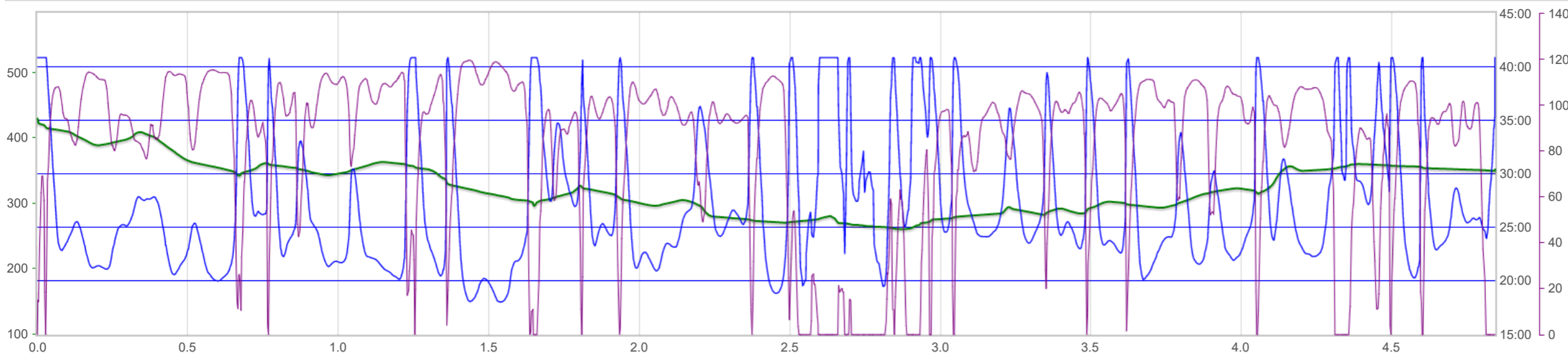


Walkmeter

started Aug 10, 2019 at 11:07 AM
 route FN Sedbergh
 activity Walk
 walk time 1:38:52
 stopped time 1:35:58
 distance 4.84 miles
 average pace 20:25 /mile
 fastest pace 16:41 /mile
 ascent 276
 descent 356
 calories 417
 avg cadence 109 steps/min
 max cadence 123 steps/min
 steps 10752
 temperature 19°C
 humidity 78%
 wind 17 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