

Tuesday Caveman

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Tue, Aug 21, 2012 5:39 PM Eastern Time - NSW (Australia) By [divinicus](#)
Activity Type: **Indoor Cardio** | Event Type: **Fitness** | Course: -

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Summary

Distance: 0.00 km
Time: 33:12
Avg Speed: 0.0 km/h
Calories: 481 C

Details

Heart Rate bpm % of Max Zones
Avg HR: 169 bpm
Max HR: 183 bpm

Laps 1 [View Splits](#)

| Split | Time | Distance | Avg Speed |
|----------------|----------------|-------------|------------|
| 1 | 33:12.4 | 0.00 | 0.0 |
| Summary | 33:12.4 | 0.00 | 0.0 |

Additional Information



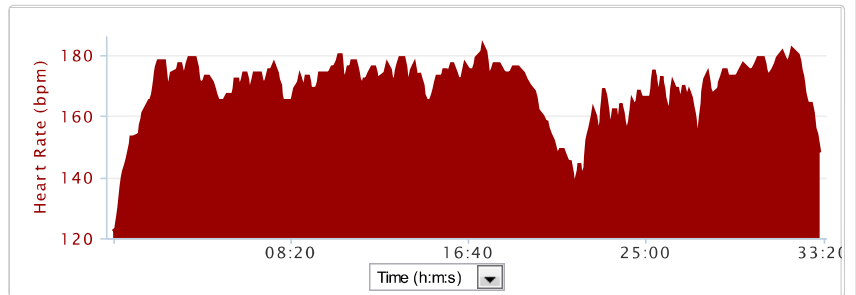
Device:
[Garmin Forerunner 410, 2.20.0.0](#)
Summary Data:
Original

Charts

Average

Timing

Heart Rate



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