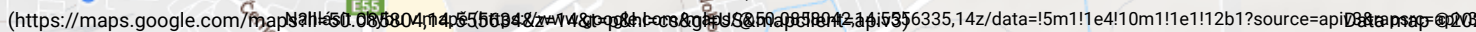


< >



Elev Gain

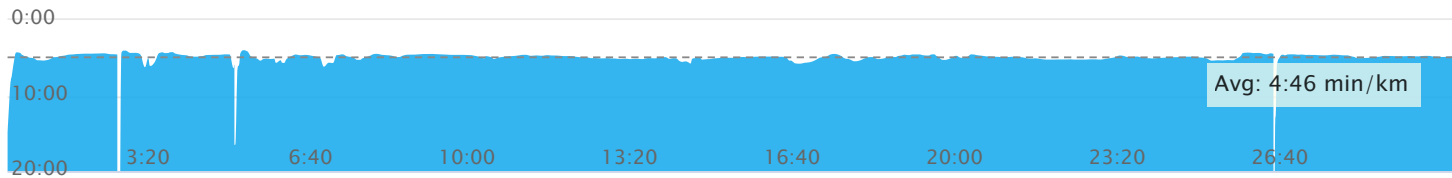


Slower Faster

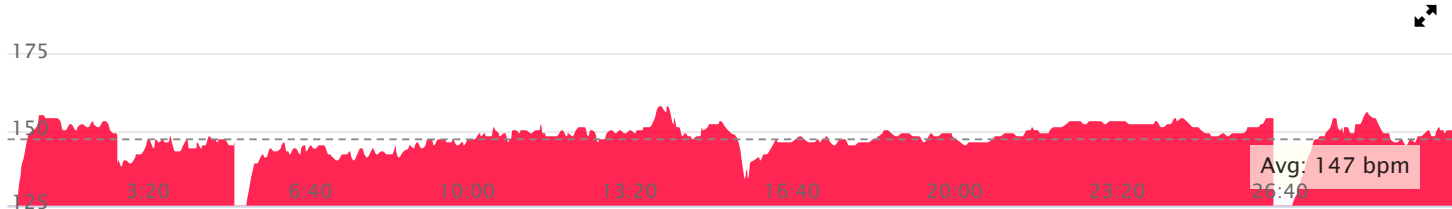
Time Distance

Pace ▼

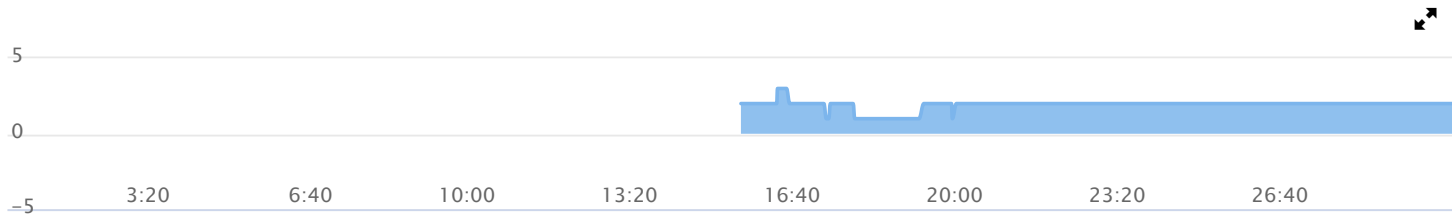




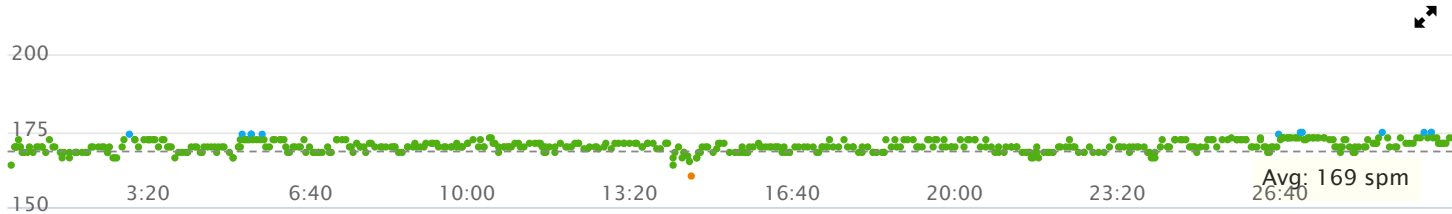
Heart Rate



Performance Condition ⓘ



Run Cadence ⓘ



Stats Laps Segments 0 Time in Zones

Distance

6,21 km

Distance

Calories

442 C

Calories

Training Effect ⓘ

3,1 Impacting

Aerobic

0,7 No Benefit

Anaerobic

Heart Rate

bpm % of Max Zones

147 bpm

Avg HR

158 bpm

Max HR

Timing

Pace Speed

29:37

Time

29:35

Moving Time

33:40

Elapsed Time

4:46 min/km

Avg Pace

4:46 min/km

Avg Moving Pace

4:00 min/km

Best Pace

Elevation

54 m

Elev Gain

41 m

Elev Loss

170 m

Min Elev

191 m

Max Elev

Running Dynamics

169 spm

Avg Run Cadence 

175 spm

Max Run Cadence

1,24 m

Avg Stride Length 

Temperature

24,3 °C

Avg Temp

23,0 °C

Min Temp

28,0 °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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