

2025

YEAR IN REVIEW

43

km

DISTANCE

4

hours

TIME

157

m

ELEVATION

1

ACTIVITIES

1

ACTIVE DAYS

43

AVG DISTANCE (KM)

4.4

AVG TIME (HRS)

1

RACES

17

TOTAL KUDOS

BEST EFFORTS

400m	1:15
1/2 mile	2:36
1k	3:30
1 mile	5:42