

# Saturday Caveman

[Previous](#) [Next](#)

Sat, Jul 21, 2012 9:10 AM Eastern Time - NSW (Australia) By [divinius](#)  
Activity Type: **Indoor Cardio** | Event Type: **Fitness** | Course: -

[Like](#) Be the first of your friends to like this.

[Share](#) [Export](#) [Compare](#) [Print](#)

[Details](#) [Splits](#)

## Summary

Distance: 0.00 km  
Time: 28:32  
Avg Speed: 0.0 km/h  
Calories: 342 C

## Details

**Heart Rate** bpm % of Max Zones  
Avg HR: 165 bpm  
Max HR: 184 bpm

**Laps** 1 [View Splits](#)

Split	Time	Distance	Avg Speed
1	28:31.8	0.00	0.0
<b>Summary</b>	<b>28:31.8</b>	<b>0.00</b>	<b>0.0</b>

## Additional Information



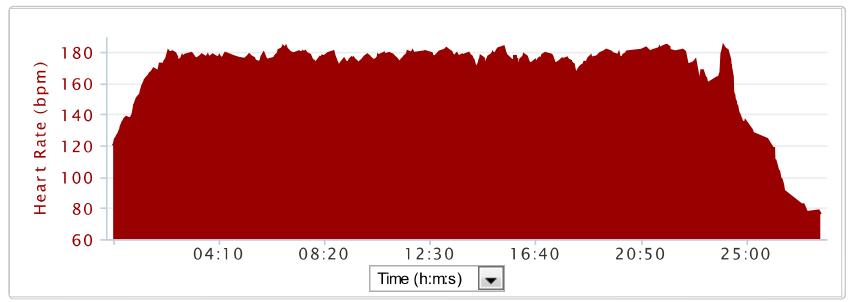
**Device:**  
[Garmin Forerunner 410, 2.20.0.0](#)  
**Summary Data:**  
Original

## Charts

Average

### Timing

### Heart Rate



**Help**  
[Getting Started](#)  
[What's New](#)

**Garmin Connect**  
[Blog](#)  
[Developers](#)

**Garmin**  
[Fitness Products](#)  
[Support](#)  
Served By: olaxpw -  
connect02.garmin.com

Change Language in [Display Preferences](#): English  
[Privacy Policy](#) | [Terms of Use](#)  
Copyright © 1996-2011 Garmin Ltd. or its subsidiaries

