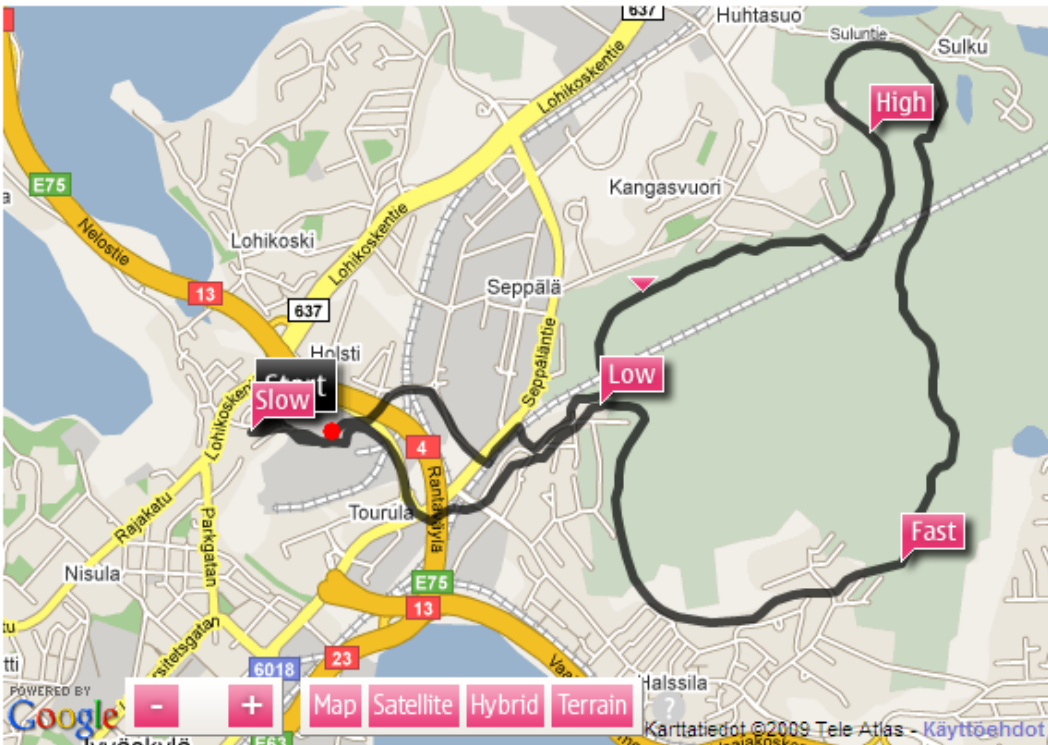
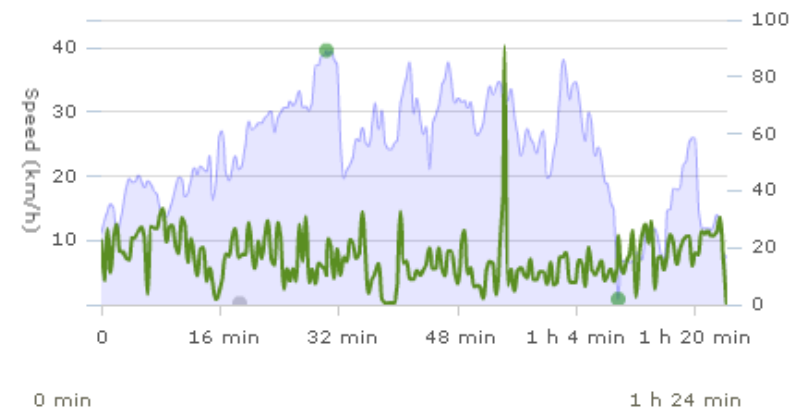


Keskiviikon yhteislenkki 10.6. Halssilan pururata– Hippoksen maratonkerho

Date	Views	Activity	Distance	Duration	Avg.speed	Max.speed	Avg.pace	Calories burned
10.06.2009	0	Running	14.0 km	1 h 24 min 21 s	9.96 km/h	40.3 km/h	6 min 1 s per km	1183



Workout profile



Graph elements

- Speed
- Altitude
- Heart rate

Lap information

Lap time	Total time	Lap distance	Avg.pace
Show whole workout			
1. 18:40,72	18:40,72	3.1 km	5:57 / km
2. 1:05:40,55	1:24:21,27	10.9 km	6:02 / km

Tiedot tallennettu Nokia E71 ja Sport Tracker –sovelluksella. Tiedot viety nettiin Sport Tracker -sovellukseen