

Heart Rate Run Breakdown

Route: Seattle Marathon

Date/Time: Sun, November 25, 2007 (8:15am-12:09pm)

Temp: Start 43°F, End 46°F

Overall Dist	Split Dist	Split Time	Overall Time	Overall Pace	Split HR		Time	Pace	
1	1.0	8:45.00	0:08:45.00	8:45.00	139	5k	3.1	0:26:43.55	8:37.27
2	1.0	8:38.79	0:17:23.79	8:41.90	141	10k	6.2	0:52:45.75	8:30.60
3	1.0	8:28.03	0:25:51.82	8:37.27	146	15k	9.3	1:18:37.53	8:27.26
4	1.0	8:25.00	0:34:16.82	8:34.21	142	20k	12.4	1:45:04.89	8:28.46
5	1.0	8:24.63	0:42:41.45	8:32.29	144	25k	15.5	2:13:06.12	8:35.23
6	1.0	8:22.18	0:51:03.63	8:30.60	149	30k	18.6	2:41:40.11	8:41.51
7	1.0	8:23.62	0:59:27.25	8:29.61	144	35k	21.7	3:10:55.38	8:47.90
8	1.0	8:19.34	1:07:46.59	8:28.32	146	40k	24.8	3:40:09.28	8:52.63
9	1.0	8:18.76	1:16:05.35	8:27.26	145				
10	1.0	8:16.89	1:24:22.24	8:26.22	144	First Half		1:51:21.43	8:30.03
11	1.0	8:39.07	1:33:01.31	8:27.39	144	Second Half		2:02:19.67	9:20.28
12	1.0	8:40.20	1:41:41.51	8:28.46	141				
13	1.0	8:48.92	1:50:30.43	8:30.03	141	10 mile Split		1:24:22.24	8:26.22
14	1.0	9:11.52	1:59:41.95	8:33.00	139	20 mile Split		2:54:38.41	8:43.92
15	1.0	8:51.48	2:08:33.43	8:34.23	143				
16	1.0	9:05.38	2:17:38.81	8:36.18	144	0-10 mile		1:24:22.24	8:26.22
17	1.0	9:00.25	2:26:39.06	8:37.59	144	10-20 mile		1:30:16.17	9:01.62
18	1.0	9:05.97	2:35:45.03	8:39.17	144	Last 10k		0:59:02.69	9:31.40
19	1.0	9:23.68	2:45:08.71	8:41.51	143				
20	1.0	9:29.70	2:54:38.41	8:43.92	146	Start-5k		0:26:43.55	8:35.61
21	1.0	9:53.84	3:04:32.25	8:47.25	149	5k-10k		0:26:02.20	8:22.32
22	1.0	9:01.50	3:13:33.75	8:47.90	146	10k-15k		0:25:51.78	8:18.96
23	1.0	9:25.45	3:22:59.20	8:49.53	148	15k-20k		0:26:27.37	8:30.41
24	1.0	9:30.40	3:32:29.60	8:51.23	145	20k-25k		0:28:01.23	9:00.59
25	1.0	9:26.21	3:41:55.81	8:52.63	145	25k-30k		0:28:33.99	9:11.12
26	1.0	9:54.17	3:51:49.98	8:55.00	146	30-35k		0:29:15.28	9:24.40
26.2	0.2	1:51.12	3:53:41.10	8:55.16	147	35-40k		0:29:13.90	9:23.96

Time in Zone 3:53:43 94.8%
3:41:38

avgHR 144
peakHR 162
minHR 121
restHR 33

Calories 3,560

135.88 ◀ **Calories per Mile**
15.23 ◀ **Calories per Minute**
914.05 ◀ **Calories per Hour**