

# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



107

Total activities

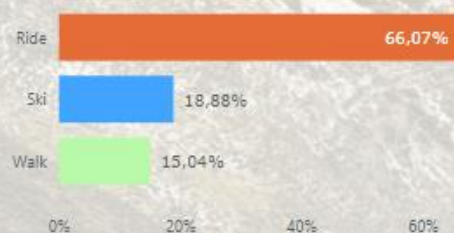
1 155,38

Total Distance [km]

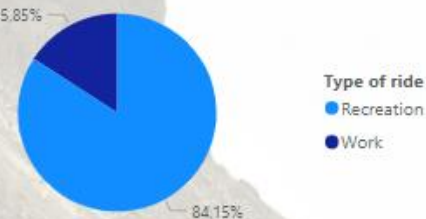
7027

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2021

Ski

2022

Walk

2023

Average speed [km/h]



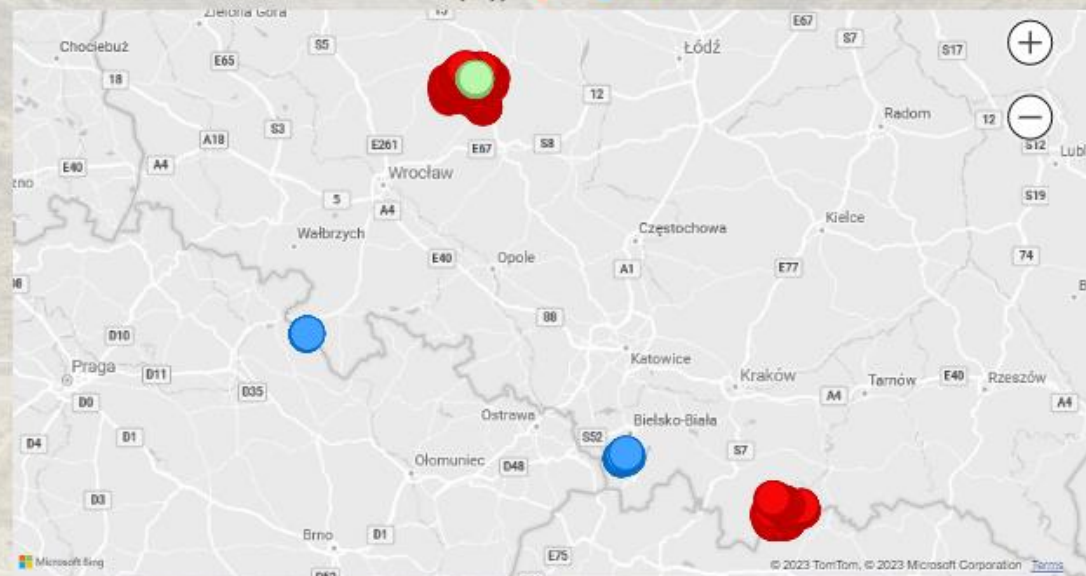
Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

Activity Type Ride Ski Walk

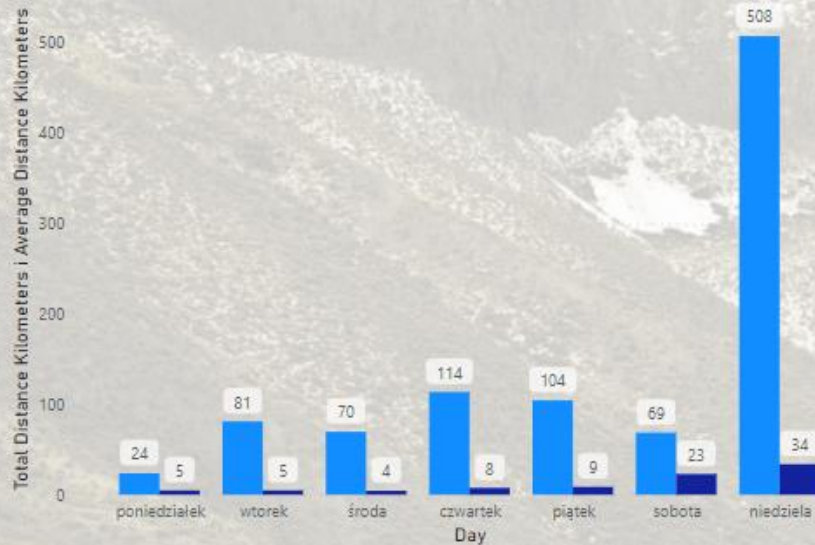




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



83

Total activities

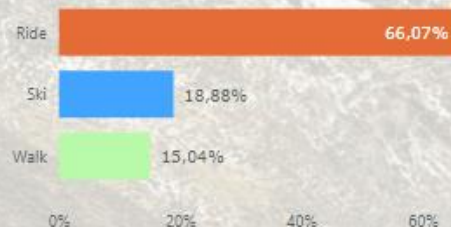
968,93

Total Distance [km]

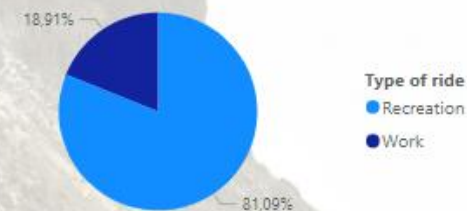
4643

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2021

Ski

2022

Walk

2023

Average speed [km/h]

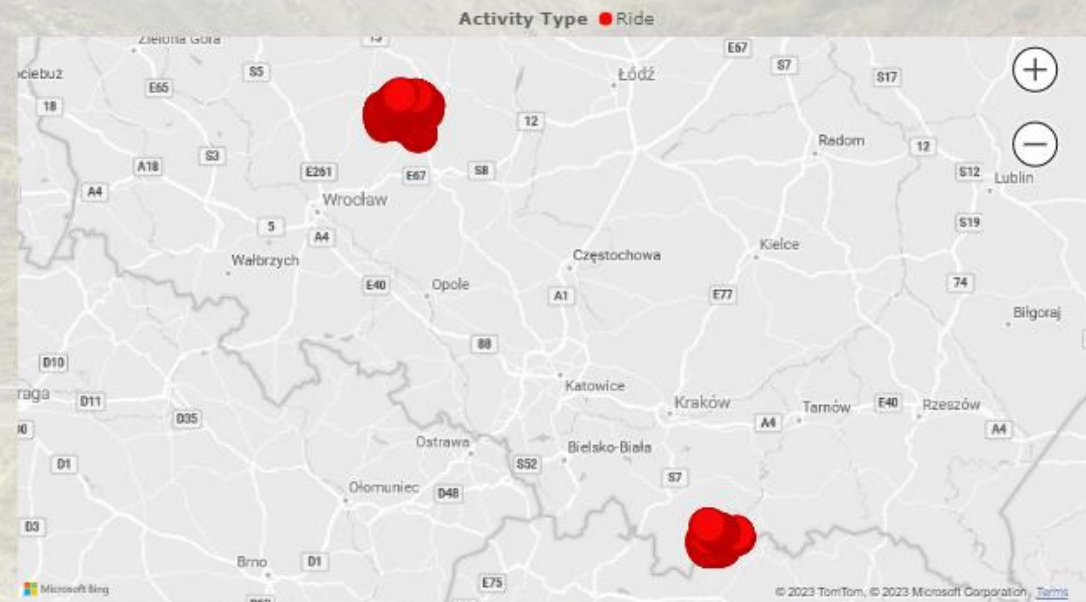


Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

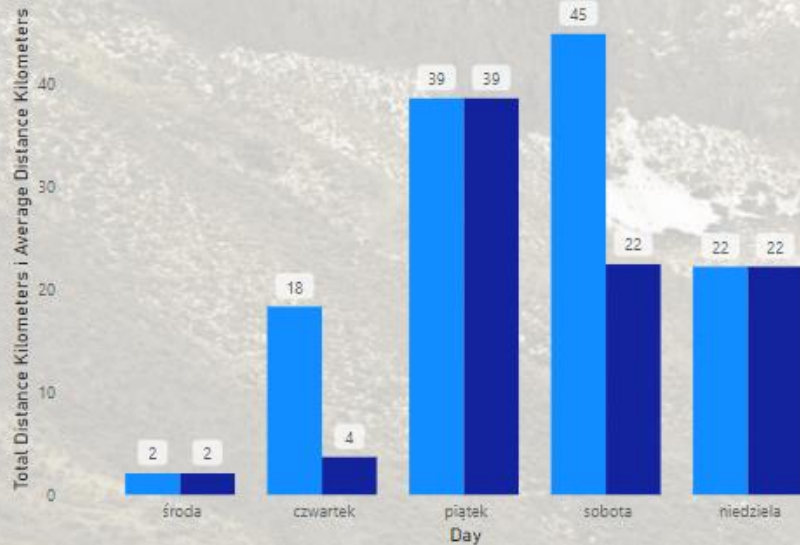




# Strava activities

Total Distance by Day

● Total Distance Kilometers ● Average Distance Kilometers

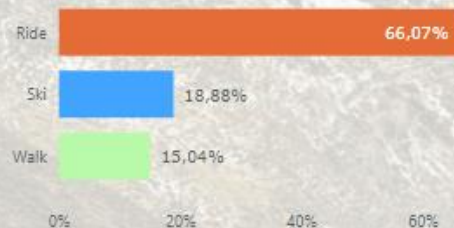


10  
Total activities

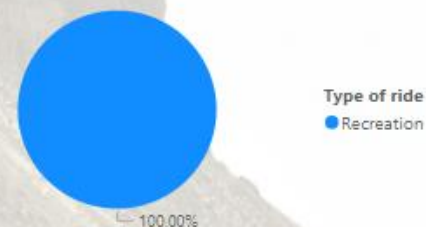
126,05  
Total Distance [km]

1327  
Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

Ski

Walk

2022

Average speed [km/h]

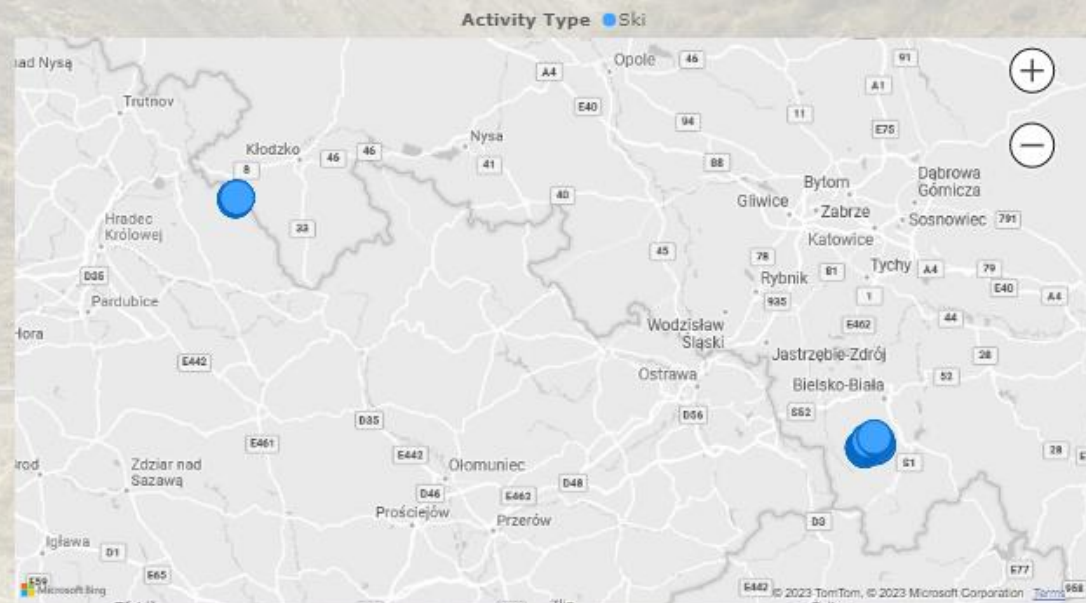


Average Distance and Time by Month

● Average Distance Kilometers ● Average Time Minutes



Activities heatmap

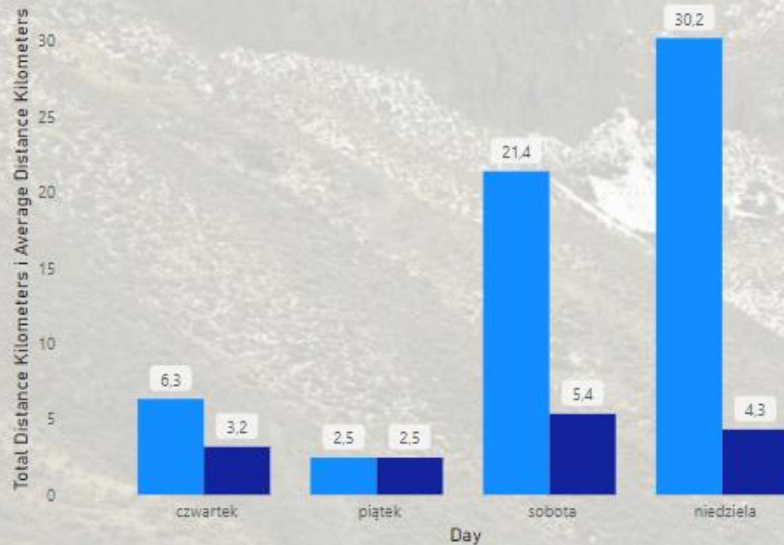




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers

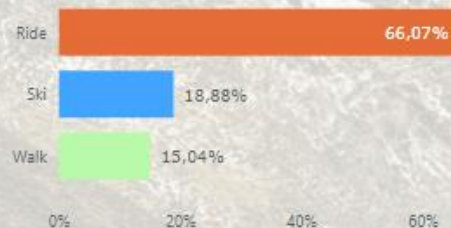


14  
Total activities

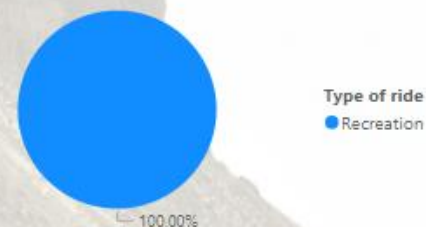
60,40  
Total Distance [km]

1057  
Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2022

Ski

2023

Walk

Average speed [km/h]

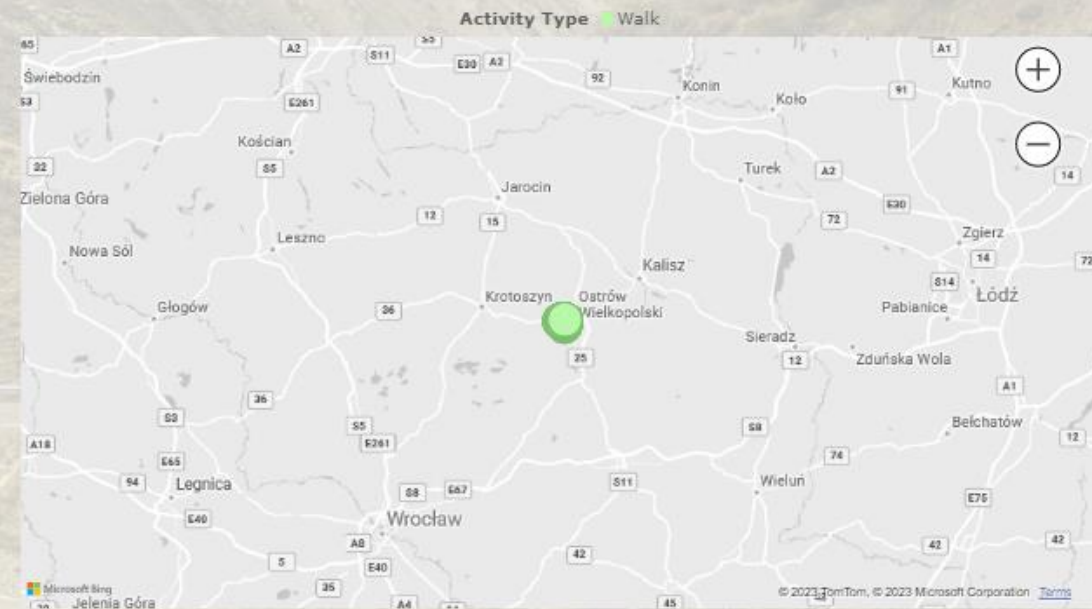


Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

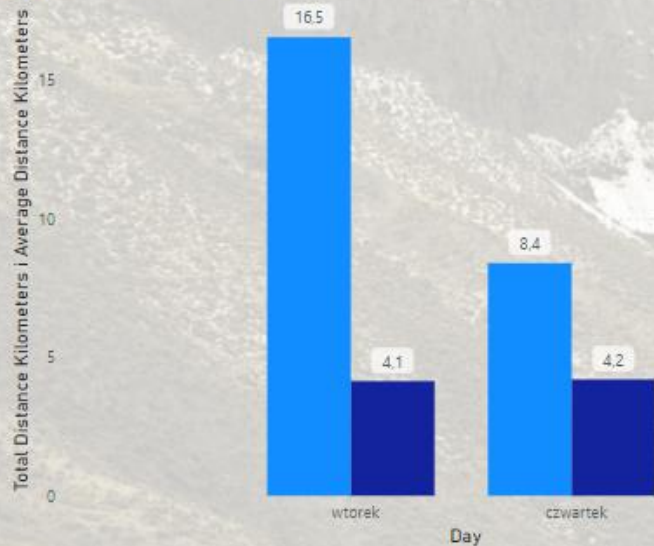




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



6

Total activities

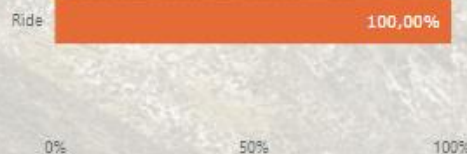
24,93

Total Distance [km]

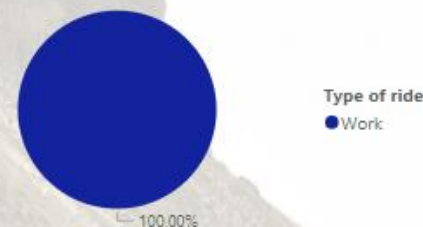
111

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2021

2022

2023

Average speed [km/h]



Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

Activity Type Ride

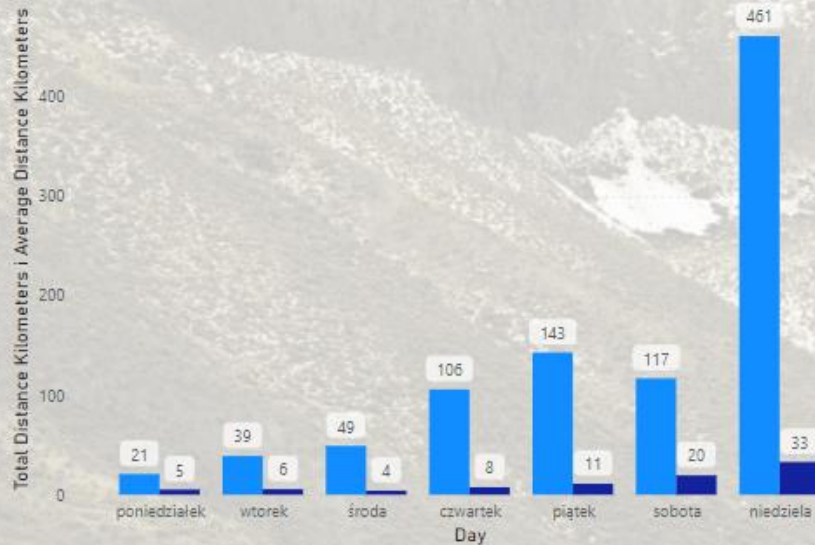




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



70

Total activities

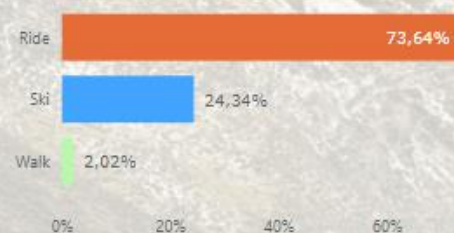
936,16

Total Distance [km]

5451

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2021

Ski

2022

Walk

2023

Average speed [km/h]



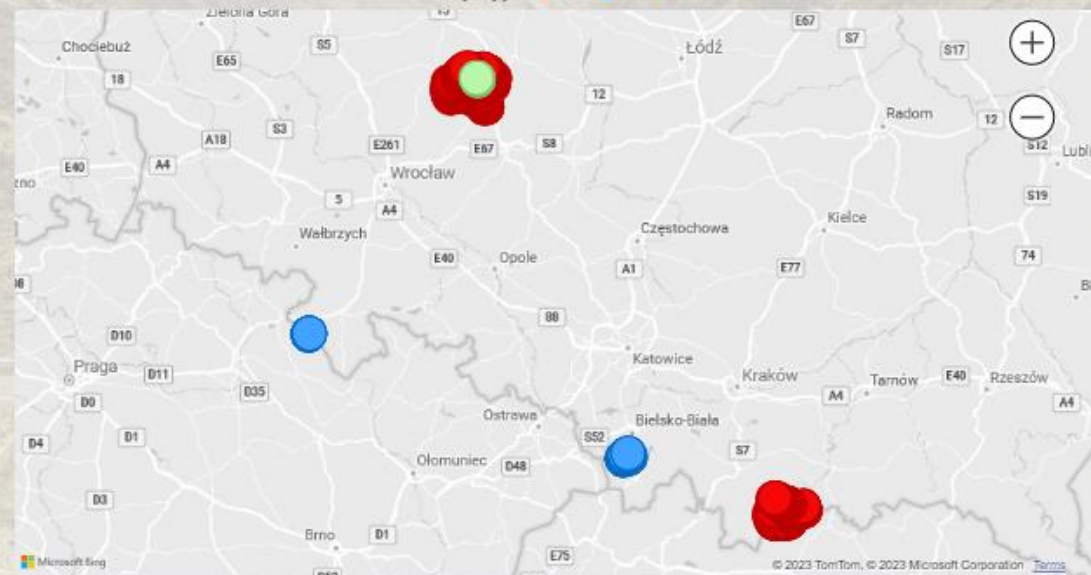
Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

Activity Type Ride Ski Walk

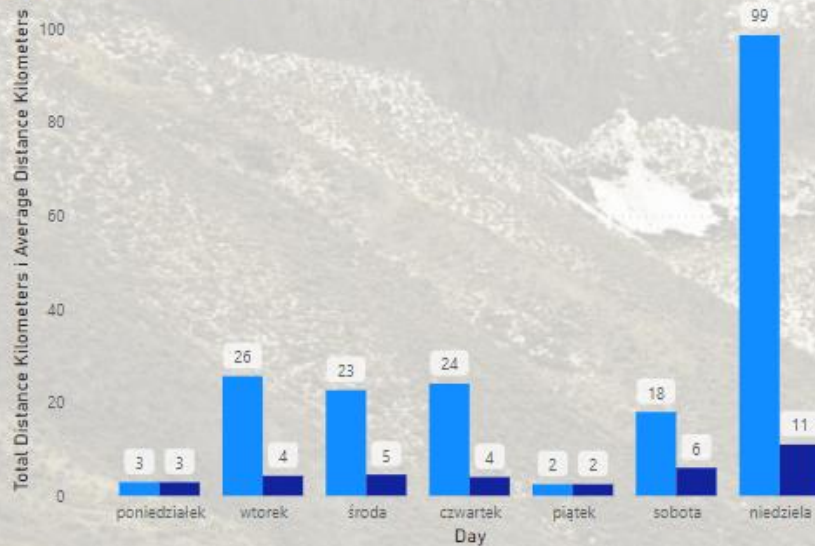




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



31

Total activities

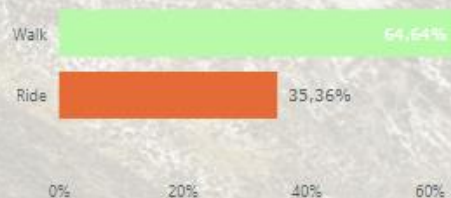
194,29

Total Distance [km]

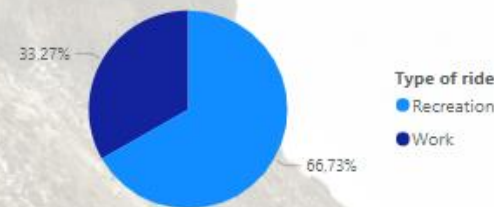
1465

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2021

Walk

2022

2023

Average speed [km/h]

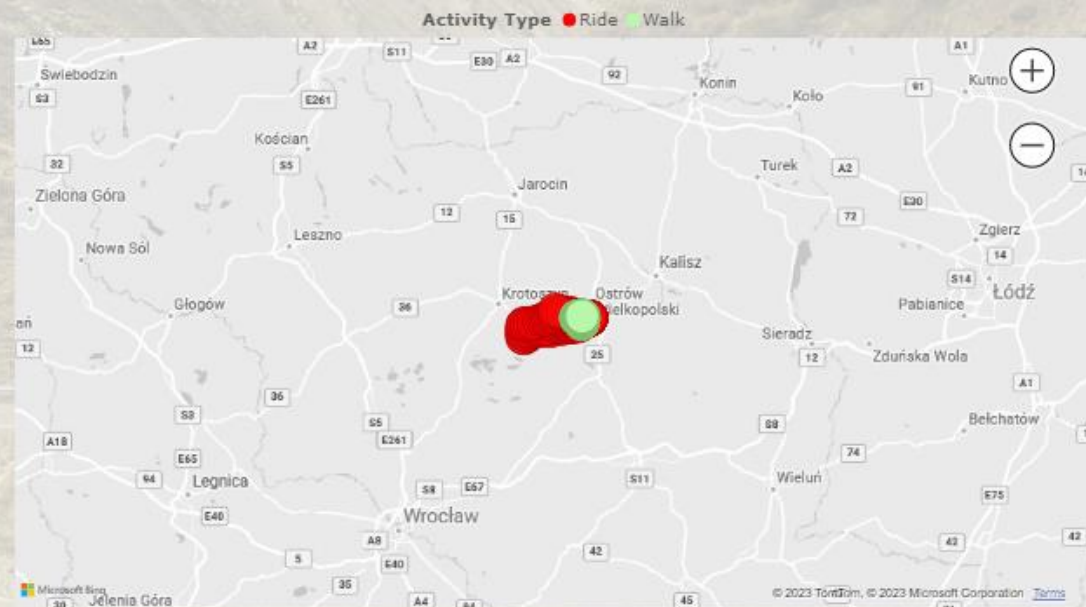


Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

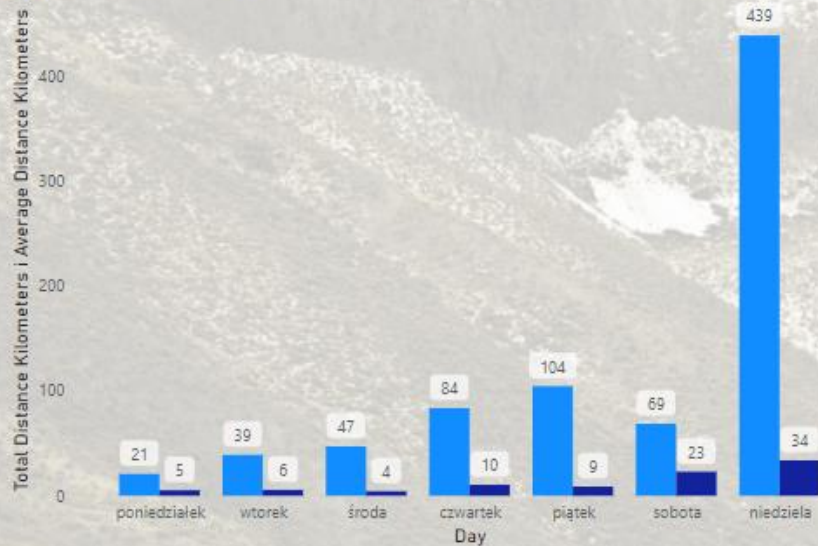




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



58

Total activities

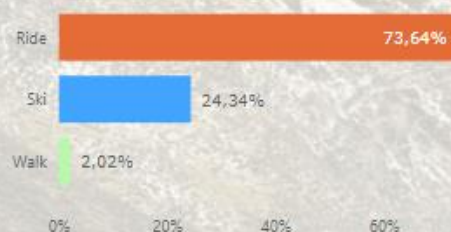
802,62

Total Distance [km]

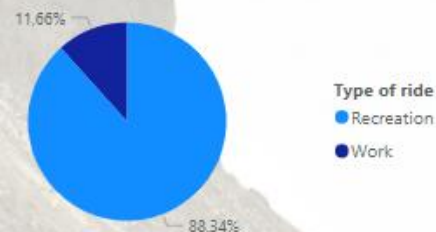
4014

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2021

Ski

2022

Walk

2023

Average speed [km/h]

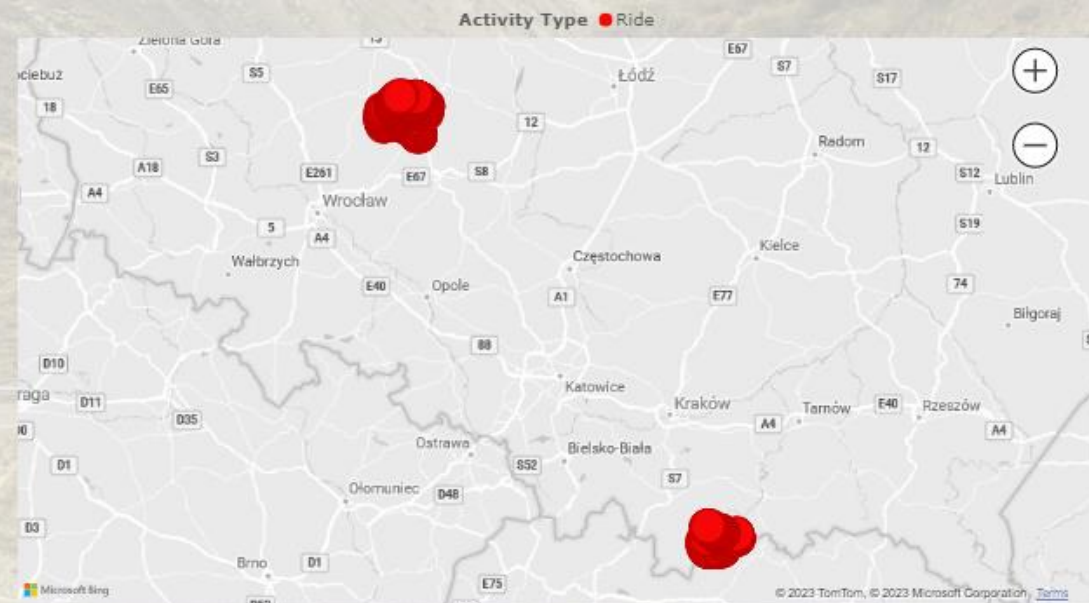


Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

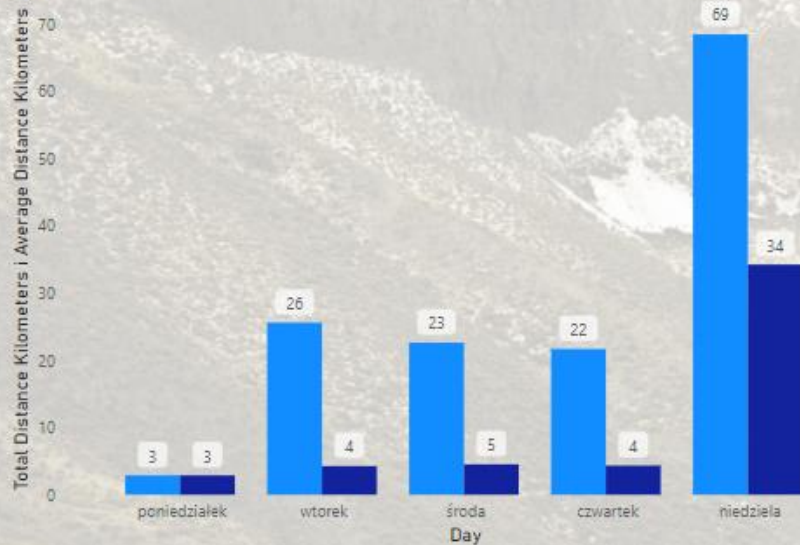




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers

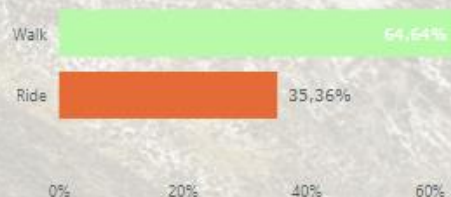


19  
Total activities

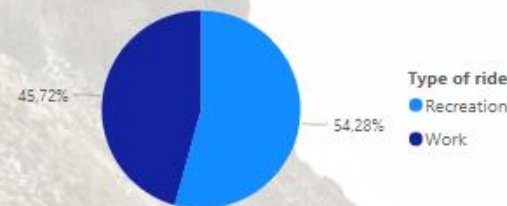
141,38  
Total Distance [km]

518  
Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

Walk

Average speed [km/h]

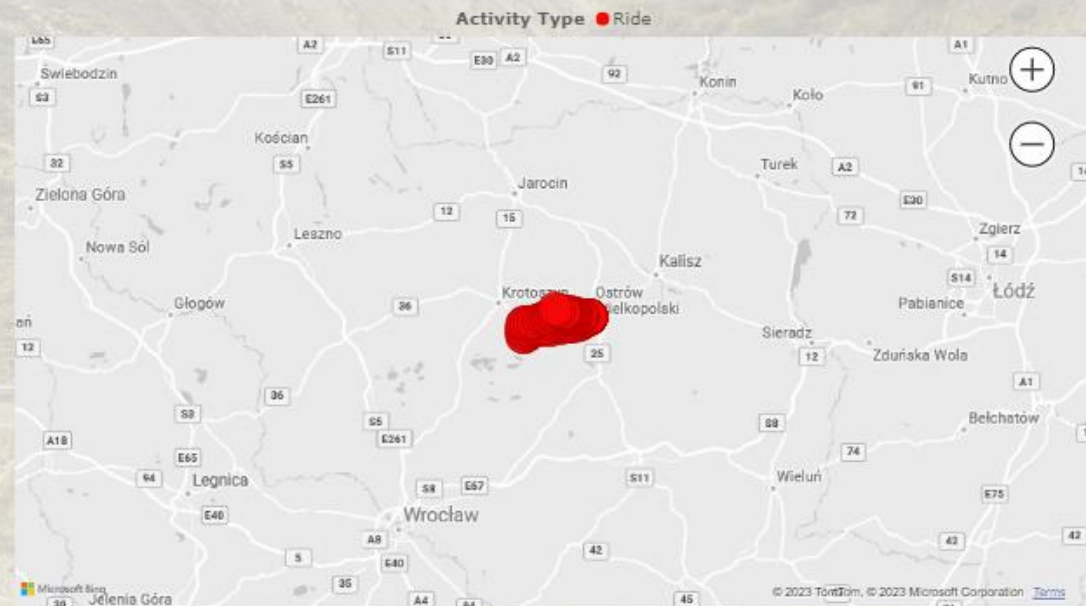


Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

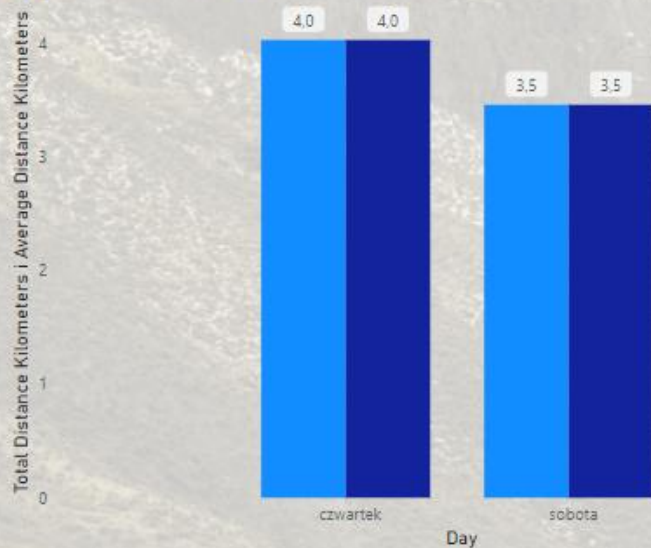




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



2

Total activities

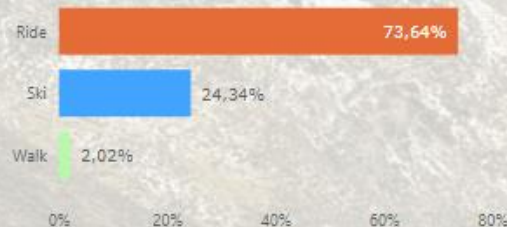
7,49

Total Distance [km]

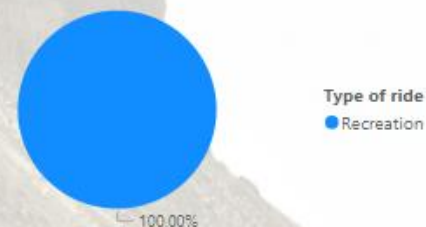
110

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

Ski

Walk

2022

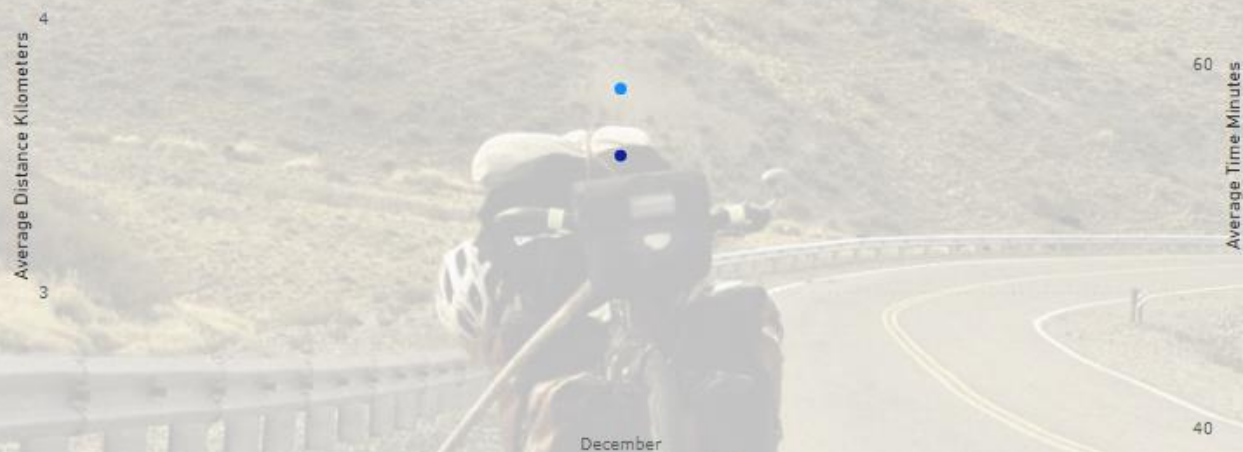
2023

Average speed [km/h]



Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

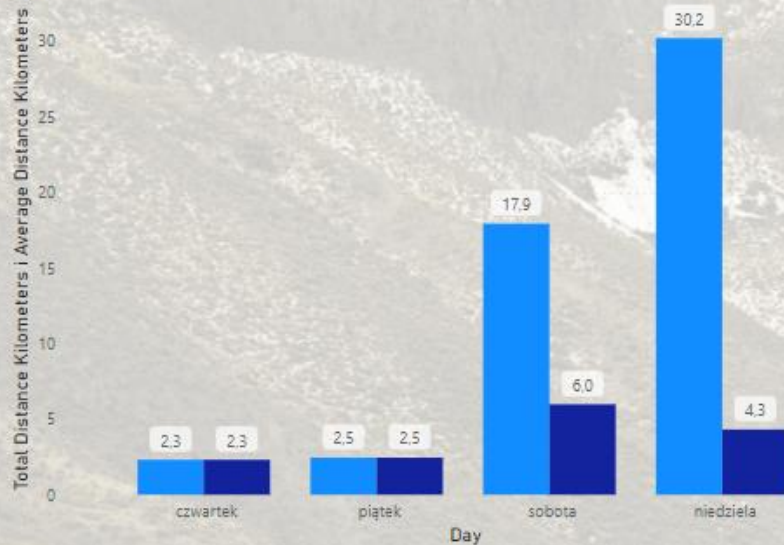




# Strava activities

Total Distance by Day

Total Distance Kilometers Average Distance Kilometers



12

Total activities

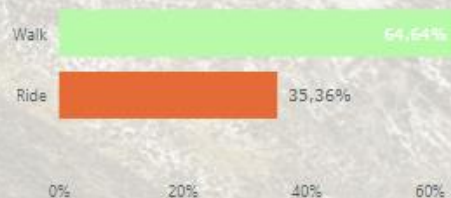
52,91

Total Distance [km]

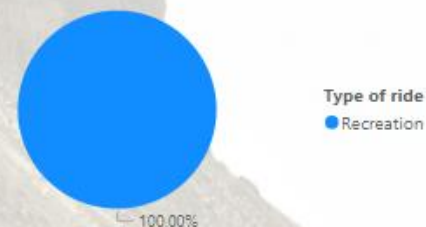
947

Total Time [min]

% of Total Time by Activity Type



% of Total Distance by Type of ride



Ride

2022

Walk

2023

Average speed [km/h]



Average Distance and Time by Month

Average Distance Kilometers Average Time Minutes



Activities heatmap

