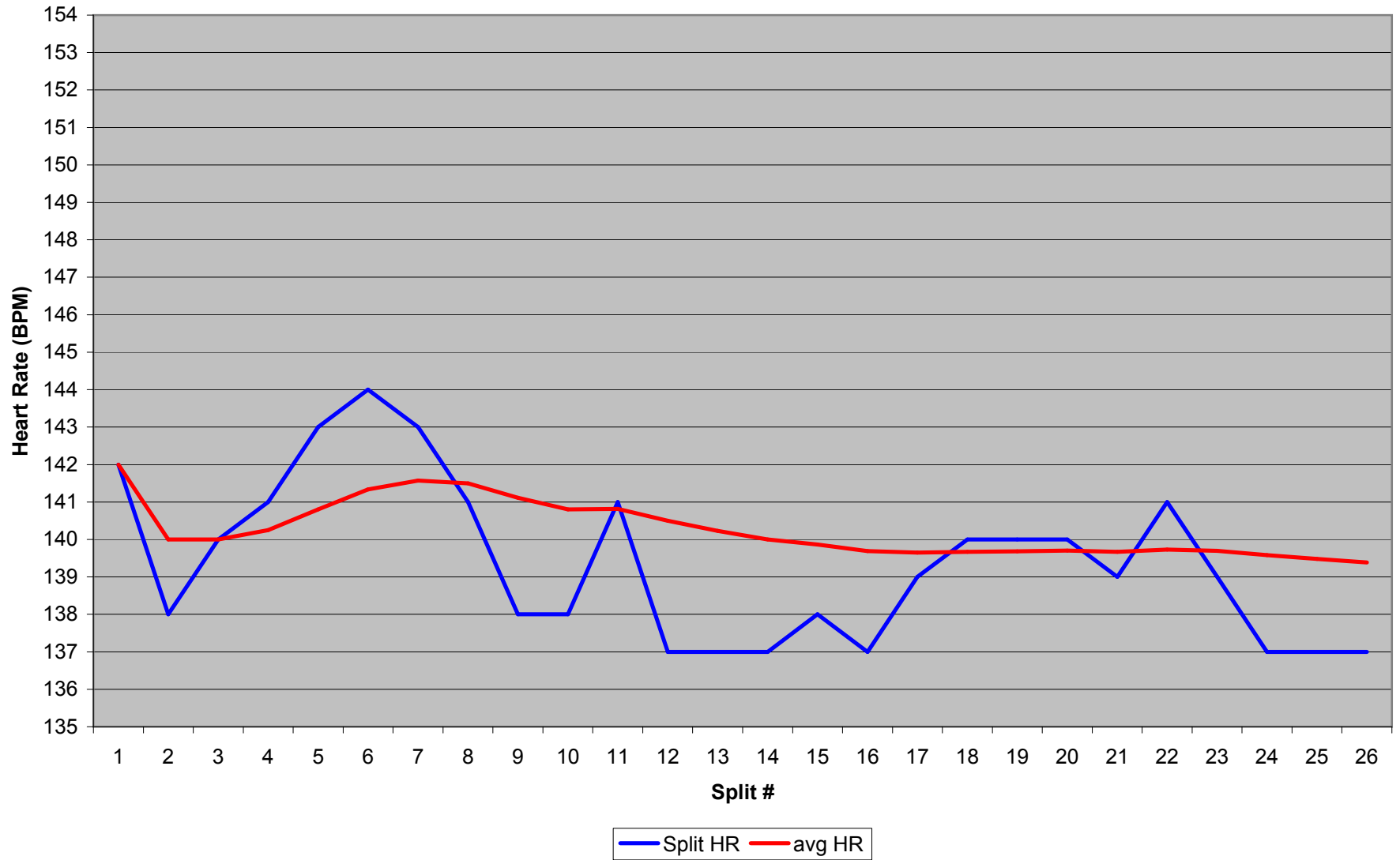


## Heart Rate Run Breakdown

**Route:** Summerlake Loops (26 times)  
**Date/Time:** Sat, November 17, 2007 (12:00am-3:58am)  
**Temp:** Start 48°F, End 49°F

Split#	Split Dist	Overall Dist	Split Time	Overall Time	Split Pace	Overall Pace	Split HR	Split Pct	HR Share	
1	0.985	0.985	8:15	8:15	8:22.6	8:22.6	142	3.8%	5.46	
2	0.985	1.971	8:51	17:06	8:59.0	8:40.8	138	3.8%	5.31	
3	0.985	2.956	8:46	25:52	8:53.4	8:45.0	140	3.8%	5.38	
4	0.985	3.941	8:51	34:42	8:58.5	8:48.3	141	3.8%	5.42	
5	0.985	4.927	8:44	43:26	8:51.8	8:49.0	143	3.8%	5.50	
6	0.985	5.912	8:34	52:00	8:41.7	8:47.8	144	3.8%	5.54	
7	0.985	6.897	8:41	1:00:42	8:49.3	8:48.0	143	3.8%	5.50	
8	0.985	7.882	8:49	1:09:31	8:56.6	8:49.1	141	3.8%	5.42	
9	0.985	8.868	8:51	1:18:22	8:59.0	8:50.2	138	3.8%	5.31	
10	0.985	9.853	8:55	1:27:17	9:03.4	8:51.5	138	3.8%	5.31	
11	0.985	10.838	8:43	1:36:00	8:51.2	8:51.5	141	3.8%	5.42	
12	0.985	11.824	9:09	1:45:10	9:17.5	8:53.7	137	3.8%	5.27	
13	0.985	12.809	9:03	1:54:13	9:11.5	8:55.0	137	3.8%	5.27	
14	0.985	13.794	9:09	2:03:23	9:17.6	8:56.6	137	3.8%	5.27	
15	0.985	14.780	9:04	2:12:27	9:12.4	8:57.7	138	3.8%	5.31	
16	0.985	15.765	9:11	2:21:38	9:19.6	8:59.1	137	3.8%	5.27	
17	0.985	16.750	9:09	2:30:47	9:17.4	9:00.1	139	3.8%	5.35	
18	0.985	17.735	9:08	2:39:56	9:16.5	9:01.0	140	3.8%	5.38	
19	0.985	18.721	9:15	2:49:11	9:23.2	9:02.2	140	3.8%	5.38	
20	0.985	19.706	9:19	2:58:30	9:27.6	9:03.5	140	3.8%	5.38	
21	0.985	20.691	9:32	3:08:02	9:40.4	9:05.2	139	3.8%	5.35	
22	0.985	21.677	9:18	3:17:20	9:26.4	9:06.2	141	3.8%	5.42	
23	0.985	22.662	9:42	3:27:02	9:50.7	9:08.1	139	3.8%	5.35	
24	0.985	23.647	9:40	3:36:42	9:48.9	9:09.8	137	3.8%	5.27	
25	0.985	24.633	9:40	3:46:22	9:48.9	9:11.4	137	3.8%	5.27	
26	0.985	25.618	9:44	3:56:06	9:52.4	9:13.0	137	3.8%	5.27	
									100%	
<b>in zone</b>	3:33:40	90.5%						<b>139.38</b>		<b>139.38</b>
<b>avg HR</b>	139							▲		▲
<b>peak HR</b>	154							<b>Split</b>		<b>Share</b>
<b>min HR</b>	95							<b>Avg</b>		<b>Avg</b>
<b>Calories</b>	3,409									

### Heart Rate Chart



# Pacing Chart

