



秋天q
2020-5-30 20:12

21.11 km



6'00"	02:06:53	1312
Pace: min/km	Time	KCAL
165	21041	82.80
Rate: steps/min	Total Steps	Elevation Gain: m

Start at 2020-5-30 18:05



Air Zoom Pegasus 36 Trail
Used 226.74 km

Pace

	6'47"	6'00"	5'15"
	Slowest	Average	Fastest
km	Pace (k/m)		累计用时
1		5'16"	00:05:16
2		+ 5'15"	00:10:31
3		+ 5'23"	00:15:54
4		+ 5'36"	00:21:30
5		+ 5'50"	00:27:29
6		+ 5'52"	00:33:12
7		+ 5'50"	00:39:02
8		+ 5'59"	00:45:01
9		+ 5'51"	00:50:52
10		+ 5'58"	00:56:50
11		+ 5'55"	01:02:45
12		5'55"	01:08:40
13		+ 5'51"	01:14:31
14		+ 5'43"	01:20:14
15		+ 6'09"	01:26:23
16		+ 6'21"	01:32:44
17		+ 6'30"	01:39:14
18		+ 6'33"	01:45:47
19		+ 6'38"	01:52:25
20		+ 6'47"	01:59:12

半马累计用时
02:06:29

Rate & Stride



Altitude



Joyrun·悦跑圈
长按识别二维码下载悦跑圈 App

