



Cursor values:
 Time: 2:44:24
 HR: 162 bpm
 Calorie rate: 998 kcal/60min
 Pace: 4:28 min/km

Distance: 41.809 km
 Cadence: 89 rpm
 Altitude: -19 m
 Ascent: 116 m
 Descent: 147 m

↗	0:16:05	(10%)	3.992 km	(10%)
→	2:14:25	(80%)	34.123 km	(80%)
↘	0:17:00	(10%)	4.411 km	(10%)

Stride Length Average [cm] (green line)
 Pace [min/km] (blue line)

Person	Kaspars Tubelis	Date	01.03.2009	Heart rate	—	162 / 171	
Exercise	Barcelona	Time	8:32:55	Pace	—	3:56 / 3:13	
Sport	Running	Duration	2:47:35.9	Cadence	—	91 / 103	
		Distance	42.5 km	Running Index		67	
Note				Ascent		125	
				Selection		0:00:00 - 2:47:35 (2:47:35.0)	