

Saturday Caveman

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Sat, Aug 4, 2012 9:09 AM Eastern Time - NSW (Australia) By [divinicus](#)
Activity Type: **Indoor Cardio** | Event Type: **Fitness** | Course: -

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Summary

Distance: 0.00 km
Time: 29:28
Avg Speed: 0.0 km/h
Calories: 435 C

Details

Heart Rate bpm % of Max Zones
Avg HR: 168 bpm
Max HR: 182 bpm

Laps 1 [View Splits](#)

Split	Time	Distance	Avg Speed
1	29:28.0	0.00	0.0
Summary	29:28.0	0.00	0.0

Additional Information



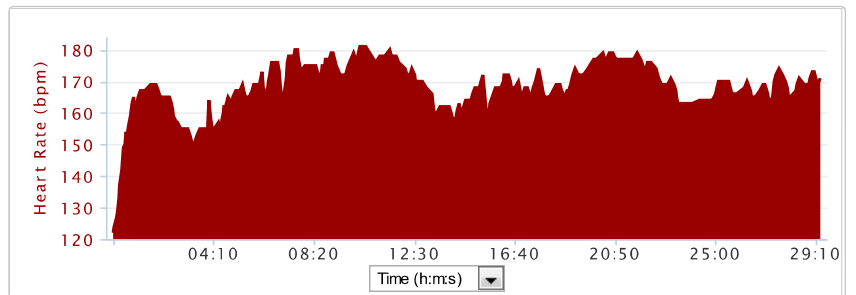
Device:
[Garmin Forerunner 410](#), 2.20.0.0
Summary Data:
Original

Charts

Average

Timing

Heart Rate



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