

Tuesday Caveman

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Tue, Jul 31, 2012 5:38 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: 31:15
Avg Speed: 0.0 km/h
Calories: 495 C

Details

Heart Rate bpm % of Max Zones
Avg HR: 178 bpm
Max HR: 191 bpm

Laps 1 [View Splits](#)

Split	Time	Distance	Avg Speed
1	31:15.4	0.00	0.0
Summary	31:15.4	0.00	0.0

Additional Information



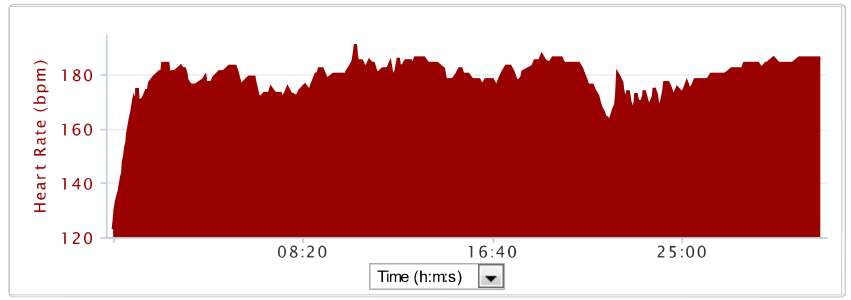
Device:
[Garmin Forerunner 410](#), 2.20.0.0
Summary Data:
Original

Charts

Average

Timing

Heart Rate



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