



Prague Running

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

♥ 0 ★ ⚙

11,18 km

Distance

57:21

Time

5:08 min/km

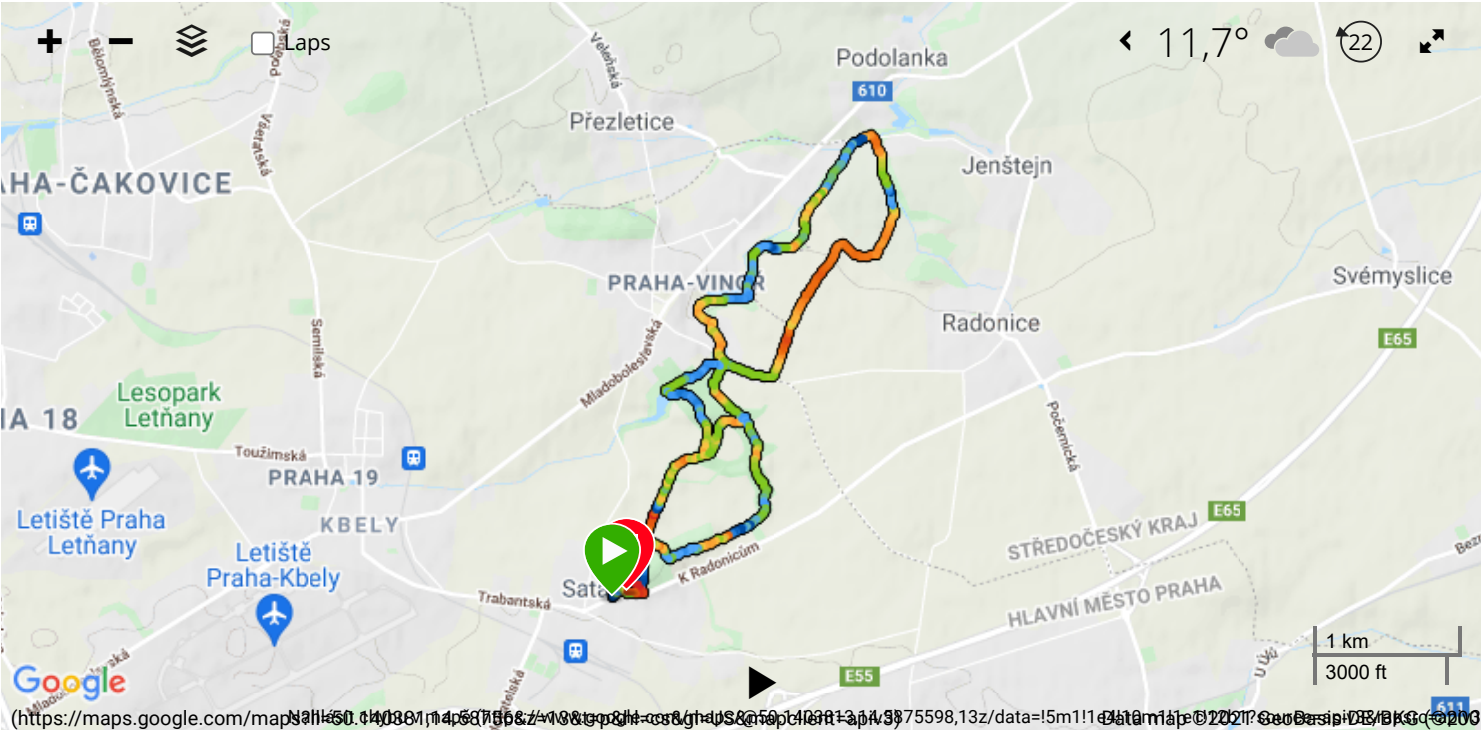
Avg Pace

93 m

Elev Gain

850 C

Calories



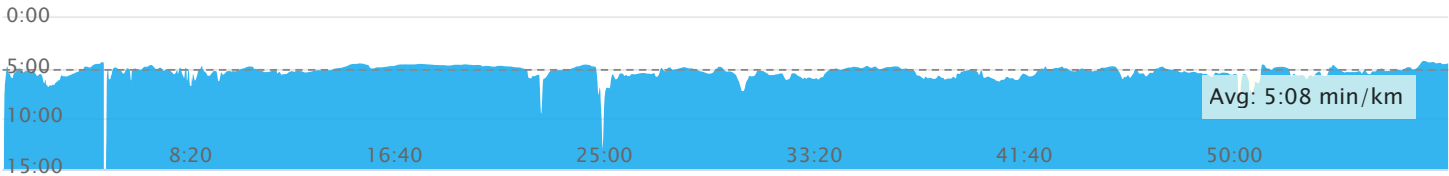
Customize Charts ▾

Time Distance

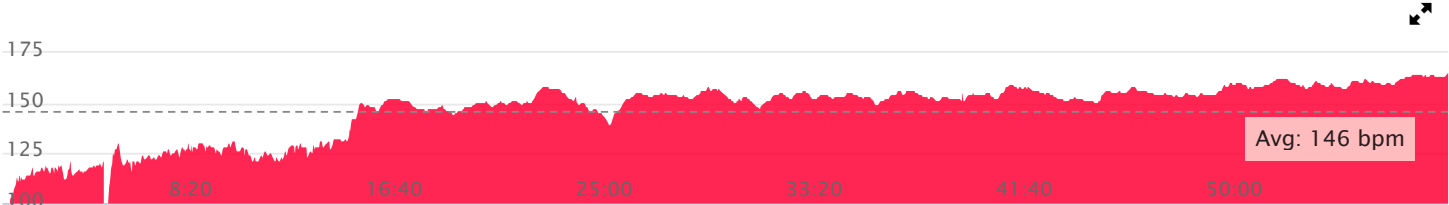
Elevation



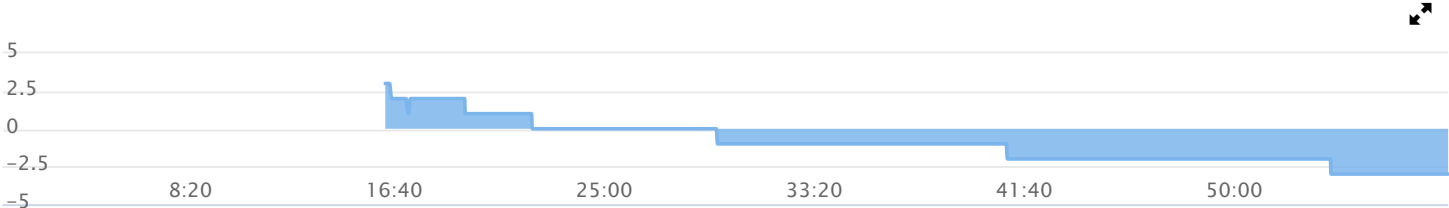
Pace ▾



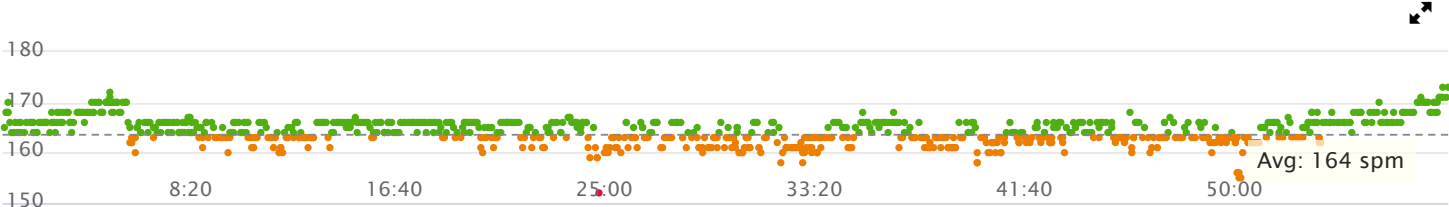
Heart Rate



Performance Condition ?



Run Cadence ?



Stats Laps Segments 1 Time in Zones

Distance

11,18 km
Distance

Calories

850 C
Calories

Training Effect ?

3,9 Impacting
Aerobic

0,1 No Benefit
Anaerobic

Heart Rate

bpm % of Max Zones

146 bpm
Avg HR

165 bpm
Max HR

Timing

Pace Speed

57:21

Time

57:14

Moving Time

1:00:20

Elapsed Time

5:08 min/km

Avg Pace

5:07 min/km

Avg Moving Pace

4:16 min/km

Best Pace

Elevation

93 m

Elev Gain

88 m

Elev Loss

222 m

Min Elev

271 m

Max Elev

Running Dynamics

164 spm

Avg Run Cadence 

173 spm

Max Run Cadence

1,19 m

Avg Stride Length 

Temperature

22,5 °C

Avg Temp

20,0 °C

Min Temp

30,0 °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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