

# 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

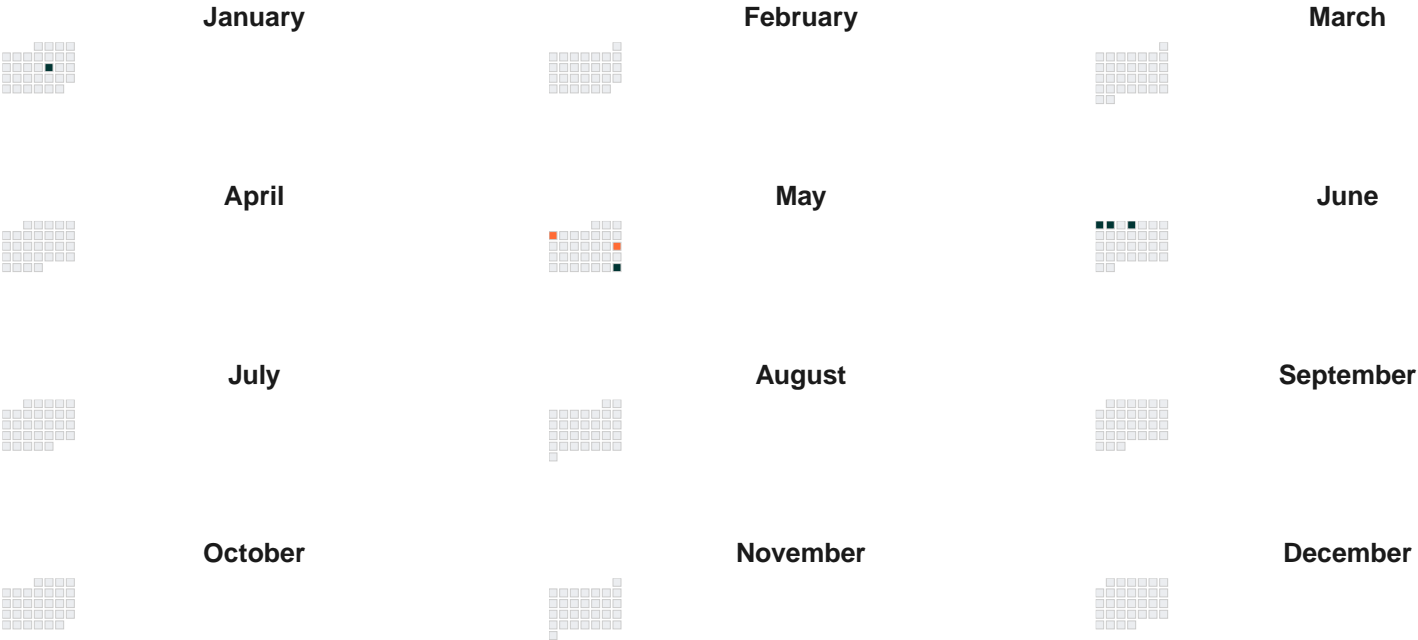
Avg Pace (min/km)

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**

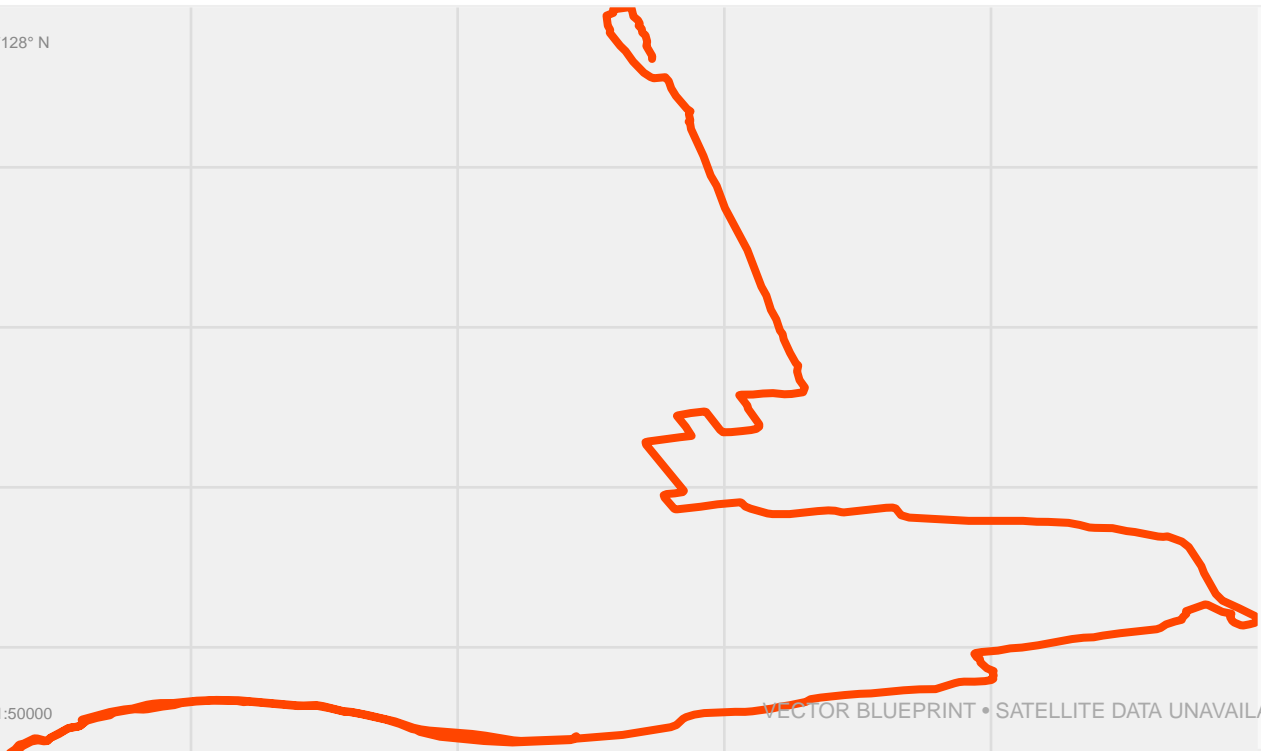
AVG PACE



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