

Saturday Caveman

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Sat, Jun 23, 2012 8:59 AM Eastern Time - NSW (Australia) By [divinicus](#)
Activity Type: **Indoor Cardio** | Event Type: **Training** | Course: --

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Summary

Distance: 0.00 km
 Time: 41:53
 Avg Speed: 0.0 km/h
 Calories: 434 C


Details

| Heart Rate | bpm | % of Max | Zones |
|------------|---------|----------|-------|
| Avg HR: | 165 bpm | | |
| Max HR: | 185 bpm | | |

Laps 3 [View Splits](#)

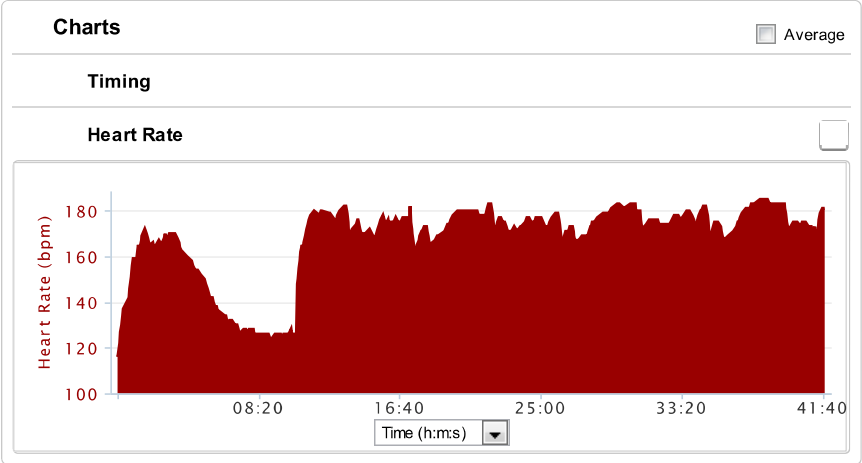
| Split | Time | Distance | Avg Speed |
|----------------|----------------|-------------|------------|
| 1 | 14:13.7 | 0.00 | 0.0 |
| 2 | 4:44.2 | 0.00 | 0.0 |
| 3 | 22:55.4 | 0.00 | 0.0 |
| Summary | 41:53.3 | 0.00 | 0.0 |

Additional Information



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

Summary Data:
 Original



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