



MAGNOLIA
RUNNING



Justin Case

Boulder, CO



Date

February 23, 2019

Distance

Miles

Time

HH

MM

SS

Comments

(Optional)

POST IT!



Summary



Calendar



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POSTED!



Looking good out there!

Date

Feburary 23, 2019

Distance

6.5 mi

Time

00:35:12

Pace

6:54 /mi

Comments

Brrrr! It was cold out! Started off really strong, then felt like I had to poop around mile 3, but luckily I held it in. Here's how...

Share



Summary

Calendar



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Month

◀ **February 2019** ▶

List

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 +	28 +	29 +	30 +	31 +	1 +	2 +
3 +	4 3.1	5 +	6 3.1	7 +	8 3.1	9 +
10 +	11 +	12 3.1	13 3.1	14 +	15 +	16 6.5
17 +	18 4.25	19 +	20 3.1	21 +	22 4.2	23 6.5
24	25	26	27	28	1	2



Summary



Calendar