



Walkmeter

started Sep 7, 2019 at 10:54 AM

route FN Morecambe

activity Walk

walk time 2:06:01

stopped time 2:17:12

distance 5.83 miles

average pace 21:36 /mile

fastest pace 14:27 /mile

ascent 172

descent 193

calories 526

avg cadence 114 steps/min

max cadence 126 steps/min

steps 14360

temperature 16°C

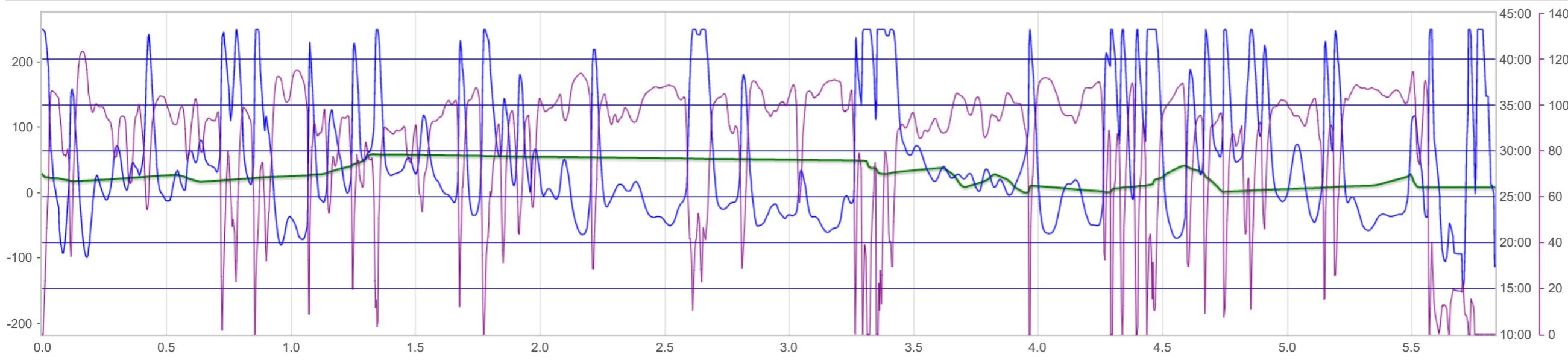
humidity 72%

wind 9 mph NE

[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