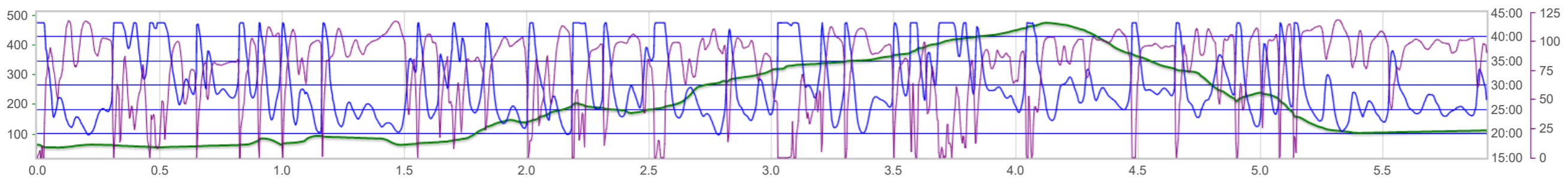


Walkmeter

started Aug 24, 2019 at 10:49 AM
 route FN Parbold
 activity Walk
 walk time 2:06:48
 stopped time 2:19:21
 distance 5.92 miles
 average pace 21:24 /mile
 fastest pace 18:22 /mile
 ascent 586
 descent 538
 calories 529
 avg cadence 114 steps/min
 max cadence 125 steps/min
 steps 14500
 temperature 24°C
 humidity 69%
 wind 10 mph SE
[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