

2025

API TEST BOOK

CASUAL ATHLETE

CONTENTS

OVERVIEW

2025 Summary	3
Year at a Glance	4

RACES

Toronto marathon (training)	7
-----------------------------	---

TRAINING LOG

January	5
May	6
June	9
August	10
Training Journal	11

BACK MATTER

Back Cover	12
------------	----

2025

Year in Review

114

km

TOTAL DISTANCE

15

hours

TOTAL TIME

717

m

TOTAL ELEVATION GAIN

9

Activities

8

Active Days

12.6 km

Avg Distance

1.6 hrs

Avg Duration

7:46

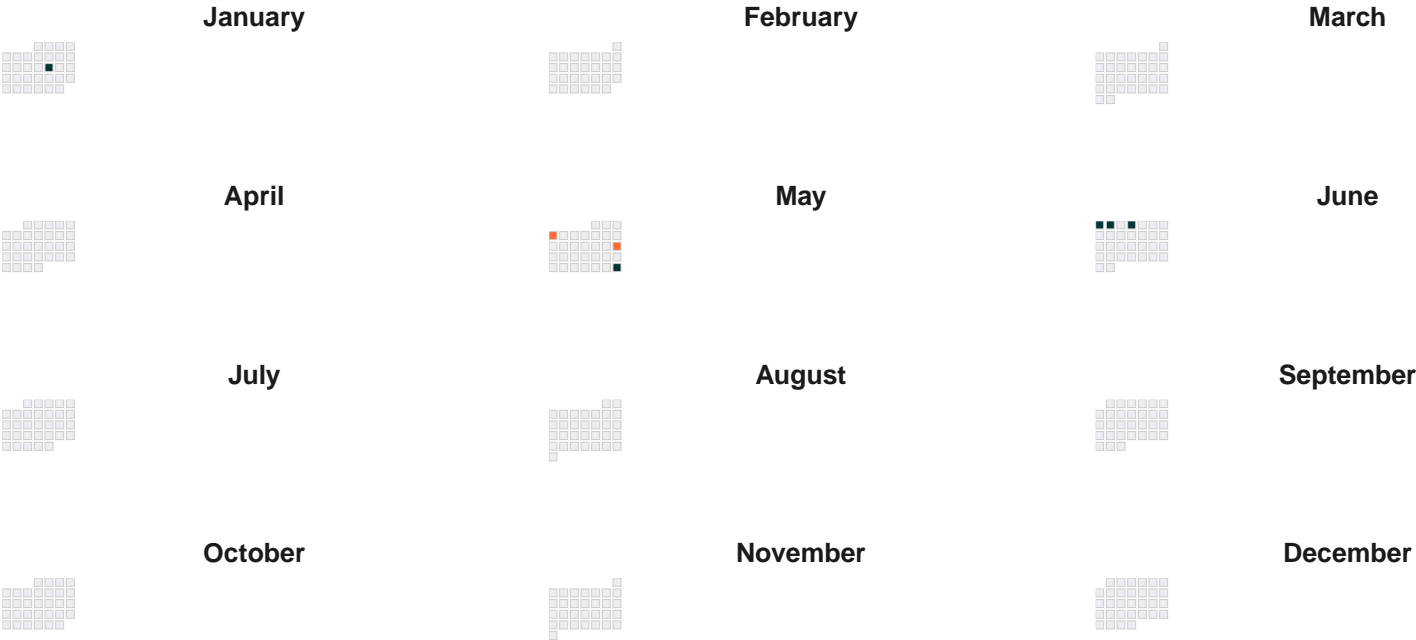
Avg Pace (min/km)

1

Races

2025 Activity Heatmap

9 activities • Color by distance



Less      More

114 km15 hrs 717 m 9
Total Distance Total Time Total ElevationActivities

JANUARY

2025

1

ACTIVITY

0.11 km

DISTANCE

2:52

TIME

MAY

2025

3

ACTIVITIES

83.23 km

DISTANCE

9:53:47

TIME

TORONTO MARATHON (TRAINING)

SUNDAY, MAY 4, 2025

TORONTO

TORONTO MARATHON (TRAINING)

42.72

KILOMETERS

04:24:03

TIME

6:11

AVG PACE

LAT 40.7128° N

SCALE 1:50000

VECTOR BLUEPRINT • SATELLITE DATA UNAVAILABLE

JUNE

2025

4

ACTIVITIES

24.71 km

DISTANCE

4:24:24

TIME

AUGUST

2025

1

ACTIVITY








5.55 km

DISTANCE

20:24

TIME

Activity Log

DATE	ACTIVITY	DISTANCE	TIME	PACE	ROUTE
05/17	"Comrades pace" dry run	34.6 km	4:01:00	6:58/km	
06/04	Gentle 5k by the Tiber	5.2 km	33:04	6:24/km	
06/02	Wandering through Rome	9.4 km	2:21:51	15:07/km	
05/31	Anniversary hike	6.0 km	1:28:44	14:55/km	
01/16	Morning Swim	0.1 km	2:52	26:06/km	
08/04	Sprint tri — bike pt 2	5.6 km	20:24	3:40/km	
06/01	Stability and hot bath >A	0.0 km	30:58	--	
06/01	5km steady (half-marathon pace)	10.2 km	58:31	5:45/km	

2025

114 km TRAVELED

14 hrs IN MOTION

717 m CLIMBED

9 ACTIVITIES

8 ACTIVE DAYS