## Header msg

Race Goal: 2hours 5minutes 0seconds

Sprint Goal:0hours 2minutes 5seconds

Total Run distance:36.716938614845276m time:0hours 0minutes 15seconds

Total Jog distance:26.044604063034058m time:0hours 1minutes 37seconds

# {"Performance":[

{"split": 0, {"type": "jog", "distance":20.631344318389893, "elapsed":"0hours 0minutes 8seconds"},

{"split": 0, {"type": "sprint", "distance":30.197261810302734, "elapsed":"0hours 0minutes 5seconds"},

{"split": 1, {"type": "jog", "distance":5.413259744644165, "elapsed":"0hours 1minutes 28seconds"},

{"split": 1, {"type": "sprint", "distance":6.5196768045425415, "elapsed":"0hours 0minutes 9seconds"}]

#### {"Splits":[

{"dis":20.631344318389893,"endLat":44.9112042,"endLong":-93.3179533,"endTime":15 84745186015,"run\_type":"jog","splitIndex":0,"startLat":44.9113008,"startLong":-93.3180 796,"startTime":1584745177179},

{"dis":30.197261810302734,"endLat":44.9113352,"endLong":-93.3181378,"endTime":15 84745171185,"run\_type":"sprint","splitIndex":0,"startLat":44.9112409,"startLong":-93.31 7998,"startTime":1584745165917},

{"dis":5.413259744644165,"endLat":44.9112118,"endLong":-93.3179725,"endTime":158 4745296173,"run\_type":"jog","splitIndex":1,"startLat":44.9112271,"startLong":-93.31799 93,"startTime":1584745207179},

{"dis":6.5196768045425415,"endLat":44.9112248,"endLong":-93.3179962,"endTime":15 84745201180,"run\_type":"sprint","splitIndex":1,"startLat":44.9112395,"startLong":-93.31 79862,"startTime":1584745191194}]

#### {"Steps":[

 $\label{lem:condition} $$ {\rm "dis":} 14.975629806518555, "latitude":} 44.9112409, "longitude":-93.317998, "run_type": "sprint", "splitIndex":0, "stepIndex":0, "time":1584745165917\}, $$ {\rm "dis":} 14.975629806518555, "latitude":-93.317998, "run_type": "sprint", "splitIndex":0, "stepIndex":0, "time":1584745165917\}, $$ {\rm "dis":} 14.975629806518555, "latitude":-93.317998, "run_type": "sprint", "splitIndex":-93.317998, "run_type": "sprint", "spri$ 

{"dis":15.22163200378418,"latitude":44.9113352,"longitude":-93.3181378,"run\_type":"s

```
print", "splitIndex": 0, "stepIndex": 1, "time": 1584745171185},
{"dis":5.978060245513916,"latitude":44.9113008,"longitude":-93.3180796,"run type":"jo
g","splitIndex":0,"stepIndex":2,"time":1584745177179},
{"dis":14.653284072875977,"latitude":44.9112042,"longitude":-93.3179533,"run type":"j
og", "splitIndex": 0, "stepIndex": 3, "time": 1584745186015},
{"dis":4.705210208892822,"latitude":44.9112395,"longitude":-93.3179862,"run type":"s
print", "splitIndex": 1, "stepIndex": 4, "time": 1584745191194},
{"dis":1.8144665956497192,"latitude":44.9112248,"longitude":-93.3179962,"run type":"
sprint", "splitIndex":1, "stepIndex":5, "time":1584745201180},
{"dis":0.3539195954799652,"latitude":44.9112271,"longitude":-93.3179993,"run type":"j
og", "splitIndex": 1, "stepIndex": 6, "time": 1584745207179},
{"dis":0.6080166101455688,"latitude":44.911231,"longitude":-93.3179939,"run type":"jo
g","splitIndex":1,"stepIndex":7,"time":1584745216117},
{"dis":0.7732329964637756,"latitude":44.9112244,"longitude":-93.3179908,"run type":"j
og", "splitIndex": 1, "stepIndex": 8, "time": 1584745221185},
{"dis":0.23923984169960022,"latitude":44.9112247,"longitude":-93.3179878,"run type":
"jog", "splitIndex": 1, "stepIndex": 9, "time": 1584745227184},
{"dis":0.07850266993045807,"latitude":44.911225,"longitude":-93.3179869,"run type":"j
og", "splitIndex": 1, "stepIndex": 10, "time": 1584745236202},
{"dis":0.2721477746963501,"latitude":44.9112254,"longitude":-93.3179903,"run type":"j
og","splitIndex":1,"stepIndex":11,"time":1584745246188},
{"dis":0.17780806124210358,"latitude":44.911227,"longitude":-93.3179903,"run type":"j
og","splitIndex":1,"stepIndex":12,"time":1584745251172},
{"dis":0.725297212600708,"latitude":44.9112206,"longitude":-93.3179885,"run type":"jo
g","splitIndex":1,"stepIndex":13,"time":1584745266174},
{"dis":0.3918304145336151,"latitude":44.9112171,"longitude":-93.3179891,"run type":"j
og", "splitIndex": 1, "stepIndex": 14, "time": 1584745271175},
{"dis":1.0636401176452637,"latitude":44.9112094,"longitude":-93.3179811,"run type":"j
og","splitIndex":1,"stepIndex":15,"time":1584745286197},
{"dis":0.7296244502067566,"latitude":44.9112118,"longitude":-93.3179725,"run type":"j
```

### Footer msg

og","splitIndex":1,"stepIndex":16,"time":1584745296173}]