Original recorded on
Sun, 08 Dec 2013 00:00:00 +0000 (Sun, 08 Dec 2013) [redacted]
Sun, 08 Dec 2013 00:00:00 +0000
Sun, 08 Dec 2013 00:00:00 +0000
Converted from FIT to CSV on 2014-12-08
Converted from FIT to CSV on 2014-12-08
Converted from FIT to CSV on 2014-12-08

Total Records: 10 Displayed: 10 Filtered: 0

Date	Heart Rate Bpm	Speed	Pace	Cadence	Power	Grade	Distance	Altitude	Heart Rate Zone	Cadence Zone	Power Zone	Grade Zone
2013-12-08 00:00:00	90	0	0:00	0	0	0.00	0.00	0.00				
2013-12-08 00:01:00	90	0	0:00	0	0	0.00	0.00	0.00				
2013-12-08 00:02:00	90	0	0:00	0	0	0.00	0.00	0.00				
2013-12-08

| | | |

07 Jul 10:40 pm	115	33	6		0	--		0.00
07 Jul 10:35 pm	116	33	6		0	--		0.00
07 Jul 10:30 pm	116	33	6		0	--		0.00
07 Jul 10:25 pm	116	34	6		0	--		0.00
07 Jul 10:20 pm	116	34	6		0	--		0.00
07 Jul 10:15 pm	116	34	6		0	--		0.00
07 Jul 10:10 pm	116	34	6		0	--		0.00
07 Jul 10:05 pm	116	34	6		0	--		0.00
07 Jul 10:00 pm	116	34	6	22	0	--	1.02	
07 Jul 9:55 pm	117	35	6		0	--		0.00
07 Jul 9:50 pm	117	35	6		0	--		0.00
07 Jul 9:45 pm	117	35	6		0	--		0.00
07 Jul 9:40 pm	117	35	6		0	--		0.00
07 Jul 9:35 pm	117	35	6		0	--		0.00
07 Jul 9:30 pm	117	35	6		0	--		0.00
07 Jul 9:25 pm	117	35	6		0	--		0.00
07 Jul 9:20 pm	117	35	6		0	--		0.00
07 Jul 9:15 pm	117	35	6		0	--		0.00
07 Jul 9:10 pm	117	35	6		0	--		0.00
07 Jul 9:05 pm	117	35	6		0	--		0.00
07 Jul 9:00 pm	117	35	6	18	0	--	1.02	
07 Jul 8:55 pm	117	35	6		0	--		0.00
07 Jul 8:50 pm	118	35	6		0	--		0.00
07 Jul 8:45 pm	118	35	6		0	--		0.00
07 Jul 8:40 pm	118	35	6		0	--		0.00
07 Jul 8:35 pm	118	35	6		0	--		0.00
07 Jul 8:30 pm	118	35	6		0	--		0.00
07 Jul 8:25 pm	118	36	6		0	--		0.00
07 Jul 8:20 pm	118	36	6		0	--		0.00
07 Jul 8:15 pm	120	32	5		0	--		0.00
07 Jul 8:10 pm	120	32	5		1	1%		0.00
07 Jul 8:05 pm	120	32	5		3	2%		0.00
07 Jul 8:00 pm	120	32	5	15	7	5%	1.02	
07 Jul 7:55 pm	120	32	5		30	18%		0.00
07 Jul 7:50 pm	120	32	5		44	23%		0.00
07 Jul 7:45 pm	120	32	5		56	26%		0.00
07 Jul 7:40 pm	120	32	5		68	29%		0.00
07 Jul 7:35 pm	121	33	5		81	32%		0.00
07 Jul 7:30 pm	121	27	4		94	34%		0.00
07 Jul 7:25 pm	121	28	4		108	36%		0.00
07 Jul 7:20 pm	122	33	5		122	38%		0.00
07 Jul 7:15 pm	122	28	4		137	40%		0.00
07 Jul 7:10 pm	122	28	4		152	42%		0.00
07 Jul 7:05 pm	122	28	4		168	44%		0.00
07 Jul 7:00 pm	122	28	4	15	182	45%	1.02	
07 Jul 6:55 pm	122	28	4		197	46%		0.00
07 Jul 6:50 pm	122	28	4		211	47%		0.00
07 Jul 6:45 pm	122	29	4		227	49%		0.00
07 Jul 6:40 pm	122	29	4		247	51%		0.00
07 Jul 6:35 pm	122	28	4		263	52%		0.00
07 Jul 6:30 pm	122	28	4		280	53%		0.00
07 Jul 6:25 pm	123	29	4		296	54%		0.00
07 Jul 6:20 pm	123	29	4		314	55%		0.00
07 Jul 6:15 pm	123	29	4		330	56%		0.00
07 Jul 6:10 pm	123	29	4		346	57%		0.00
07 Jul 6:05 pm	123	29	4		363	57%		0.00
07 Jul 6:00 pm	123	35	5	23	381	58%	1.02	
07 Jul 5:55 pm	124	35	5		398	59%		0.00
07 Jul 5:50 pm	123	34	5		414	60%		0.00
07 Jul 5:45 pm	123	35	5		429	60%		0.00
07 Jul 5:40 pm	123	35	5		441	60%		0.00
07 Jul 5:35 pm	123	35	5		453	60%		0.00
07 Jul 5:30 pm	123	34	5		469	61%		0.00
07 Jul 5:25 pm	123	35	5		488	62%		0.00
07 Jul 5:20 pm	123	34	5		507	63%		0.00
07 Jul 5:15 pm	123	34	5		518	63%		0.00
07 Jul 4:10 pm	122	34	5		685	66%		0.00
07 Jul 4:05 pm	121	33	5		694	66%		0.00
07 Jul 4:00 pm	122	34	5	17	702	66%	1.02	
07 Jul 3:55 pm	121	33	5		715	67%		0.00
07 Jul 3:50 pm	122	34	5		726	67%		0.00
07 Jul 3:45 pm	122	34	5		737	67%		0.00
07 Jul 3:40 pm	122	38	6		746	67%		0.00
07 Jul 3:35 pm	122	34	5		754	67%		0.00
07 Jul 3:30 pm	121	33	5		765	67%		0.00
07 Jul 3:25 pm	121	33	5		775	68%		0.00
07 Jul 3:20 pm	122	38	6		782	68%		0.00
07 Jul 3:15 pm	122	34	5		792	68%		0.00
07 Jul 3:10 pm	121	37	6		801	68%		0.00
07 Jul 3:05 pm	121	33	5		807	68%		0.00
07 Jul 3:00 pm	121	33	5	21	813	68%	1.02	
07 Jul 2:55 pm	121	33	5		822	68%		0.00
07 Jul 2:50 pm	121	38	6		829	68%		0.00
07 Jul 2:45 pm	122	38	6		836	69%		0.00
07 Jul 2:40 pm	121	33	5		843	69%		0.00
07 Jul 2:35 pm	121	33	5		849	69%		0.00
07 Jul 2:30 pm	122	38	6		855	69%		0.00
07 Jul 2:25 pm	122	38	6		860	69%		0.00
07 Jul 2:20 pm	121	38	6		865	69%		0.00
07 Jul 2:15 pm	121	37	6		871	69%		0.00
07 Jul 2:10 pm	121	37	6		876	69%		0.00
07 Jul 2:05 pm	120	37	6		879	69%		0.00
07 Jul 2:00 pm	121	37	6	20	883	70%	1.02	
07 Jul 1:55 pm	121	37	6		886	70%		0.00
07 Jul 1:50 pm	119	36	6		888	70%		0.00
07 Jul 1:45 pm	120	37	6		891	70%		0.00
07 Jul 1:40 pm	120	37	6		892	70%		0.00
07 Jul 1:35 pm	119	36	6		895	70%		0.00
07 Jul 1:30 pm	120	37	6		896	70%		0.00
07 Jul 1:25 pm	119	36	6		897	70%		0.00
07 Jul 1:20 pm	118	39	7		898	70%		0.00
07 Jul 1:15 pm	118	39	7		899	70%		0.00
07 Jul 1:10 pm	118	39	7		899	70%		0.00
07 Jul 1:05 pm	118	35	6		898	70%		0.00
07 Jul 1:00 pm	118	39	7	16	898	70%	1.02	
07 Jul 12:55 pm	119	40	7		898	70%		0.00
07 Jul 12:50 pm	117	38	7		896	70%		0.00
07 Jul 12:45 pm	117	39	7		894	71%		0.00
07 Jul 12:40 pm	117	38	7		892	71%		0.00
07 Jul 12:35 pm	116	38	7		889	71%		0.00
07 Jul 12:30 pm	116	38	7		886	71%		0.00
07 Jul 12:25 pm	116	38	7		884	71%		0.00
07 Jul 12:20 pm	116	38	7		880	71%		0.00
07 Jul 12:15 pm	115	37	7		876	71%		0.00