



Prague Running

Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

♡ 0 ★ ⚙

9,06 km

Distance

47:42

Time

5:16 min/km

Avg Pace

87 m

Elev Gain

701 C

Calories



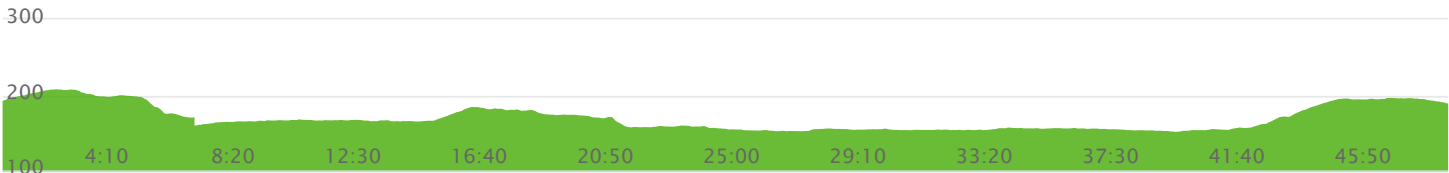
(https://maps.google.com/maps/@50.09596,14.525882,15t/data=!5m1!1e4!10m1!1e1!12b1?source=api&hl=en&gl=cz&map=19-4143758317,15z)

Slower Faster

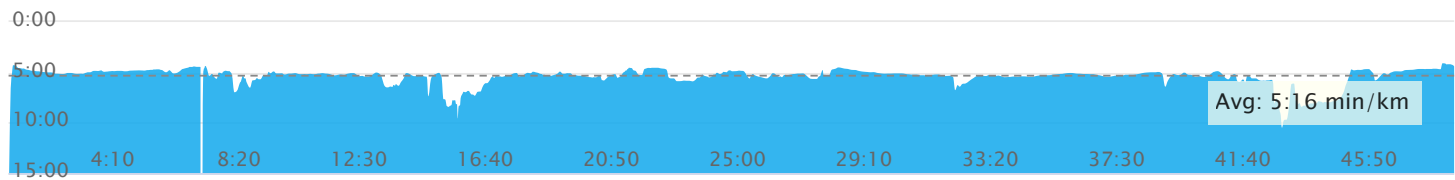
Customize Charts ▾

Time Distance

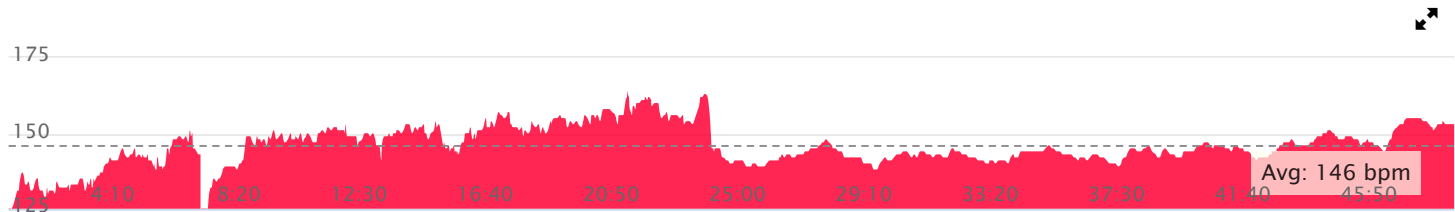
Elevation



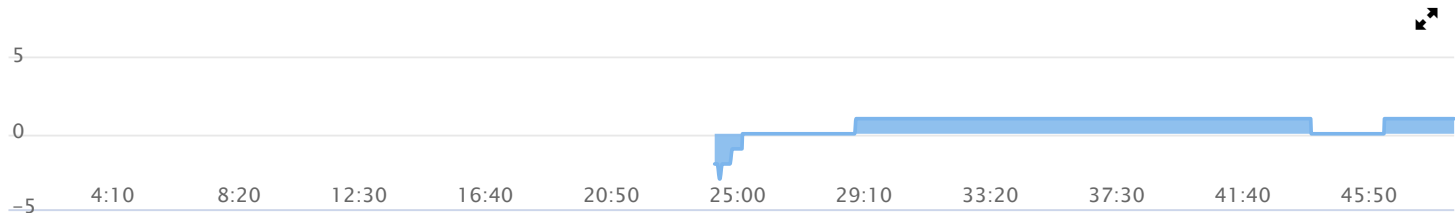
Pace ▾



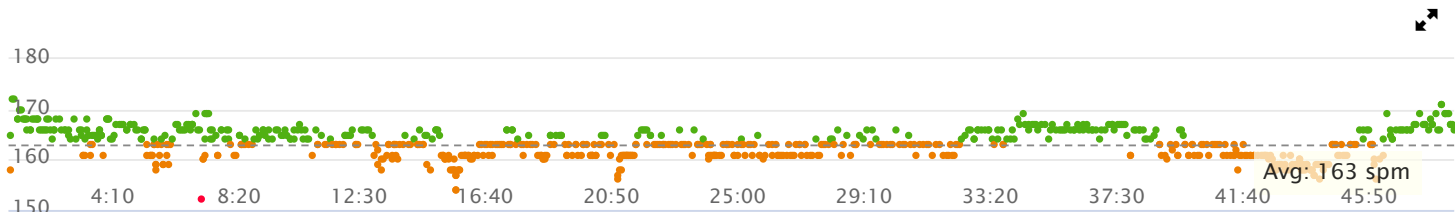
Heart Rate



Performance Condition ⓘ



Run Cadence ⓘ



Stats Laps Segments 1 Time in Zones

Distance

9,06 km
Distance

Calories

701 C
Calories

Training Effect ⓘ

3,3 Impacting
Aerobic

0,0 No Benefit
Anaerobic

Heart Rate

bpm | % of Max | Zones

146 bpm
Avg HR

164 bpm
Max HR

Timing

Pace | Speed

47:42

Time

47:39

Moving Time

51:00

Elapsed Time

5:16 min/km

Avg Pace

5:15 min/km

Avg Moving Pace

4:00 min/km

Best Pace

Elevation

87 m

Elev Gain

81 m

Elev Loss

151 m

Min Elev

207 m

Max Elev

Running Dynamics

163 spm

Avg Run Cadence ⓘ

173 spm

Max Run Cadence

1,16 m

Avg Stride Length ⓘ

Temperature

17,9 °C

Avg Temp

15,0 °C

Min Temp

26,0 °C

Max Temp

Photos

 Click to add photos to your activity.

Notes

How was your run?



Add a comment...





fēnix 5S – Sapphire Edition

Software: 21.0.0.0

Elev Corrections ⓘ: Disabled ▼

Summary Data: Original

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