

Training

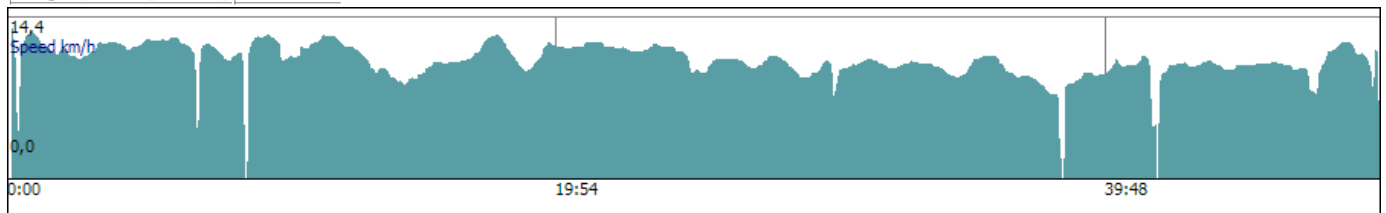
Name	Westpark
Date	10.01.07 13:06
Athlete	Marianna
Sport	running
Description	
Distance	9,19 km
Total Time	0.00:49:47
Active Time	0.00:52:03

Calories

Your training consumed about 674 kcal.

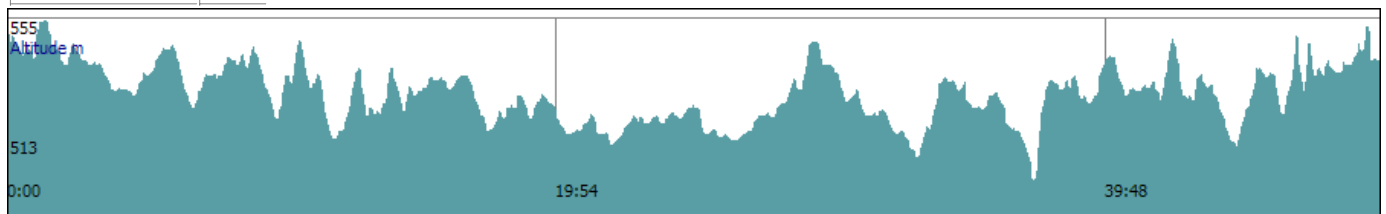
Speed

Max Speed	14,4km/h
Avg Speed (total)	11,1km/h
Avg Speed (active)	10,6km/h

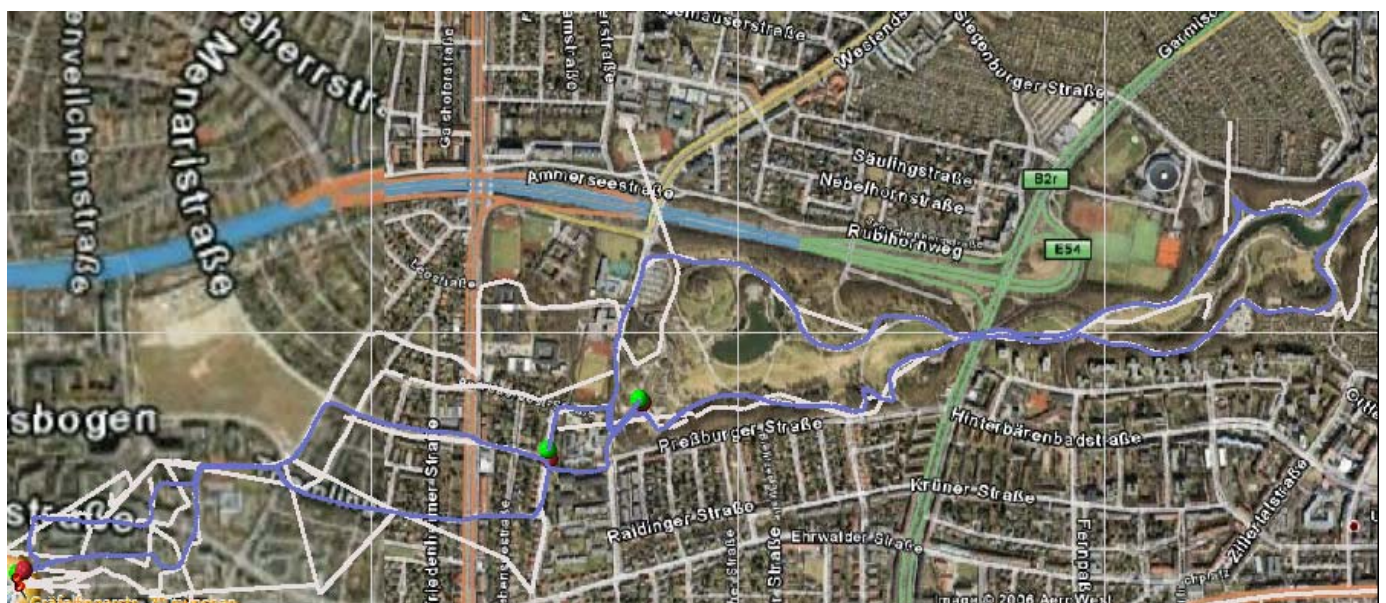


Altitude

Min Altitude	513m
Max Altitude	555m
Elevation Up	0m
Elevation Down	0m



Map



Laps

Overview



Lap	Start Time	Distance (km)	Avg Speed (km/h)
1	0:00	1,68	11,7
2	9:11	4,08	11,5
3	30:34	1,42	10,3
4	40:38	2,01	10,4
5	52:38	0,00	0,0

Lap 1

Lap Distance	1,68 km
Total Distance	1,68 km
Start Time	0.00:00:00
Lap Duration	0.00:08:35
Min Altitude	532m

Max Altitude	555m
Elevation Up	0m
Elevation Down	0m
Max Speed	14,4km/h
Avg Speed (total)	11,7km/h
Avg Speed (active)	12,0km/h

Lap 2

Lap Distance	4,08 km
Total Distance	5,76 km
Start Time	0.00:09:11
Lap Duration	0.00:21:19
Min Altitude	522m
Max Altitude	551m
Elevation Up	0m
Elevation Down	0m
Max Speed	13,0km/h
Avg Speed (total)	11,5km/h
Avg Speed (active)	11,2km/h

Lap 3

Lap Distance	1,42 km
Total Distance	7,18 km
Start Time	0.00:30:34
Lap Duration	0.00:08:14
Min Altitude	513m
Max Altitude	543m
Elevation Up	0m
Elevation Down	0m
Max Speed	11,1km/h
Avg Speed (total)	10,3km/h
Avg Speed (active)	10,4km/h

Lap 4

Lap Distance	2,01 km
Total Distance	9,19 km
Start Time	0.00:40:38
Lap Duration	0.00:11:37
Min Altitude	522m
Max Altitude	555m
Elevation Up	0m
Elevation Down	0m
Max Speed	12,2km/h
Avg Speed (total)	10,4km/h
Avg Speed (active)	8,9km/h

Lap 5

Lap Distance	0,00 km
Total Distance	9,19 km
Start Time	0.00:52:38
Lap Duration	0.00:00:00
Min Altitude	0m
Max Altitude	0m
Elevation Up	0m

Elevation Down	0m
Max Speed	0,0km/h
Avg Speed (total)	0,0km/h
Avg Speed (active)	0,0km/h

Report created by [Run.GPS Analyzer](#).