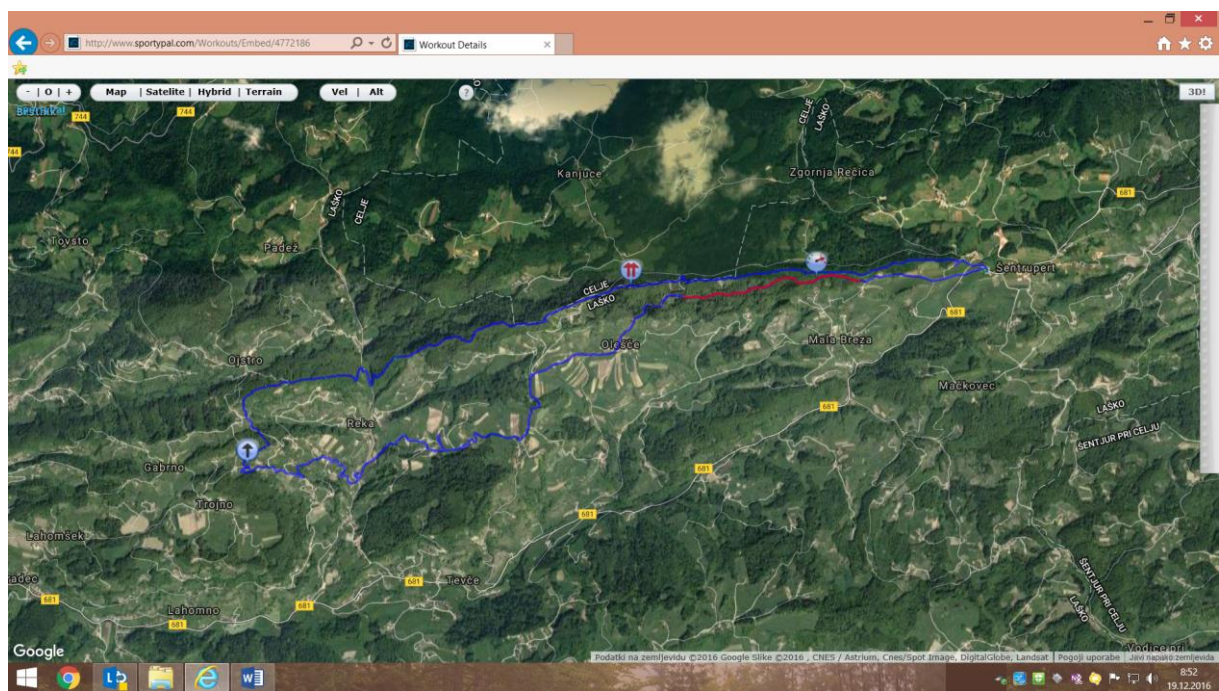
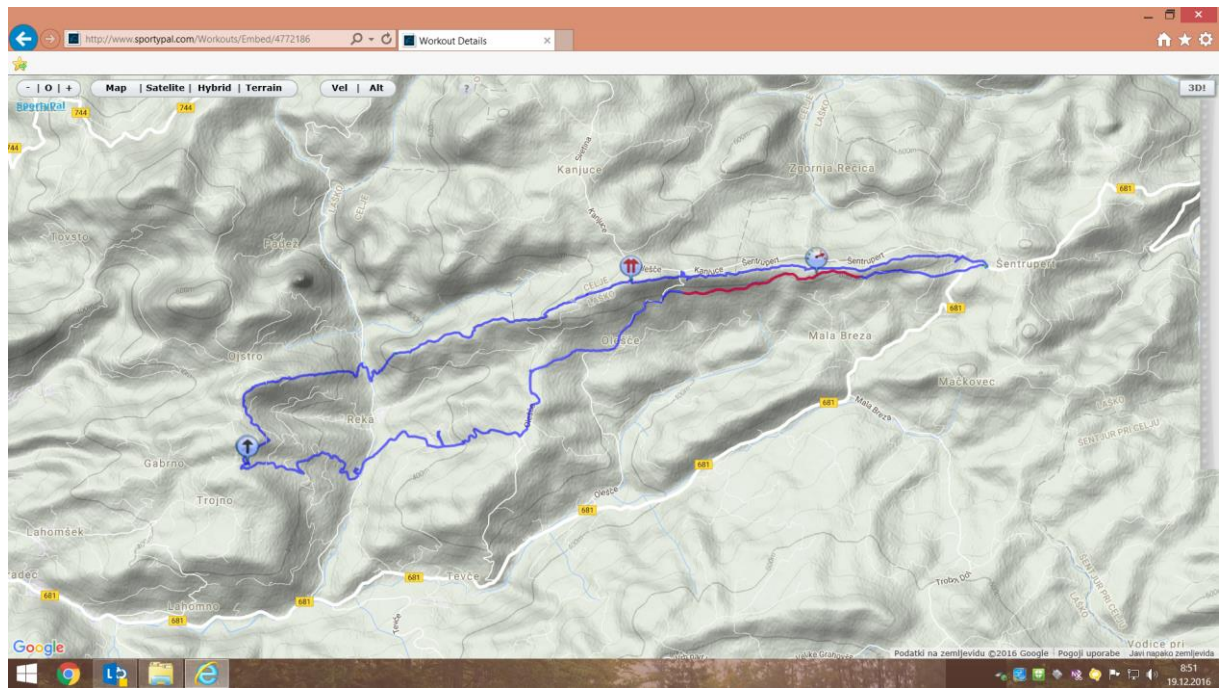




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http://www.sportypal.com/Workouts/Details/4772186

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Workout Details - SportyPal | SportyPal | free workout tracks...

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MIRKO has 28 workouts for total of 516.08 km

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Workouts

Results

Tracks

Events

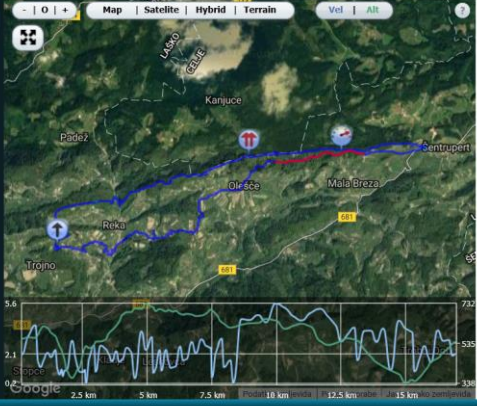
Groups

Comments

WORKOUT DETAILS

Map | Satellite | Hybrid | Terrain

Vel | Alt



Activity: Walking

Date: 17/12/2016 08:09

Distance: 17.28 km

TotalTime: 07:01:19

Average Speed: 2.46 km/h

Calories: 873 kcal

Export GPX

Stats | Analyze | Track

Start time: 08:09:11

End time: 16:06:46

Best(1500 m): 5.21 km/h

Max Speed: 6.89 km/h

Max Pace: 08:42 min/km

Average Pace: 24:22 min/km

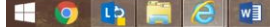
Average HR: N/A

Total climb: 988 m

Total descend: 988 m

Location:

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19.12.2016