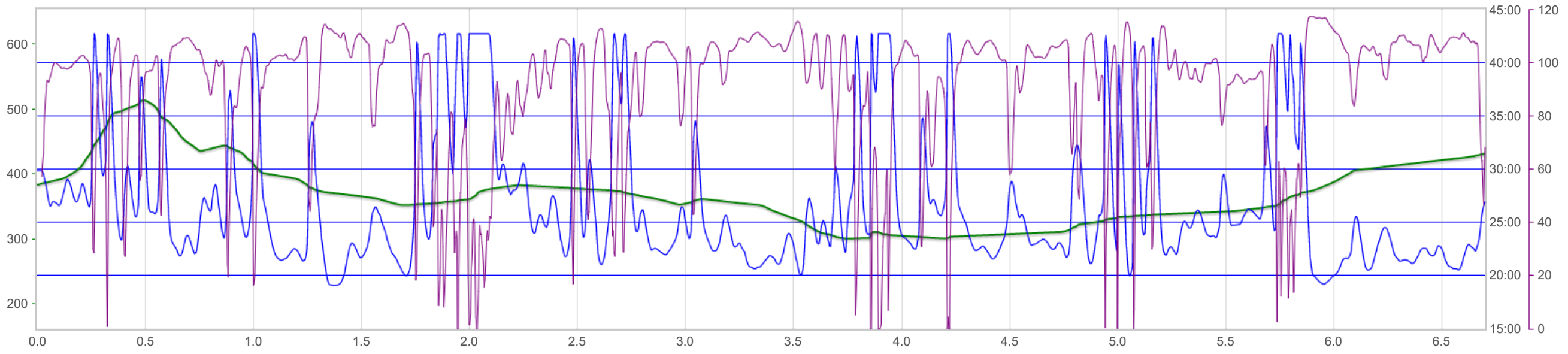


Walkmeter

started Jun 1, 2019 at 10:31 AM
 route FN Longridge
 activity Walk
 walk time 2:23:00
 stopped time 1:34:05
 distance 6.70 miles
 average pace 21:21 /mile
 fastest pace 18:37 /mile
 ascent 318
 descent 275
 calories 602
 avg cadence 114 steps/min
 max cadence 121 steps/min
 steps 16303
 temperature 16°C
 humidity 94%
 wind 6 mph E

[KML Link](#)
[Terms and Conditions](#)

- Graphs
- Splits
- Intervals
- Leaderboard
- Step Cadence
- Walk Pace
- Walk Speed



- Elevation feet
- Pace /mile
- Cadence steps/min
- Distance
- Total Time
- Walk Time
- Smooth