

Richard Davy - Training Center

File Edit View User Help

History Workouts

February 2006

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

Today: 28/02/2006

Running

- 19/02/2006 - 25/02/2006
 - 23/02/2006 09:50:38
- 12/02/2006 - 18/02/2006
- 05/02/2006 - 11/02/2006
- 29/01/2006 - 04/02/2006
- 20/11/2005 - 26/11/2005
- 06/11/2005 - 12/11/2005
- 30/10/2005 - 05/11/2005
- 23/10/2005 - 29/10/2005
- 16/10/2005 - 22/10/2005
- 09/10/2005 - 15/10/2005
- 02/10/2005 - 08/10/2005
- Biking
- Other
- MultiSport

Map Totals Notes

English Channel

© 1995 - 2004 GARMIN Limited or its Subsidiaries

2 km overzoom

23/02/2006 09:50:38

Heart Rate (bpm)

Time (min:sec)

Pace (min/km)

Heart Rate (bpm) Zone 5
Heart Rate (bpm) Zone 4
Heart Rate (bpm) Zone 3
Heart Rate (bpm) Zone 2
Heart Rate (bpm) Zone 1

Heart Rate (bpm) Time Pace

Ready NUM

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Running

- 19/02/2006 - 25/02/2006
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 - Lap 1 - 09:50:38
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Map Totals Notes

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Total Calories	Avg Heart Rate
Lap 1 - 09:50:38	9.82 km	47:48	04:51 /km	12.3 kph	957 cal	132 bpm

Item	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
Heart Rate (Time)	45:39	09:38	33:22	02:44	00:04					
Heart Rate (Distance)	9.4 km	2.1 km	6.8 km	560 m	15 m					
Speed (Time)	47:19	00:00	00:05	00:39	03:25	13:44	41:52	02:03	00:00	00:00
Speed (Distance)	9.7 km	0 m	13 m	105 m	603 m	2.6 km	8.7 km	491 m	0 m	0 m

Lap 1 - 09:50:38

Heart Rate (bpm) Time Pace

Ready NUM