



COLASATE



Running



6.22
MILES

TIME 1:13:10
PACE 11:43/mi
ELEV. GAIN 73 ft
CALORIES 600



Heart Rate



88

RESTING 58 bpm
HIGH 185 bpm



Steps



14,242

GOAL
11,000



Intensity Minutes



146 /WEEK

GOAL 150
MODERATE 34
VIGOROUS 56



My Day



Challenges



Calendar



Forecast



More