

2025

API TEST BOOK

CASUAL ATHLETE

# CONTENTS

## OVERVIEW

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2025 Summary	3
Year at a Glance	4

## RACES

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Toronto marathon (training)	7
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## TRAINING LOG

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January	5
May	6
June	9
August	10
Training Journal	11

## BACK MATTER

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Back Cover	12
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# 2025

Year in Review

## 114

km

TOTAL DISTANCE

## 15

hours

TOTAL TIME

## 717

m

## TOTAL ELEVATION GAIN

---

**9**

Activities

**1.6 hrs**

Avg Duration

**8**

Active Days

**7:46**

Avg Pace (min/km)

**12.6 km**

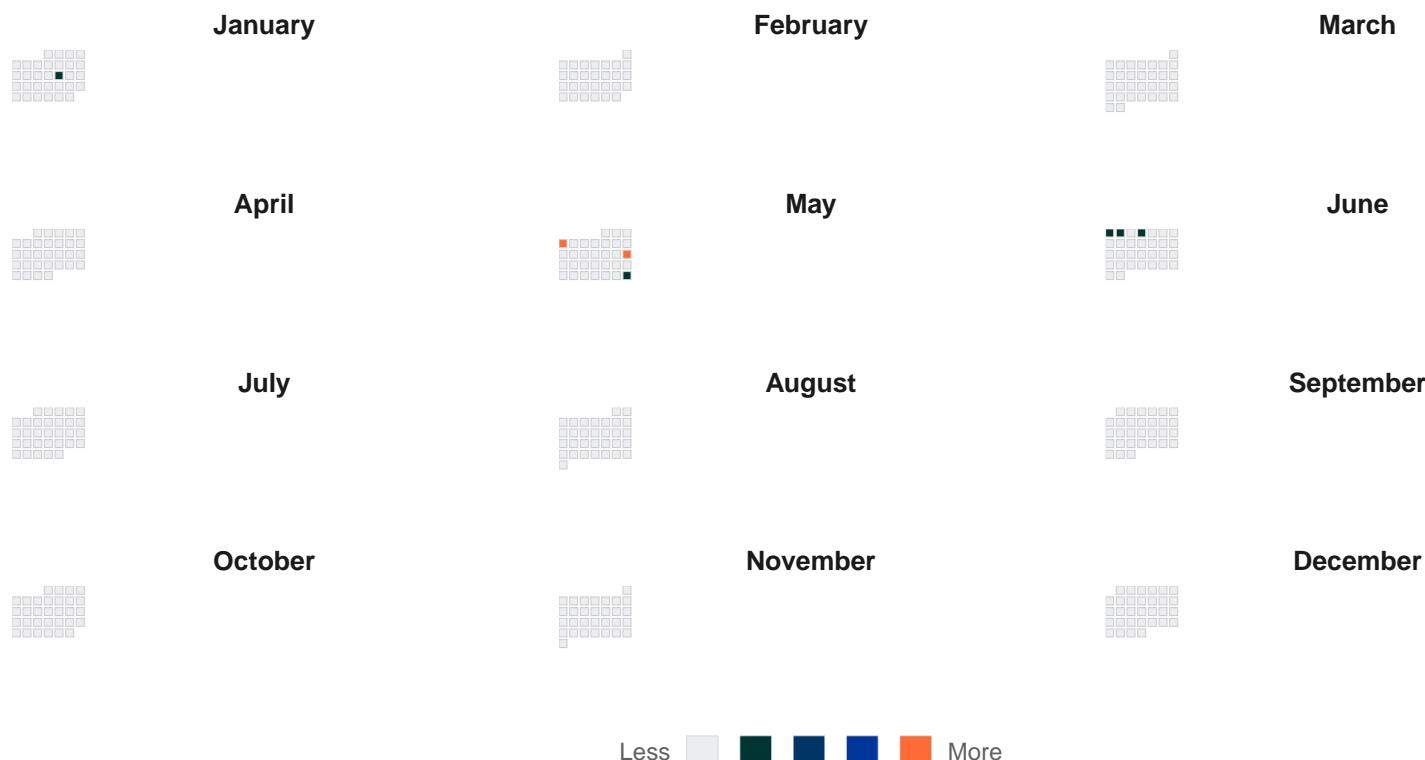
Avg Distance

**1**

Races

# 2025 Activity Heatmap

9 activities • Color by distance



114 km 15 hrs 717 m 9

Total Distance Total Time Total Elevation Activities

# JANUARY

2025

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1	0.11 km	2:52
ACTIVITY	DISTANCE	TIME

# MAY

2025

---

3

ACTIVITIES

83.23 km

DISTANCE

9:53:47

TIME

**TORONTO MARATHON (TRAINING)**

SUNDAY, MAY 4, 2025  
TORONTO

# **TORONTO MARATHON (TRAINING)**

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**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

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4

ACTIVITIES

24.71 km

DISTANCE

4:24:24

TIME

# AUGUST

2025

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1	5.55 km	20:24
ACTIVITY	DISTANCE	TIME

# Activity Log

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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	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

Created with

**Strava Book**