ENERGY IMPACT RECENT

IMPACT ON MY DAY

+66

of 2,155 calories burned

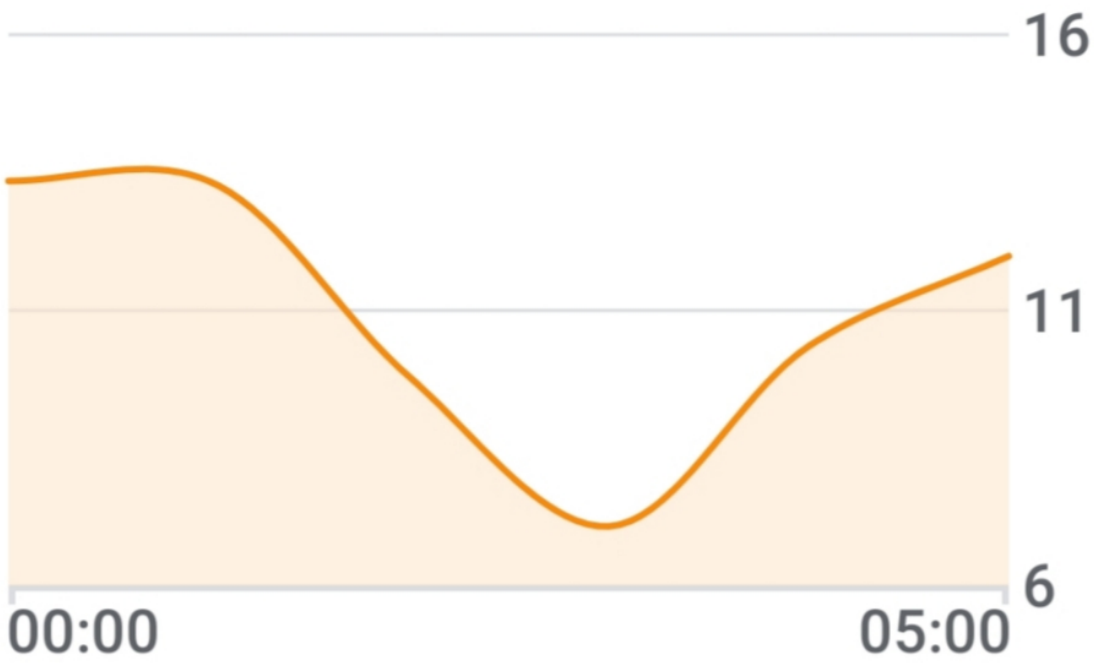
+5

70 active zone minutes

EART RA... ENERGY IMPACT

ENERGY BURNED

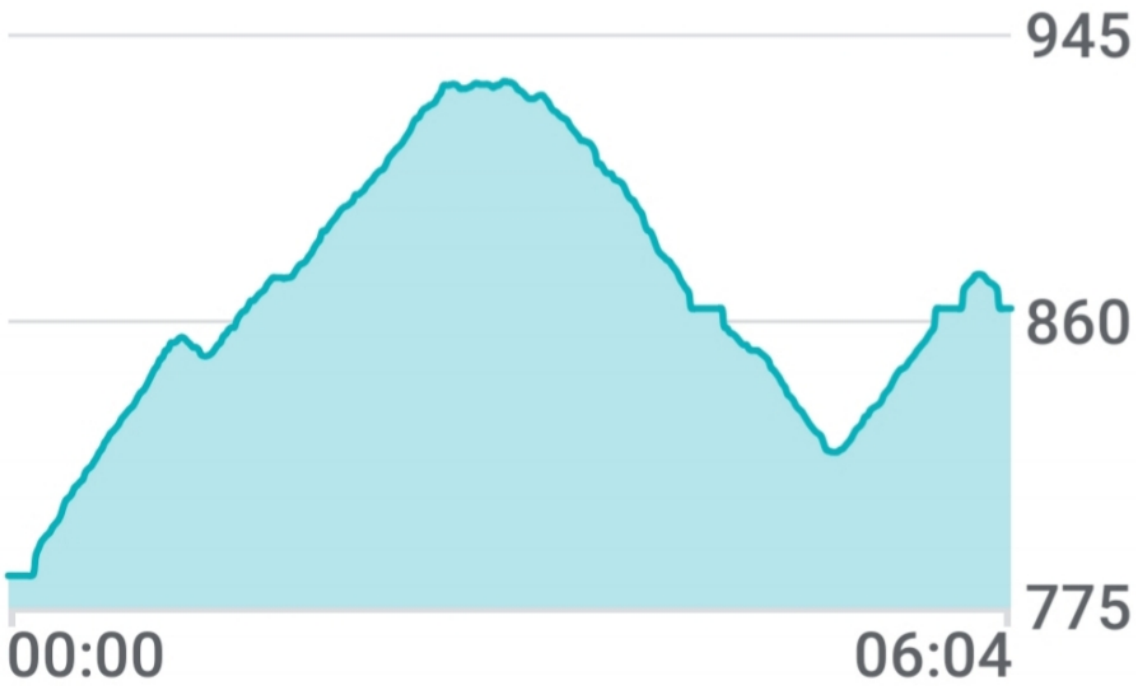
66 Cal 11 Cal/min



SPEED ELEVATION HEART R

ELEVATION

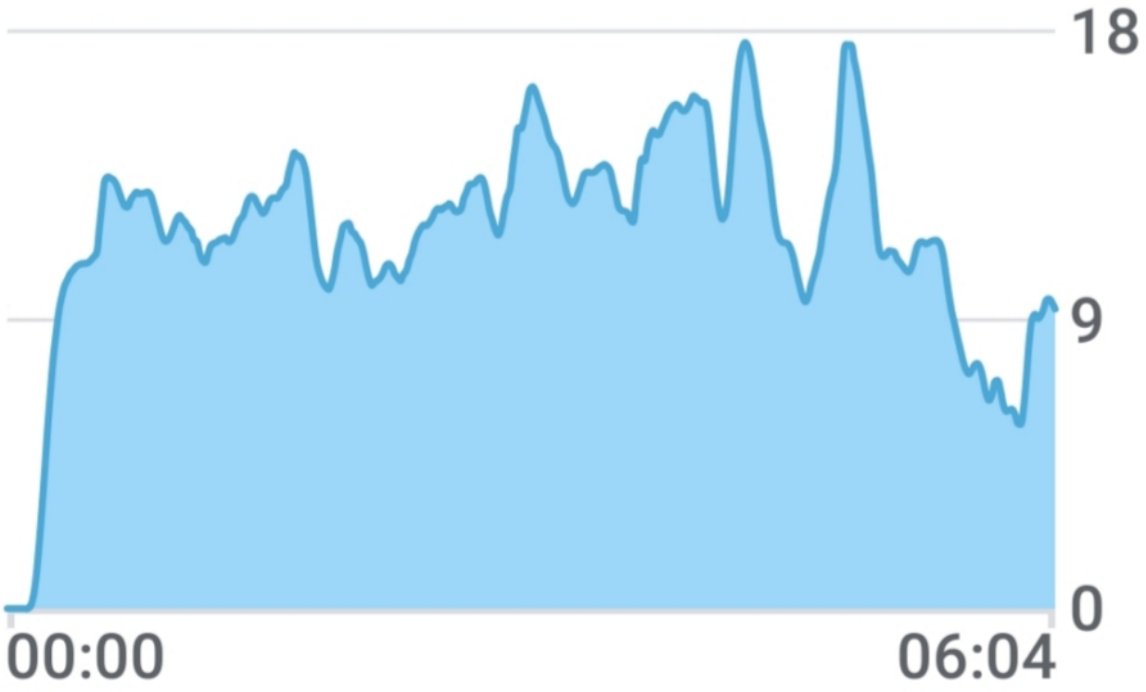
222 ft elevation gain



MAP SPEED ELEVATI

SPEED

11.7 mph avg



MAP
SPEED
ELEV
Hamilton Rd
FAULT
HEART ZONES
SPEED
Hurst Rd
Pitcairn Rd
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Pottery Rd
Warley Woods
Wilson Rd
Hadzor Rd
Harborne Rd
Warley Woods
Golf Course
Min speed
Max speed
Avg s
0.98 mph
17.65 mph
11.73
Google
A4123
Devon Rd

MAP
SPEED
ELEV
EFAULT
HEART ZONES
SPEED
Hamilton Rd
Hurst Rd
Pitcairn Rd
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Pottery Rd
Warley Woods
Wilson Rd
Warley Woods
Golf Course
Below zones
17%
1 min
Fat Burn
83%
5 mins
Car
0%
0 m
Google
A4123
Devon Rd

MAP
SPEED
ELEV
Hamilton Rd
EFAULT
HEART ZONES
SPEED
Hurst Rd
Pitcairn Rd
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Warley Woods
Wilson Rd
Warley Woods
Golf Course
Fat Burn
Cardio
Peak
83%
0%
0%
5 mins
0 mins
0 mins
Google
A4123
Devon Rd

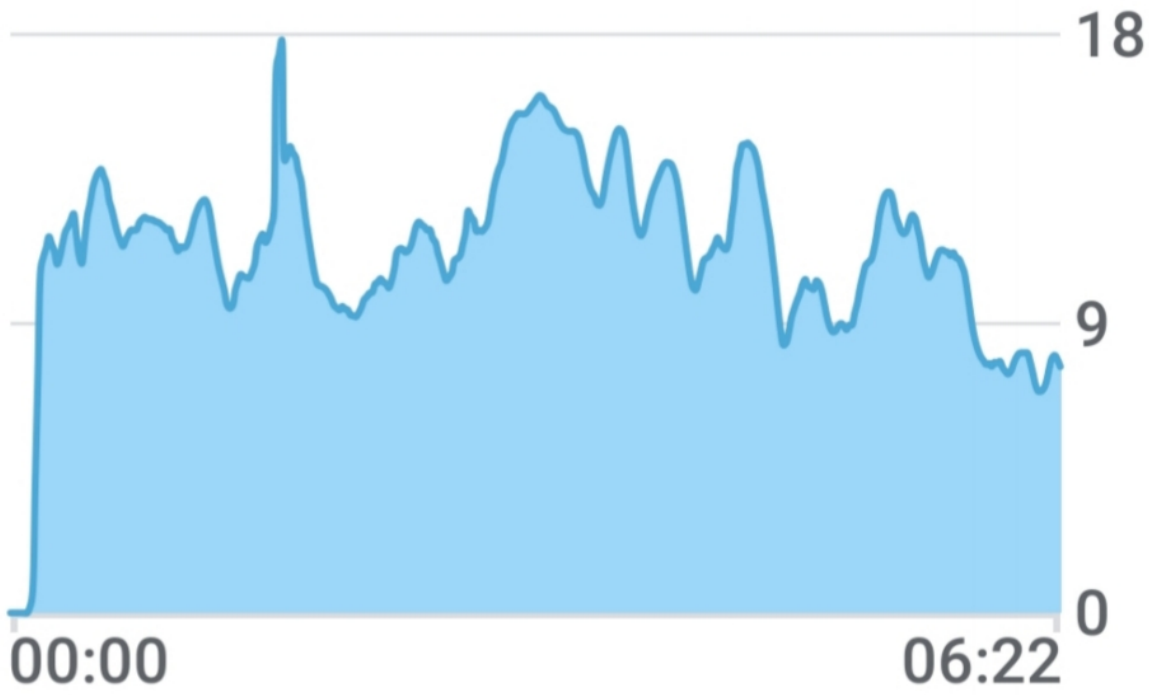
MAP
SPEED
ELEV
DEFAULT
HEART ZONES
SPE
Hamilton Rd
Hurst Rd
Pitcairn Rd
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Pottery Rd
Barclay Rd
1.18
mi
Warley Woods
Wilson Rd
Hadzor Rd
Harborne Rd
Warley Woods
Golf Course
Lightwoods Hill
1.18 mi
6 mins
11.73 mph
Google
A4123
Devon Rd

MAP
SPEED
ELEV
EFAULT
HEART ZONES
SPEED
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Warley Woods
Warley Woods
Golf Course
Below zones
0%
0 mins
Fat Burn
100%
6 mins
Car
0%
0 m
Google
A4123
Devon Rd

MAP SPEED ELEVATI

SPEED

11.3 mph avg



MAP
SPEED
ELEV
FAULT
HEART ZONES
SPEED
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Warley Woods
Warley Woods
Golf Course
Hurst Rd
Pitcairn Rd
Wilson Rd
Hadzor Rd
Harborne Rd
Min speed
Max speed
Avg s
4.11 mph
17.82 mph
11.35
Google
A4123
Devon Rd

ENERGY IMPACT RECENT

IMPACT ON MY DAY

+68

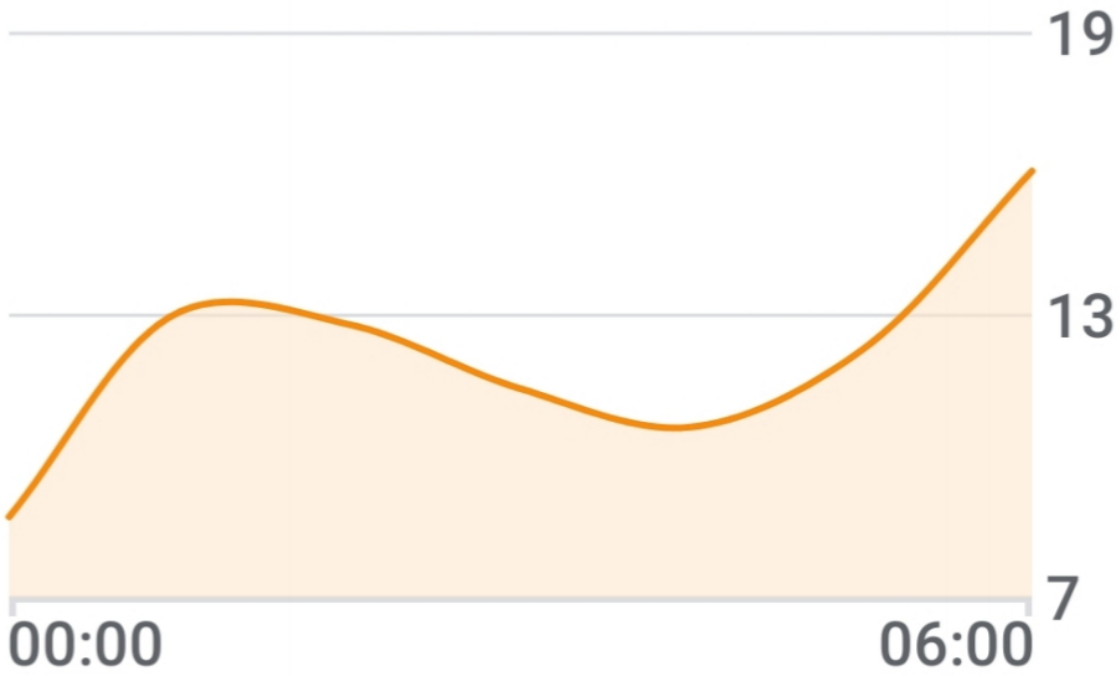
of 2,161 calories burned

+6

70 active zone minutes

ENERGY BURNED

68 Cal 11.3 Cal/



LEVATION HEART RA... ENERG

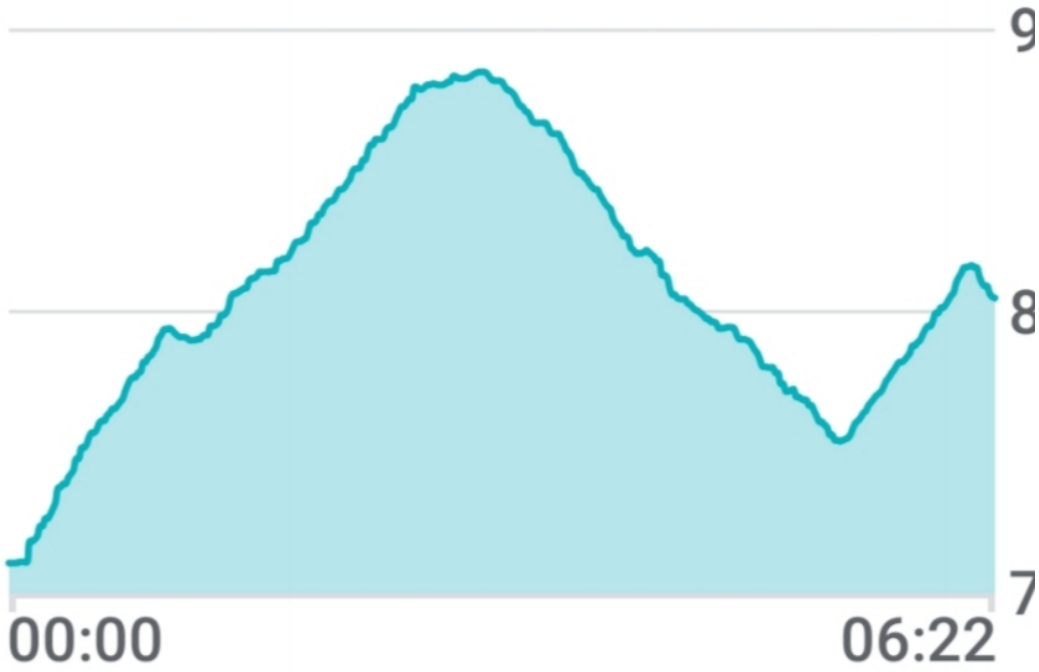
HEART RATE

129 avg bpm 169 r

SPEED ELEVATION HEAR

ELEVATION

233 ft elevation gai



MAP
SPEED
ELE
DEFAULT
HEART ZONES
SI
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
1.19
mi
Warley Woods
Warley Woods
Golf Course
Wilson Rd
Hadzor Rd
Harborne Rd
Lightwoods Hill
1.19 mi
6 mins
11.35 mph
Google
A4123
Devon Rd

MAP
SPEED
ELEV
DEFAULT
HEART ZONES
SP
Hamilton Rd
Hurst Rd
Pitcairn Rd
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Pottery Rd
1.16
mi
Warley Woods
Wilson Rd
Hadzor Rd
Harborne Rd
Warley Woods
Golf Course
Lightwoods Hill
1.16 mi
6 mins
11.06 mph
Google
A4123
Devon Rd

IMPACT ON MY DAY

+64

of 2,163 calories burned

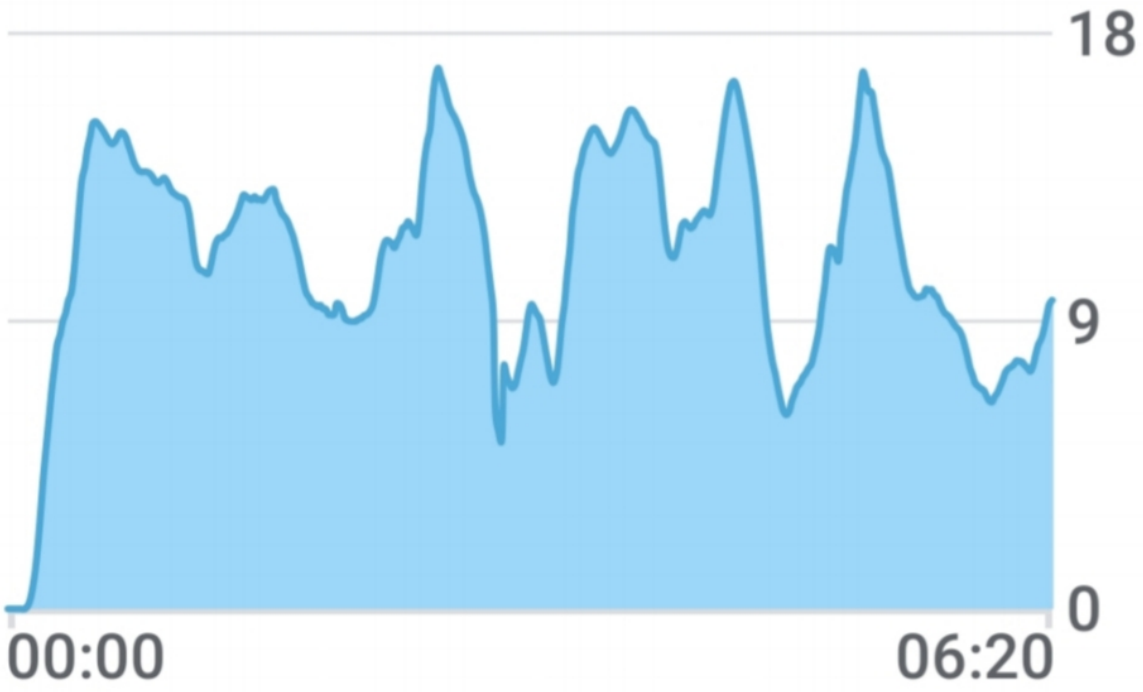
+5

70 active zone minutes

MAP SPEED ELEVATIO

SPEED

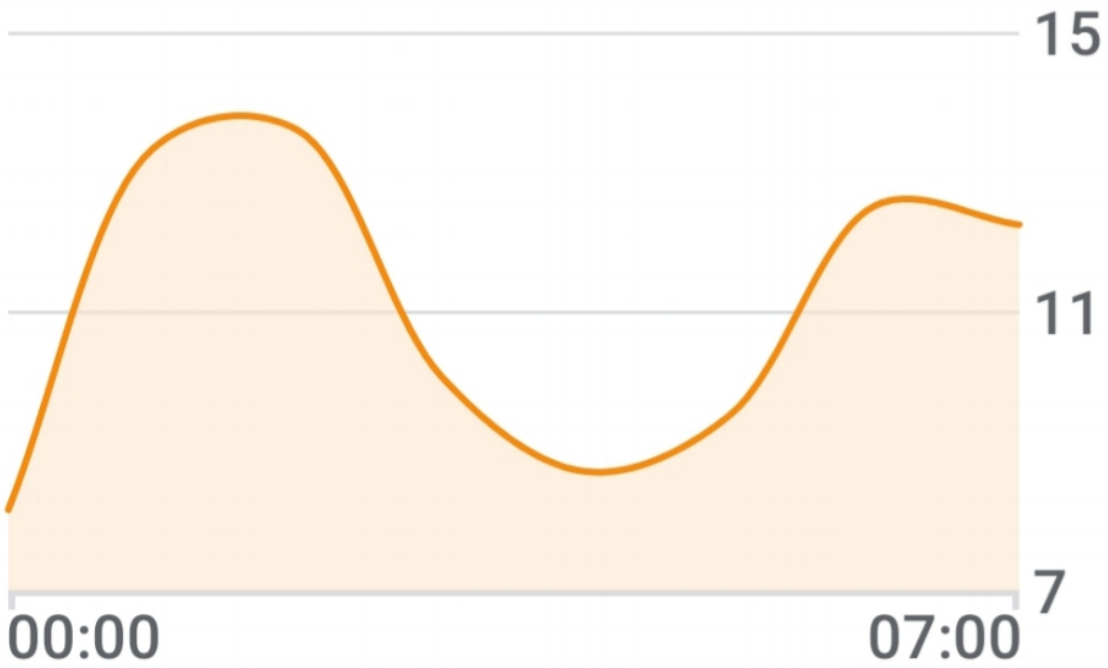
11.1 mph avg



EART RA... ENERGY IMPACT

ENERGY BURNED

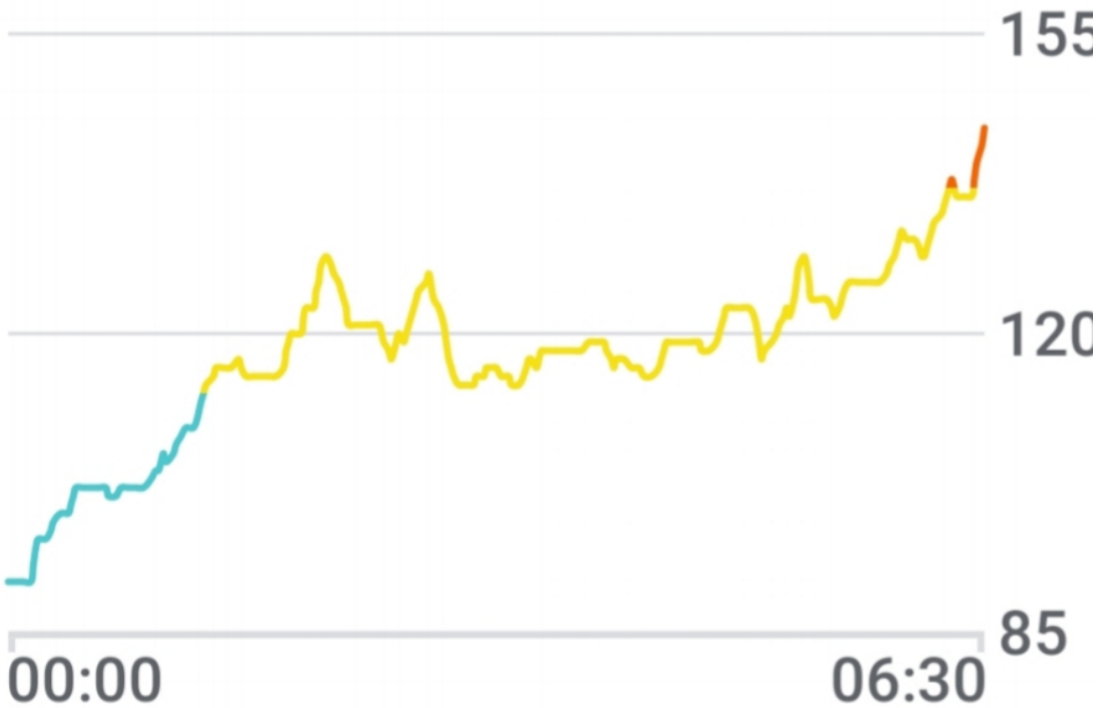
64 Cal 10.7 Cal/



LEVATION HEART RA... ENERG

HEART RATE

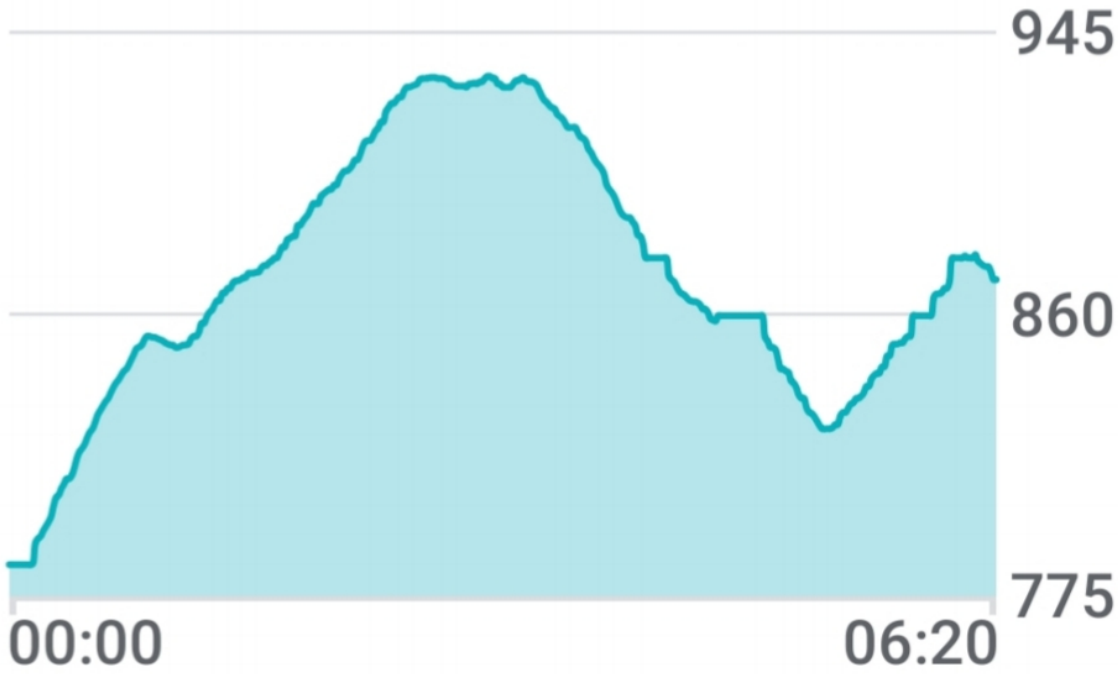
116 avg bpm 144



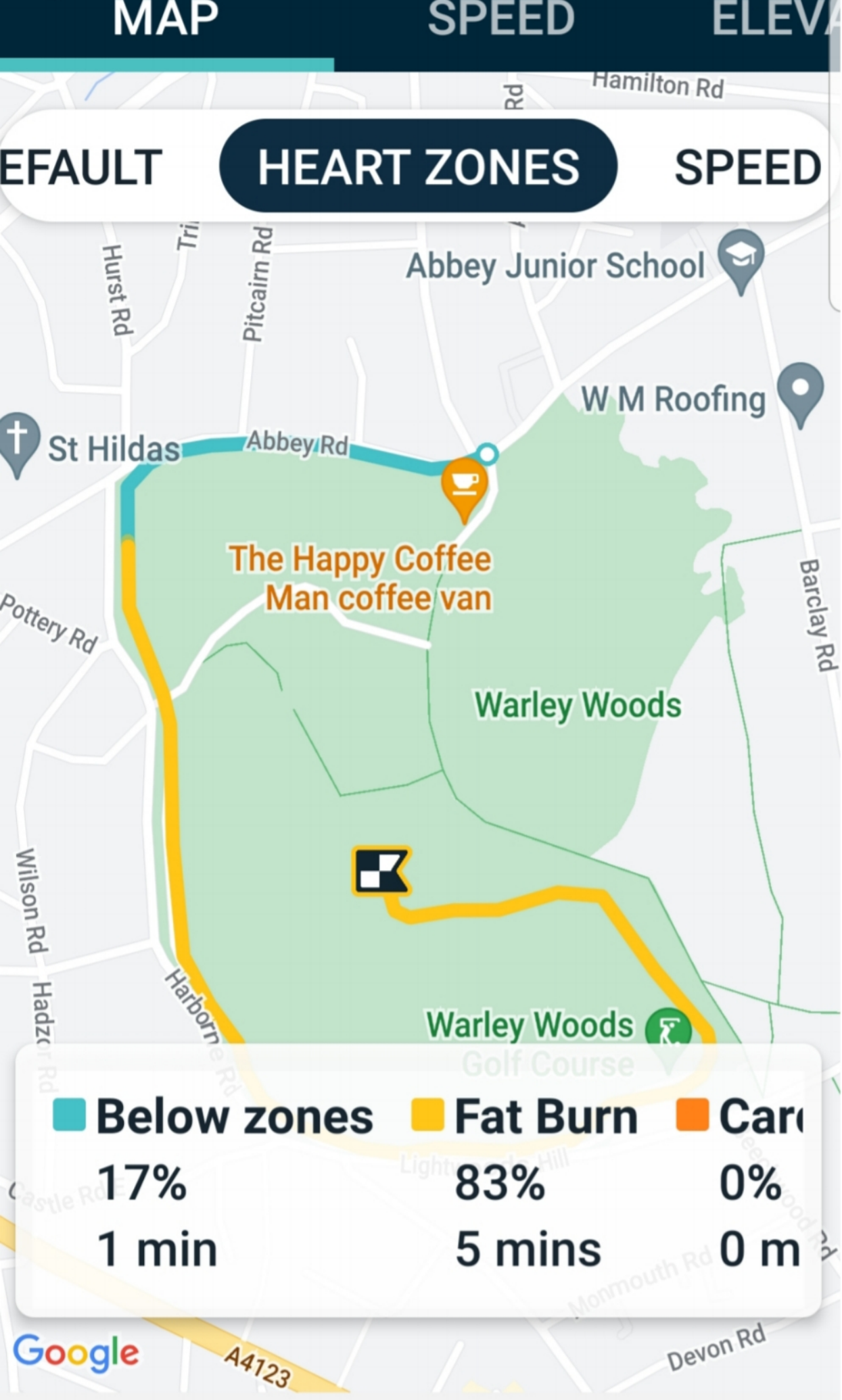
SPEED ELEVATION HEART R

ELEVATION

226 ft elevation gain



MAP
SPEED
ELEV
Hamilton Rd
FAULT
HEART ZONES
SPEED
Hurst Rd
Pitcairn Rd
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Pottery Rd
Barclay Rd
Warley Woods
Wilson Rd
Hadzor Rd
Harborne Rd
Warley Woods
Golf Course
Min speed
Max speed
Avg s
0.66 mph
16.91 mph
11.06
Google
A4123
Devon Rd


MAP
SPEED
ELEVA
Hamilton Rd
EFAULT
HEART ZONES
SPEED
Hurst Rd
Pitcairn Rd
Abbey Junior School
W M Roofing
St Hildas
Abbey Rd
The Happy Coffee
Man coffee van
Pottery Rd
Barclay Rd
Warley Woods
Wilson Rd
Warley Woods
Golf Course
Below zones
17%
1 min
Fat Burn
83%
5 mins
Car
0%
0 m
Google
A4123
Devon Rd