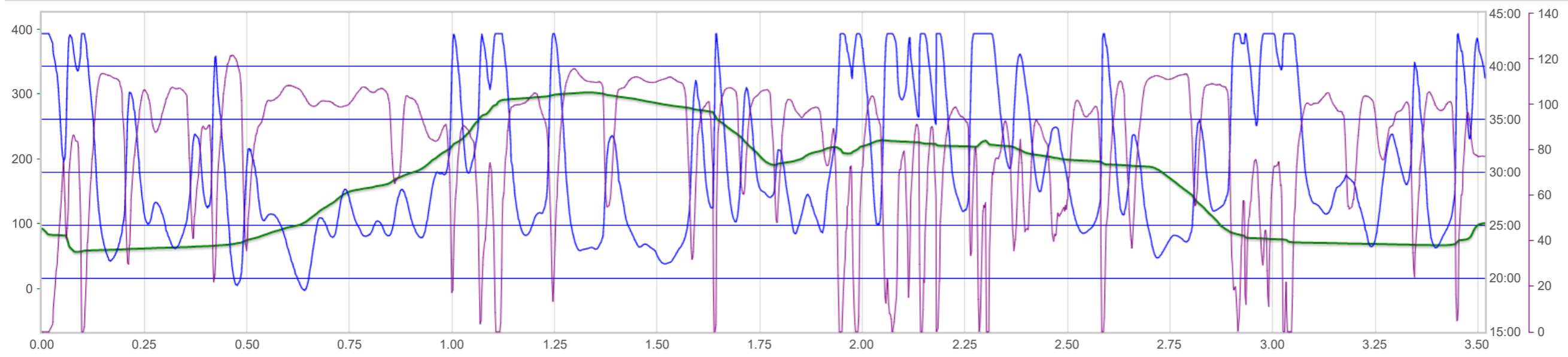


### Walkmeter

started Nov 16, 2019 at 11:02 AM  
 route FN Scorton  
 activity Walk  
 walk time 1:15:41  
 stopped time 1:24:57  
 distance 3.52 miles  
 average pace 21:31 /mile  
 fastest pace 18:11 /mile  
 ascent 337  
 descent 333  
 calories 314  
 avg cadence 123 steps/min  
 max cadence 130 steps/min  
 steps 9317  
 temperature 9°C  
 humidity 82%  
 wind 8 mph NNE  
[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**