

🕒 02:02:26 ⌚ Duration
📏 A B 15.21 📏 Distance
❤️ 117 bpm 📊 Average heart rate 📈 Max 151 | Min 61
🔥 1055 kcal 🔥 Calories
Steady state training+ [less](#)

Sport
 Running

How do you feel?
 Add feeling

Training notes

📊 08:02 min/km 📊 Average pace 📈 Max 04:28
🏃 64 📊 Running Index
📈 540 m 📈 Ascent

📉 320 m 📉 Descent
🔥 36 % 🔥 Fat percentage of calories

🕒 02:44:40 ⌚ Duration
📏 A B 17.88 📏 Distance
❤️ 108 bpm 📊 Average heart rate 📈 Max 133 | Min 72
🔥 1199 kcal 🔥 Calories
Basic and Steady state training, long [less](#)

Sport
 Running

How do you feel?
 Add feeling

Training notes

📊 09:12 min/km 📊 Average pace 📈 Max 04:00
📈 450 m 📈 Ascent
📉 680 m 📉 Descent

🔥 46 % 🔥 Fat percentage of calories



