

Prague Running

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



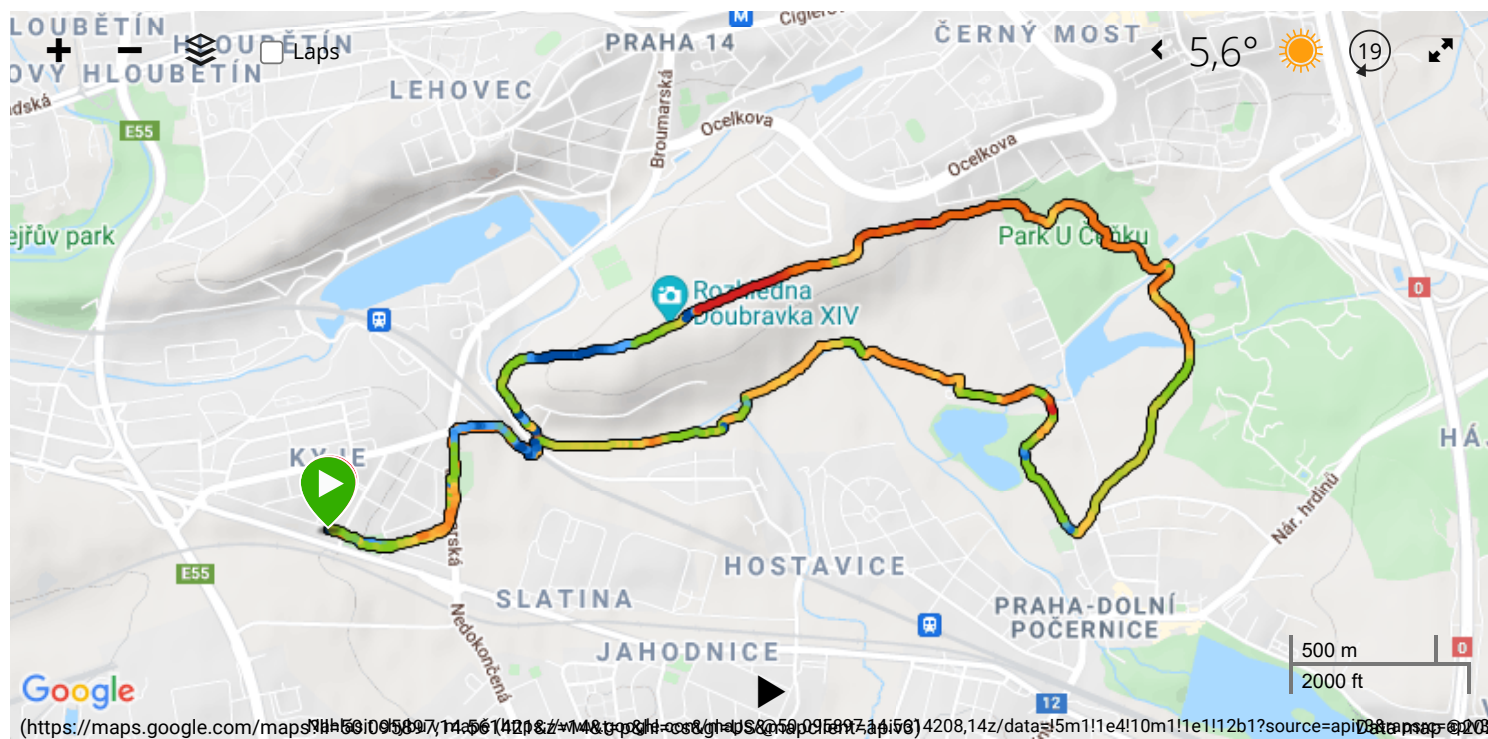
8,74 km

43:58

5:02 min/km

94 m

637 C

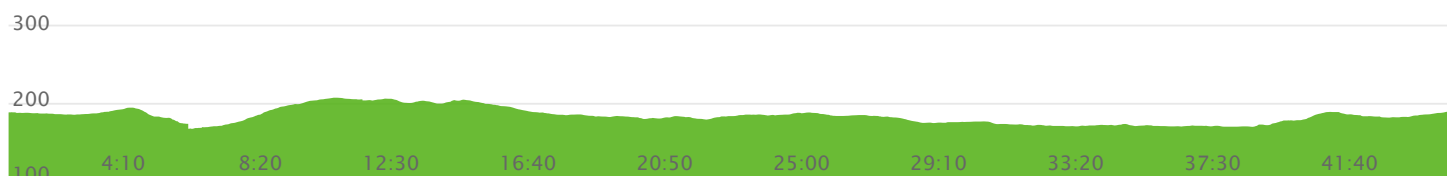


Slower Faster

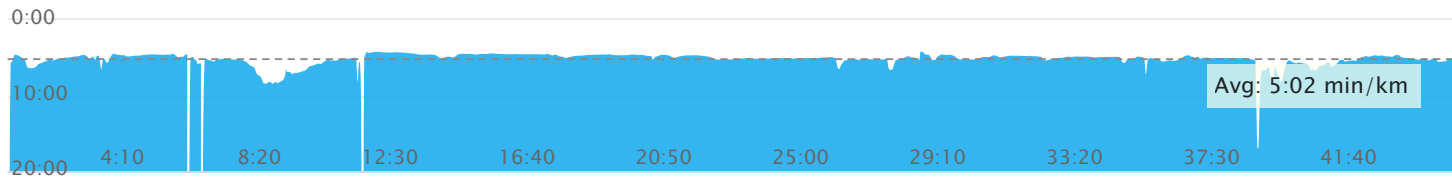
Customize Charts ▼

Time Distance

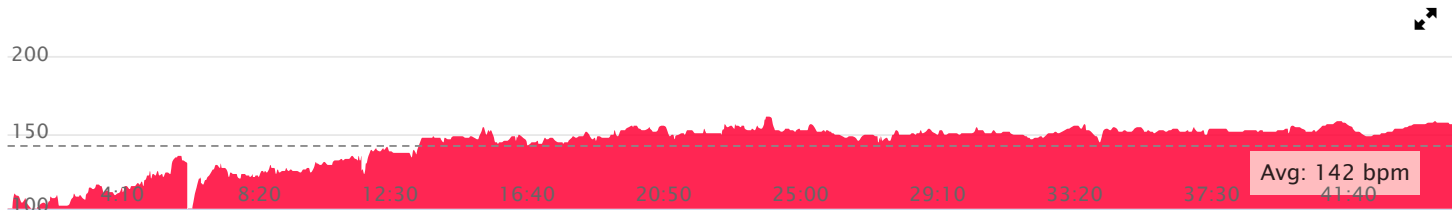
Elevation



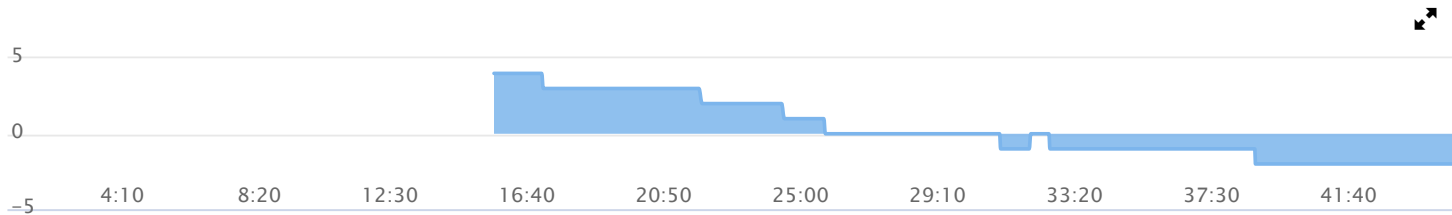
Pace ▼



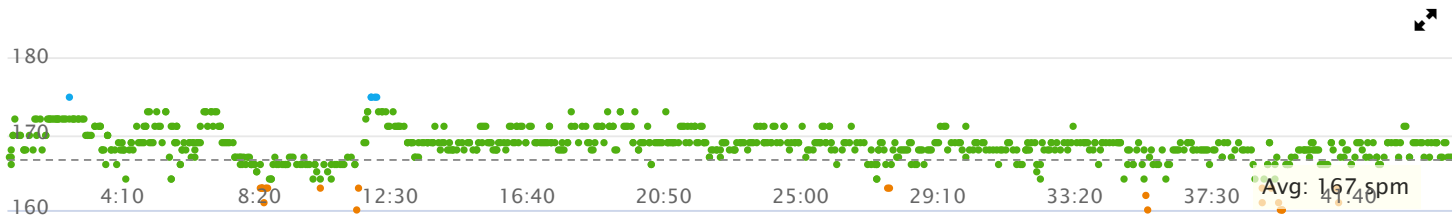
Heart Rate



Performance Condition ?



Run Cadence ?



Stats Laps Segments 1 Time in Zones

Distance

8,74 km

Distance

Calories

637 C

Calories

Training Effect ?

3,4 Impacting

Aerobic

0,2 No Benefit

Anaerobic

Heart Rate

bpm

% of Max

Zones

142 bpm

Avg HR

161 bpm

Max HR

Timing

Pace

Speed

43:58

Time

43:53

Moving Time

48:28

Elapsed Time

5:02 min/km

Avg Pace

5:01 min/km

Avg Moving Pace

4:10 min/km

Best Pace

Elevation

94 m

Elev Gain

85 m

Elev Loss

164 m

Min Elev

206 m

Max Elev

Running Dynamics

167 spm

Avg Run Cadence ?

175 spm

Max Run Cadence

1,19 m

Avg Stride Length ?

Temperature

18,5 °C

Avg Temp

16,0 °C

Min Temp

29,0 °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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