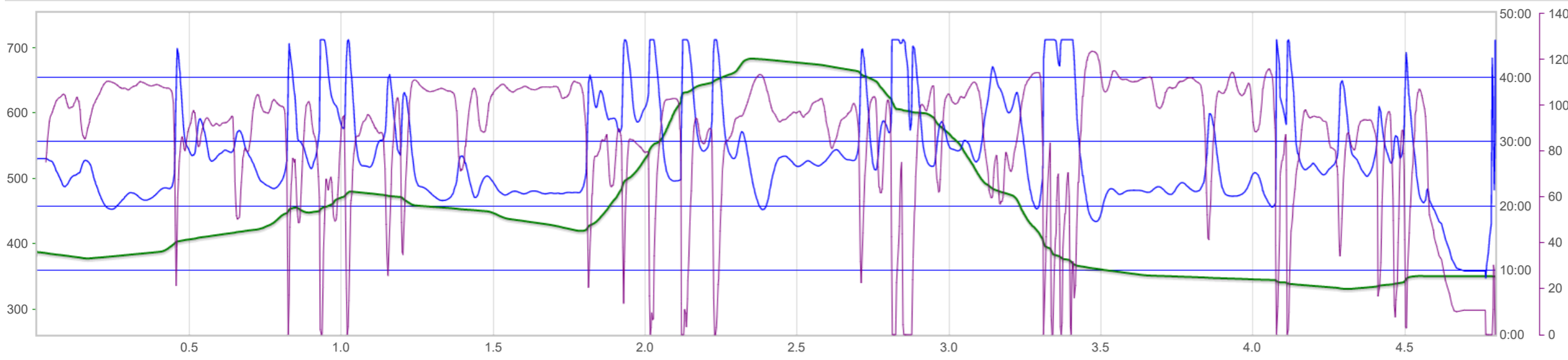


Walkmeter
 started Jun 15, 2019 at 11:01 AM
 route FN Whitwell
 activity Walk
 walk time 1:49:53
 stopped time 1:24:50
 distance 4.80 miles
 average pace 22:54 /mile
 fastest pace 7:55 /mile
 ascent 398
 descent 435
 calories 475
 avg cadence 105 steps/min
 max cadence 126 steps/min
 steps 11540
 temperature 15°C
 humidity 68%
 wind 21 mph S
[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