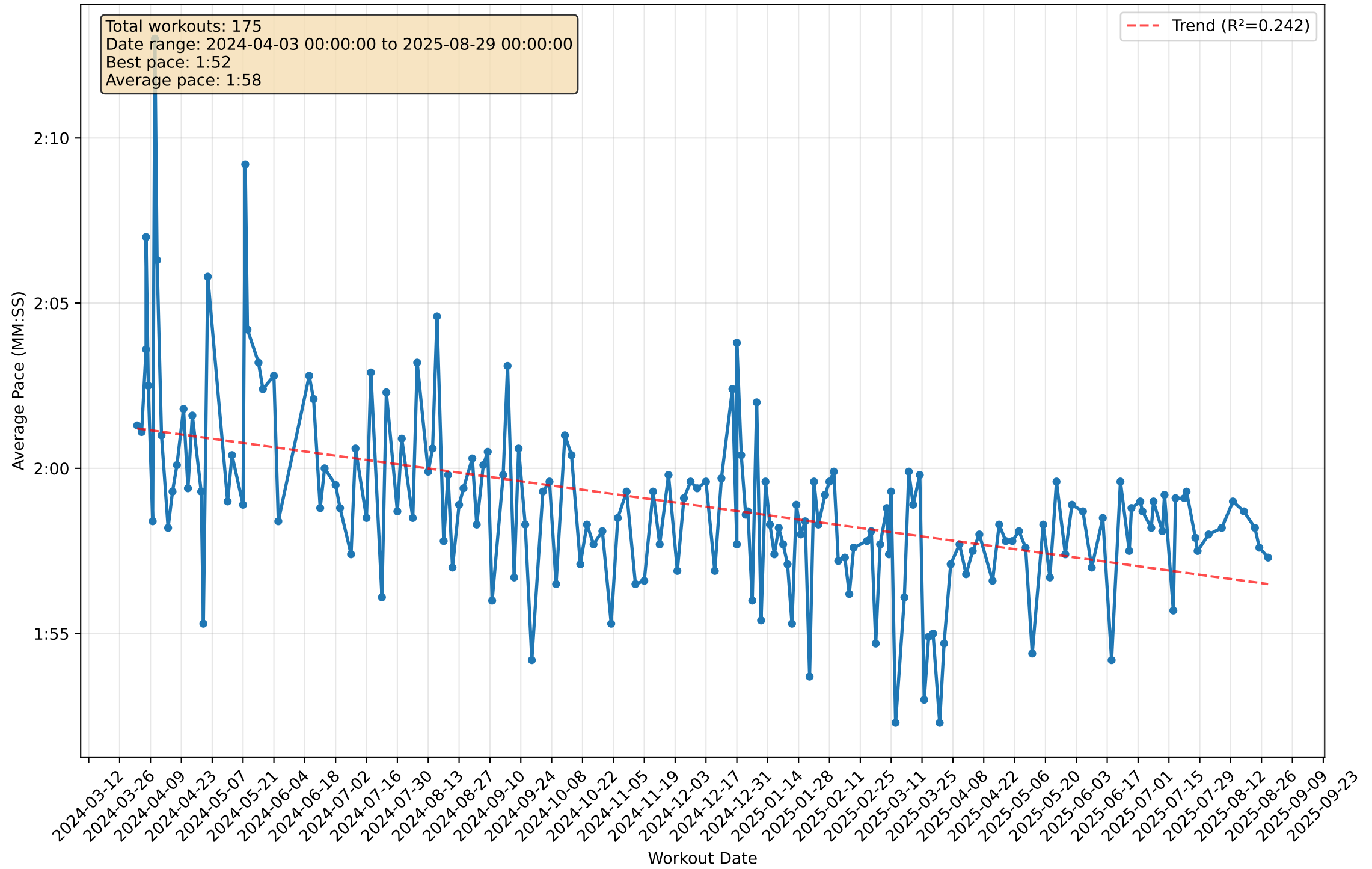
This report contains your rowing performance analysis including:

- Pace progression over time
- Monthly training volume by machine type

Rowing Pace Over Time

Total workouts: 175
 Date range: 2024-04-03 00:00:00 to 2025-08-29 00:00:00
 Best pace: 1:52
 Average pace: 1:58

--- Trend ($R^2=0.242$)



Total Meters by Year and Month — stacked by Machine Type

