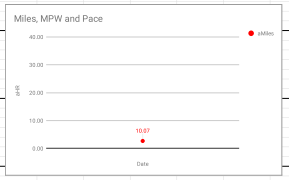
Date	Day	pMiles	pMPW	DpMPV	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertDec%	GCTB	TE	aMPW	aAtCr(min)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	LR %	4wkRcp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace
3/30	Fri						2.69	10.07	0:27:11			165																	
3/31	Sat								0:27:11																				
4/1	Sun																												
4/2	Mon																												
4/3	Tue																												
4/4	Wed																												
4/5	Thu						2.05	10:54	0:22:19			161																	
4/6	Fri																												
4/7	Sat																												
4/8	Sun		0				2.02	10:46	0:21:48			161				4.07	1.0	0:44:07	1.0	10:50				0.5					
4/9	Mon																												
4/10	Tue																												
4/11	Wed																												
4/12	Thu						2.08	11:16	0:23:26			158																	
4/13	Fri																												
4/14	Sat						2.10	13:35	0:28:29			158																	
4/15	Sun		0													4.18	1.0	0:51:55	1.1	12:25			0.0	0.5					
4/16	Mon						2.52	9:17	0:23:24			166																	
4/17	Tue																												
4/18	Wed						2.94	11:05	0:32:33			157																	
4/19	Thu																												
4/20	Fri						3.00	9:27	0:28:23			170																	
4/21	Sat																												
4/22	Sun		0				2.19	12:42	0:27:46			159				10.65	1.7	1:52:06	1.6	10:32	#DIV/0!		0.0	0.3					
4/23	Mon																												
4/24	Tue						2.05	11:14	0:23:01			165																	
4/25	Wed						2.08	10:13	0:21:16																				
4/26	Thu																												
4/27	Fri																												
4/28	Sat						4.51	9:57	0:44:53			168																	
4/29	Sun		0													8.84	1.3	1:29:10	1.2	10:19	#DIV/0!		0.0	0.5	6.9				
4/30	Mon						2.16	9:20	0:20:11			170														0.0	29.70	5:17:29	0:10:41
5/1	Tue						1.92	13:03	0:25:07			154																	
5/2	Wed																												
5/3	Thu						2.02	13:11	0:26:38			160																	
5/4	Fri																												
5/5	Sat						3.02	9:22	0:28:15			169																	
5/6	Sun															9.12	1.1	1:40:11	1.1	10:59	#DIV/0!		0.0	0.3	8.1				
5/7	Mon																												
5/8	Tue																												
5/9	Wed						3.28	9:32	0:31:18																				
5/10	Thu																												
5/11	Fri																												
5/12	Sat						3.02	9:30	0:28:43																				
5/13	Sun															6.30	0.7	1:00:01	0.7	09:32	#DIV/0!		0.0	0.5	8.7				
5/14	Mon						3.35	10:02	0:33:33																				
5/15	Tue																												
5/16	Wed						3.04	10:05	0:30:37																				
5/17	Thu																												
5/18	Fri																												
5/19	Sat						2.54	9:56	0:25:15	157	174	162																	
5/20	Sun		0													8.93	1.1	1:29:25	1.1	10:01	#DIV/0!		0.0	0.4	8.2				
5/21	Mon						3.40	8:52	0:30:09	160	180	169																	
5/22	Tue																												
5/23	Wed						2.93	12:41	0:37:13	141	160	135																	
5/24	Thu																												
5/25	Fri																												
5/26	Sat						2.24	11:10	0:25:03	140	155	153																	
5/27	Sun		0													8.57	1.0	1:32:25	1.1	10:47	#DIV/0!		0.0	0.4	8.2				
5/28	Mon						4.21	11:00	0:46:14	162	180	157	12.4																
5/29	Tue																												
5/30	Wed						3.02	10:13	0:30:52	142	155	171	12.4																
5/31	Thu																									0.0	37.99	6:38:57	0:10:30
6/1	Fri						3.52	10:40	0:37:29	145	172	165	12.8																
6/2	Sat																												
6/3	Sun		0				3.08	16:07	0:49:40	129	163	128	10.1			13.83	1.5	2:44:15	1.6	11:53	#DIV/0!		0.0	0.3	9.4				
6/4	Mon						3.63	9:16	0:33:38	163	182	171	12.0																
6/5	Tue																												
6/6	Wed						1.75	12:09	0:21:15	147	161	150	12.4																
6/7	Thu																												
6/8	Fri						7.60	12:23	1:34:09	159	184	156	12.1																
6/9	Sat																												
6/10	Sun		0				3.14	8:26	0:26:30	161	184	169	11.5			16.12	1.4	2:55:32	1.3	10:53	#DIV/0!		0.0	0.5	11.9				
6/11	Mon						4.30	10:23	0:44:41	157	185	158	11.8																
6/12	Tue																												
6/13	Wed						4.43	9:40	0:42:53	158	182	169	10.7																
6/14	Thu																												
6/15	Fri						0.54	13:36	0:07:18	129	153	122	11.6																
							2.16	9:33	0:20:36	155	175	168	11.8																
6/16	Sat						7.30	11:07	1:21:12	157	173	161	12.0																
6/17	Sun		18.73													18.73	1.3	3:16:40	1.3	10:30	#DIV/0!		0.0	0.4	14.3				
6/18	Mon						3.06	9:32	0:29:08	154	165	174	12.7																
6/19	Tue						2.05	12:03	0:24:45	124	134	159	14.4																
							2.13	11:22	0:24:13	129	140	159	14.3																
6/20	Wed						3.17	10:29	0:33:12	139	150	165	13.4																
6/21	Thu																												
6/22	Fri						4.30	9:28	0:40:42	162	183	168	12.1																
6/23	Sat						8.03	11:39	1:33:31	149	179	158	13.0																
6/24	Sun		22.74													22.74	1.3	4:05:31	1.3	10:48	#DIV/0!		0.0	0.4	17.9				
6/25	Mon						4.08	10:51	0:44:17	145	158	166	13.5	2.8															
							0.31	10:39	0:03:21	151	161	173	13.5	0.7															
6/26	Tue						4.27	9:28	0:40:29	156	165	170	12.1	3.5															
							0.52	10:25	0:05:24	151	159	174	12.6	1.3															
6/27	Wed						2.19	15:33	0:34:05	112	139	124	10.0	0.9															
6/28	Thu																												
6/29	Fri						3.23	9:39	0:31:09	143	170	175	12.1	3.1															
							0.42	9:48	0:04:06	155	165	181	12.1	1.1															
6/30	Sat						9.51	11:21	1:47:58	162	183	164	12.7	5.0												0.0	89.25	16:21:54	0:11:00
							0.53	11:43	0:06:13	176	186	174	12.9	4.0															
7/1	Sun		25.06													25.06	1.2	4:37:02	1.2	11:03	4.0		22.4	0.4	20.7				
7/2	Mon	4.0					0.66	10:38	0:07:01	136	150	158	12.8	1.3															
							4.10	10:56	0:44:46	144	154	162	13.9	2.7															
							0.49	10:20	0:05:03	157	163	178	12.5	1.4															
7/3	Tue																												
7/4	Wed	3.0					2.96	11:45	0:34:44	134	151	159	12.9	2.3															
7/5	Thu	4.0					2.96	11:34	0:34:18	135	147	160	14.3	2.3															
							1.29	10:00	0:12:55	145	156	170	13.5	2.2															
7/6	Fri	4.5					11.02	11:29	2:06:38	150	167	168	14.2	3.2															
7/7	Sat																												
7/8	Sun	11.0					3.52	10:34	0:37:15	149	156	176	12.0	3.0															
			28.03				1.03	10:52	0:11:09	152	157	176	12.8	2.1		28.03	1.2	5:13:49	1.2	11:12	1.9	166.7	20.5	0.4	23.6				
7/9	Mon	3.5					2.96	10:21	0:30:36	139	150	171	12.4	2.5															
VHSDM							0.45	11:00	0:05:00	139	146	174	12.7	0.9															
7/10	Tue																												
7/11	Wed	4.0					3.25	8:59	0:29:11	161	181	177	11.3	3.5															
7/12	Thu	3.5																											
7/13	Fri	3.5					3.03	10:03	0:30:13	138	150	169	12.9	2.4															
7/14	Sat																												
7/15	Sun	13.1	27.6		1.1		13.59	13:34	3:04:19	166	188	155	12.3	7.5		23.28	0.9	4:39:19	1.0	12:00	1.1	162.3	16.8	0.6	24.8				
7/16	Mon																												
7/17	Tue	3.0					2.21	11:22	0:25:06	134	141	168	13.7	2.1															
7/18	Wed	4.5					3.55	11:13	0:39:46	146	157	171	13.5	2.6															
7/19	Thu	6.0					6.00	10:48	1:04:52	148	161	171	13.2	3.3															
7/20	Fri																												
7/21	Sat	10.0					11.79	11:47	2:18:55	152	175	163	13.1	3.2															
7/22	Sun	5.0	28.5	25	1.0		3.05	11:35	0:35:19	142	149	171	14.4	2.3		26.60	1.0	5:03:58	1.0	11:26	0.7	167.2	13.5	0.4	25.7				
7/23	Mon																												
7/24	Tue	3.0					5.02	10:53	0:54:35	139	153	171	12.9	3.0															
7/25	Wed	5.0					5.46	11:00	1:00:05	147	161	171	13.7	3.2															
7/26	Thu	6.0					2.01	7:44	0:15:33	161	190	178	10.2	5.8															
7/27	Fri																												
7/28	Sat	11.0					11.23	10:49	2:01:33	147	178	171	12.8	3.7															
7/29	Sun	6.0	31.8	30	1.1											23.72	0.9	4:11:46	0.9	10:37	0.8	171.6	15.7	0.5	25.4				
7/30	Mon						4.15	10:33	0:43:44	140	152	169	13.4	2.9															
7/31	Tue	6.0					4.70	10:18	0:48:52	143	161	175	12.2	3.1												119.6	110.46	20:41:28	0:11:14
8/1	Wed	4.5																											
8/2	Thu	6.0					6.36	9:51	1:02:41	149	174	173	13.0	3.7															
8/3	Fri						6.11	11:01	1:07:16	144	173	175	13.3	3.0															
8/4	Sat	14.0																											
8/5	Sun	4.5	35.0	35	1.1	1.1	13.55	10:56	2:28:06	147	175	173	12.9	4.0		34.87	1.3	6:10:39	1.2	10:38	1.1	173.1	16.7	0.4	27.1				
8/6	Mon						4.56	10:45	0:49:02	144	152	169	13.5	2.8															
8/7	Tue	4.5																											
8/8	Wed	4.5					5.07	12:56	1:05:32	139	158	158	13.6	2.8															
8/9	Thu	6.0																											
8/10	Fri																												
8/11	Sat	15.0																											
8/12	Sun	5.0	35.0	35	1.1	1.1	9.33	11:23	1:46:08	136	163	170	13.0	3.0		18.96	0.7	3:40:42	0.8	11:38	0.6	166.6	8.6	0.5	26.0				
8/13	Mon																												
8/14	Tue	4.5					4.03	11:44	0:47:19	142	152	172	14.6	2.5															
8/15	Wed	4.5					5.54	10:14	0:56:40	163	191	173	13.0	6.6															
8/16	Thu	8.0					8.02	11:32	1:32:24	152	162	171	13.9	3.1															
8/17	Fri																												
8/18	Sat	14.0					14.04	13:18	3:06:49	164	184	153	11.8	5.2															
8/19	Sun	4.0	35.0	35	1.0	1.1	3.82	11:38	0:45:29	147	163	170	14.3	2.8		35.45	1.3	7:08:41	1.3	12:06	1.3	164.2	20.2	0.4	28.3				
8/20	Mon																												
8/21	Tue	4.0					5.02	11:04	0:55:32	130	143	163	13.7	1.7															
8/22	Wed	5.0					4.50	10:38	0:47:49	146	173	168	13.0	3.5															
8/23	Thu	9.0					9.40	11:15	1:45:41	151	185	171	13.1	4.4															
8/24	Fri																												
8/25	Sat	10.0																											
8/26	Sun	7.0	35.0	35	1.0	1.1	4.42	10:49	0:47:50	146	156	169	14.0	3.1		23.34	0.8	4:18:52	0.8	11:00	0.9	168.3	12.7	0.4	28.2				
8/27	Mon																												
8/28	Tue	4.0					5.43	10:30	0:57:02	134	145	173	12.8	2.2															
8/29	Wed	5.0					5.88	11:10	1:06:19	148	169	171	13.4	3.5															
8/30	Thu	4.0					4.02	10:53	0:43:47	134	145	171	13.2	2.2															
8/31	Fri						4.19	11:36	0:48:38	145	155	162	14.3	2.7												147.0	123.29	23:20:04	0:11:21
9/1	Sat	16.0					8.86	11:49	1:44:41	154	178	156	12.6	3.7															
9/2	Sun	6.0	35.0	35	1.0	1.0	4.50	10:30	0:47:14	144	160	169	13.8	3.3		32.88	1.2	6:07:41	1.2	11:11	1.2	165.9	17.6	0.3	27.7				
9/3	Mon																												
9/4	Tue	7.0					7.02	10:17	1:12:16	147	171	170	12.9	3.5															
9/5	Wed	7.0					6.23	11:28	1:11:27	136	149	165	13.6	2.4															
9/6	Thu	7.0					6.64	11:15	1:14:45	144	162	168	13.0	3.0															
9/7	Fri	7.0					8.33	11:18	1:34:16	155	172	166	13.7	3.5															
9/8	Sat	7.0					7.00	11:30	1:20:30	138	155	166	14.3	2.7															
9/9	Sun		35.0	25	1.0	1.0										35.22	1.1	6:33:14	1.1	11:10	0.9	167.0	15.1	0.2	31.7				
9/10	Mon	8.0					8.74	10:57	1:35:44	142	159	167	13.6	3.1															
9/11	Tue	15.0					15.03	11:53	2:58:42	141	157	163	12.3	3.3															
9/12	Wed																												
9/13	Thu	4.0					4.13	11:13	0:46:27	133	150	169	13.3	2.5															
9/14	Fri	5.0					5.01	10:32	0:52:43	127	146	172	12.7	1.4															
9/15	Sat	5.0					4.29	10:30	0:45:01	135	153	171	12.9	2.5															
9/16	Sun	3.0	40.8	40	1.1	1.0	3.34	10:04	0:33:38	147	161	172	12.7	3.1		40.54	1.2	7:32:15	1.2	11:09	1.0	167.2	15.9	0.4	33.0				
9/17	Mon	8.0					8.45	10:55	1:32:16	149	167	167	13.2	3.4															
9/18	Tue	17.0					17.38	11:14	3:15:20	147	181	170	13.0	5.0															
9/19	Wed																												
9/20	Thu	4.0					4.07	11:24	0:46:24	133	143	169	14.0	2.3															
9/21	Fri	4.0					4.52	9:58	0:45:04	149	173	175	12.1	3.4															



Date	Day	pMiles	pMPW	DpMPV	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertDec%	GCTB	TE	aMPW	aAtCr(min)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	LR %	4wkRctp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace
9/22	Sat	4.0																											
9/23	Sun	3.0	40.0	40	1.1	1.1	5.67	10:00	0:56:40	142	158	176	12.3	3.1		40.09	1.1	7:15:44	1.1	10:52	1.0	170.7	17.2	0.4	37.2				
9/24	Mon	7.0					8.24	11:07	1:31:35	149	164	164	12.8	3.1															
9/25	Tue																												
9/26	Wed	4.0					4.26	10:15	0:43:37	138	150	175	12.3	2.6															
9/27	Thu	5.0					5.66	9:28	1:01:04	141	165	175	11.5	3.2															
9/28	Fri	4.0					4.21	10:01	0:42:10	140	154	171	13.5	2.7															
9/29	Sat																												
9/30	Sun	20.0	40.0	40	1.0	1.1	3.26	11:55	0:38:50	130	156	154	12.7	2.2		25.63	0.7	4:37:16	0.7	10:49	0.9	168.1	13.8	0.3	35.4	177.0	154.84	28:30:24	0:11:03
10/1	Mon	10.0					10.03	10:56	1:49:39	146	160	162	12.7	3.0															
10/2	Tue	20.0					21.02	12:10	4:15:36	148	177	159	12.8	4.2															
10/3	Wed																												
10/4	Thu	3.0					3.02	10:35	0:32:01	138	150	171	13.1	2.4															
10/5	Fri	5.0					1.01	10:38	0:10:42	135	147	162	14.6	1.7															
							3.12	7:52	0:24:33	176	187	178	11.1	6.2															
							1.01	11:45	0:11:51	159	169	160	13.3	2.2															
10/6	Sat	4.0					3.49	10:33	0:36:47	145	169	174	13.1	2.8															
10/7	Sun	5.0	45.0	45	1.1	1.1	2.50	11:13	0:28:02	136	149	168	13.9	2.2		45.20	1.2	8:29:13	1.2	11:16	1.4	147.7	24.7	0.5	37.9				
10/8	Mon	5.0					5.13	10:19	0:52:56	123	134	171	13.0	1.2															
10/9	Tue	5.0																											
10/10	Wed						5.02	10:10	0:51:05	142	158	176	12.6	3.0															
10/11	Thu	15.0					5.03	10:25	0:52:20	135	144	171	12.3	2.4															
10/12	Fri	15.0					20.01	11:32	3:50:38	149	172	159	11.8	3.9															
10/13	Sat	5.0																											
10/14	Sun		45.0	45	1.1	1.1										35.19	1.0	6:26:59	1.0	11:00	0.6	164.9	10.5	0.6	36.5				
10/15	Mon	7.0					7.02	9:22	1:05:48			176	11.9	3.0															
10/16	Tue	10.0					10.01	10:53	1:48:53	129	141	171	13.3	2.5															
10/17	Wed	9.0					5.74	10:08	0:58:06	137	156	175	12.1	2.6															
10/18	Thu	8.0					6.51	10:21	1:07:21	136	148	176	12.6	2.4															
10/19	Fri	6.0					6.31	10:20	1:05:09	140	150	179	12.6	2.6															
10/20	Sat	5.0					5.76	10:24	0:59:56	140	152	171	12.1	2.6															
10/21	Sun		45.0	45	1.0	1.1										41.35	1.1	7:05:13	1.1	10:17	1.0	174.4	15.7	0.2	36.8				
10/22	Mon	5.0					5.08	10:09	0:51:31	145	160	174	11.7	3.1															
10/23	Tue	5.0					5.54	9:55	0:54:56	145	155	178	11.4	2.9															
10/24	Wed																												
10/25	Thu	12.0					9.50	11:46	1:51:47	135	151	163	11.9	2.8															
10/26	Fri	25.0																											
10/27	Sat																												
10/28	Sun	3.0	50.0	50	1.1	1.1										20.12	0.6	3:38:14	0.6	10:51	0.6	169.9	8.8	0.5	35.5				
10/29	Mon	6.0																											
10/30	Tue	8.0					3.20	9:43	0:31:05	149	165	177	11.9	3.1															
10/31	Wed																									199.0	145.06	26:10:44	0:10:50
11/1	Thu	8.0																											
11/2	Fri	16.0																											
11/3	Sat	7.0																											
11/4	Sun	5.0	50.0	50	1.1	1.1										3.20	0.1	0:31:05	0.1	09:43	0.3	177.0	3.1	1.0	25.0				
11/5	Mon	6.0																											
11/6	Tue	10.0																											
11/7	Wed																												
11/8	Thu	5.0																											
11/9	Fri	6.0																											
11/10	Sat	5.0																											
11/11	Sun	3.0	35.0	35	0.8	1.0										0.00	0.0	0:00:00	0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!	16.2				
11/12	Mon																												
11/13	Tue	3.0																											
11/14	Wed	3.0																											
11/15	Thu																												
11/16	Fri	3.0																											
11/17	Sat	31.0																											
11/18	Sun		40.0		0.9	1.0										0.00	0.0	0:00:00	0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!	5.8				
11/19	Mon	6.0																											
11/20	Tue	10.0																											
11/21	Wed																												
11/22	Thu	5.0																											
11/23	Fri	5.0																											
11/24	Sat	4.0																											
11/25	Sun		30.0		0.8	0.9																#DIV/0!		0.8					
11/26	Mon																												
11/27	Tue																												
11/28	Wed	3.0																											
11/29	Thu																												
11/30	Fri	4.0																											
12/1	Sat																												
12/2	Sun	5.0	12.0	12	0.4	0.7																#DIV/0!		0.0					
12/3	Mon																												
12/4	Tue	5.0																											
12/5	Wed																												
12/6	Thu	6.0																											
12/7	Fri	3.0																											
12/8	Sat																												
12/9	Sun	6.0	20.0	20	0.8	0.7																#DIV/0!		0.0					
12/10	Mon	4.0																											
12/11	Tue																												
12/12	Wed	5.0																											
12/13	Thu	6.0																											
12/14	Fri	5.0																											
12/15	Sat																												
12/16	Sun	10.0	30.0	30	1.3	0.8																#DIV/0!		0.0					
12/17	Mon	5.0																											
12/18	Tue																												
12/19	Wed	8.0																											
12/20	Thu	7.0																											
12/21	Fri	4.0																											
12/22	Sat	11.0																											
12/23	Sun		35.0	35	1.4	1.0																#DIV/0!		0.0					
12/24	Mon	5.0																											
12/25	Tue	5.0																											
12/26	Wed	5.0																											
12/27	Thu	5.0																											
12/28	Fri	5.0																											
12/29	Sat																												
12/30	Sun		25.0	24.5	0.9	1.1																#DIV/0!		0.0					
12/31	Mon	13.0																											
1/1	Tue	5.0																											
1/2	Wed																												
1/3	Thu	8.0																											
1/4	Fri	10.0																											
1/5	Sat																												
1/6	Sun	4.0	40.0	40	1.2	1.2																		#DIV/0!	0.0				
1/7	Mon	8.0																											
1/8	Tue	8.0																											
1/9	Wed																												
1/10	Thu	8.0																											
1/11	Fri	8.0																											
1/12	Sat	8.0																											
1/13	Sun		40.0	40	1.1	1.2																		#DIV/0!	0.0				
1/14	Mon	5.0																											
1/15	Tue	10.0																											
1/16	Wed																												
1/17	Thu	15.0																											
1/18	Fri	10.0																											
1/19	Sat																												
1/20	Sun	5.0	45.0	45	1.2	1.1																		#DIV/0!	0.0				
1/21	Mon																												
1/22	Tue	6.0																											
1/23	Wed	6.0																											
1/24	Thu	6.0																											
1/25	Fri	6.0																											
1/26	Sat	6.0																											
1/27	Sun		30.0	31.5	0.8	1.1																		#DIV/0!	0.0				
1/28	Mon	15.0																											
1/29	Tue	20.0																											
1/30	Wed																												
1/31	Thu	5.0																											
2/1	Fri	5.0																											
2/2	Sat																												
2/3	Sun	3.0	48.0	45	1.2	1.1																		#DIV/0!	0.0				
2/4	Mon	10.0																											
2/5	Tue																												
2/6	Wed	7.0																											
2/7	Thu	4.0																											
2/8	Fri																												
2/9	Sat																												
2/10	Sun		21.0	50	0.6	1.0																		#DIV/0!	0.0				
2/11	Mon																												
2/12	Tue																												
2/13	Wed																												
2/14	Thu																												
2/15	Fri																												
2/16	Sat																												
2/17	Sun		30	30																									
2/18	Mon																												
2/19	Tue																												
2/20	Wed																												
2/21	Thu																												
2/22	Fri																												
2/23	Sat																												
2/24	Sun		30	30																									
2/25	Mon																												
2/26	Tue																												
2/27	Wed																												
2/28	Thu																												
3/1	Fri																												
3/2	Sat																												
3/3	Sun		30	30																									
3/4	Mon																												
3/5	Tue																												
3/6	Wed																												
3/7	Thu																												
3/8	Fri																												
3/9	Sat																												
3/10	Sun		21	21																									
3/11	Mon																												
3/12	Tue																												
3/13	Wed																												
3/14	Thu																												
3/15	Fri																												
3/16	Sat																												
3/17	Sun																												
3/18	Mon																												
3/19	Tue																												
3/20	Wed																												
3/21	Thu																												
3/22	Fri																												
3/23	Sat																												
3/24	Sun																												
3/25	Mon																												

Date	Day	pMiles	pMPW	DpMPW	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc%	GCTB	TE	aMPW	aAtCr(mi)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	Lft %	4wkRcp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace
3/26	Tue																												
3/27	Wed																												
3/28	Thu																												
3/29	Fri																												
3/30	Sat																												
3/31	Sun																												
4/1	Mon																												
4/2	Tue																												
4/3	Wed																												
4/4	Thu																												
4/5	Fri																												
4/6	Sat																												
4/7	Sun																												
4/8	Mon																												
4/9	Tue																												
4/10	Wed																												
4/11	Thu																												
4/12	Fri																												
4/13	Sat																												
4/14	Sun																												
4/15	Mon																												
4/16	Tue																												
4/17	Wed																												
4/18	Thu																												
4/19	Fri																												
4/20	Sat																												
4/21	Sun																												
4/22	Mon																												
4/23	Tue	0.4					0.40																						
4/24	Wed																												
4/25	Thu	0.4					0.40																						
4/26	Fri																												
4/27	Sat	0.8					0.80																						
4/28	Sun																												
4/29	Mon																												
4/30	Tue	0.8					0.80																						
5/1	Wed																												
5/2	Thu	1.2					1.20																						
5/3	Fri																												
5/4	Sat	1.2																											
5/5	Sun						1.20																						
5/6	Mon																												
5/7	Tue	1.6					1.60																						
5/8	Wed																												
5/9	Thu	1.6					1.60																						
5/10	Fri																												
5/11	Sat	2.0					2.00																						
5/12	Sun		5.2																										
5/13	Mon																												
5/14	Tue	2.0					2.00																						
5/15	Wed																												
5/16	Thu	1.0					1.00																						
5/17	Fri																												
5/18	Sat	2.0					2.00																						
5/19	Sun		5.0																										
5/20	Mon																												
5/21	Tue	2.0					2.00																						
5/22	Wed																												
5/23	Thu	3.0					2.50	10:37	0:26:54	154	166	174	12.6		3.1														
5/24	Fri																												
5/25	Sat	3.0																											
5/26	Sun		8.0				3.10	10:37	0:33:02	151	163	171	12.4		3.2														
5/27	Mon																												
5/28	Tue	2.0					2.07	10:22	0:21:28	151	163	166	12.7		3.1														
5/29	Wed	3.0					3.00	10:39	0:32:00	147	166	165	13.3		3.3														
5/30	Thu																												
5/31	Fri	2.0					2.00	10:54	0:22:37	142	150	173	12.1		2.8														
6/1	Sat																												
6/2	Sun	3.0	10.0				2.57	10:48	0:27:43	149	167	167	13.1		3.2														
6/3	Mon	3.0					2.68	10:377	0:28:26	138	145	170	12.9		2.6														
6/4	Tue																												
6/5	Wed	3.0					3.00	9:42	0:29:08	161	176	173	11.8		3.7														
6/6	Thu	2.0					3.00	10:05	0:30:17	164	177	167	13.0		3.7														
6/7	Fri																												
6/8	Sat	4.0					4.00	10:40	0:42:45	151	165	171	12.6		3.4														
6/9	Sun		12.0																										
6/10	Mon	3.0					3.10	9:44	0:30:06	159	179	167	12.2		3.6														
6/11	Tue	4.0					4.13	11:07	0:45:51	148	155	167	13.2		3.0														
6/12	Wed																												
6/13	Thu	3.0					3.00	10:29	0:31:31	149	160	170	12.0		3.1														
6/14	Fri																												
6/15	Sat																												
6/16	Sun		10.0																										
6/17	Mon																												
6/18	Tue																												
6/19	Wed																												
6/20	Thu																												
6/21	Fri																												
6/22	Sat																												
6/23	Sun		0.0																										
6/24	Mon																												
6/25	Tue																												
6/26	Wed																												
6/27	Thu																												
6/28	Fri																												
6/29	Sat																												
6/30	Sun		0.0																										
7/1	Mon																												
7/2	Tue																												
7/3	Wed																												
7/4	Thu																												
7/5	Fri																												
7/6	Sat																												
7/7	Sun		0.0																										
7/8	Mon																												
7/9	Tue																												
7/10	Wed																												
7/11	Thu																												
7/12	Fri																												
7/13	Sat																												
7/14	Sun		0.0																										
7/15	Mon																												
7/16	Tue																												
7/17	Wed																												
7/18	Thu						1.29	10:07	0:13:03	135	151	168	13.2	0.3	2.3														
7/19	Fri																												
7/20	Sat						1.54	9:42	0:14:53	153	167	172	11.9	1.5	3.0														
7/21	Sun		0.0													2.83													
7/22	Mon						1.78	9:50	0:17:33	157	173	168	11.9	1.7	3.2														
7/23	Tue																												
7/24	Wed						1.92	10:18	0:19:43	151	175	167	13.1	2.4	3.2														
7/25	Thu																												
7/26	Fri						2.06	9:36	0:19:44	156	175	169	11.7	-0.3	3.4														
7/27	Sat																												
7/28	Sun		0.0				2.18	9:35	0:20:55	158	171	172	11.9	0.0	3.5	7.94													
7/29	Mon																												
7/30	Tue																												
7/31	Wed						2.01	11:00	0:22:06	151		165																	
8/1	Thu																												
8/2	Fri						2.51	9:49	0:24:38	169	183	173	11.7	1.6	4.0														
8/3	Sat																												
8/4	Sun		0.0				2.10	9:49	0:20:21	155	170	170	11.7	0.1	3.3														
8/5	Mon																												
8/6	Tue						2.03	9:45	0:19:50	151	165	166	11.9	0.3	3.2														
8/7	Wed																												
8/8	Thu																												
8/9	Fri						2.35	9:57	0:23:24	147	162	170	12.5	0.0	3.1														
8/10	Sat																												
8/11	Sun		0.0				3.01	10:18	0:31:00	147	162	171	11.9	0.5	3.2														
8/12	Mon																												
8/13	Tue																												
8/14	Wed						2.65	10:21	0:27:26	156	173	171	12.6	-0.2	3.3														
8/15	Thu																												
8/16	Fri						2.09	10:15	0:21:27	152	168	171	12.5	0.5	3.1														
8/17	Sat																												
8/18	Sun		0.0																										
8/19	Mon						2.84	11:06	0:31:34	144	167	166	14.0	1.8	3.1														
8/20	Tue																												
8/21	Wed						1.50	9:53	0:14:49	147	166	170	12.4	0.0	2.6														
8/22	Thu																												
8/23	Fri						3.13	10:23	0:32:32	159	175	166	12.1	0.7	3.5														
8/24	Sat																												
8/25	Sun		0.0				2.50	10:20	0:25:49	146	160	172	12.5	0.1	3.0														
8/26	Mon																												
8/27	Tue																												
8/28	Wed																												
8/29	Thu																												
8/30	Fri																												
8/31	Sat																												
9/1	Sun		0.0																										
9/2	Mon																												
9/3	Tue																												
9/4	Wed																												
9/5	Thu																												
9/6	Fri																												
9/7	Sat																												
9/8	Sun		0.0																										
9/9	Mon																												
9/10	Tue																												
9/11	Wed																												
9/12	Thu																												
9/13	Fri																												
9/14	Sat																												
9/15	Sun		0.0																										
9/16	Mon																												
9/17	Tue																												
9/18	Wed																												
9/19	Thu																												
9/20	Fri																												
9/21	Sat																												
9/22	Sun		0.0																										
9/23	Mon																												
9/24	Tue																												
9/25	Wed																												
9/26	Thu																												
9/27	Fri																												
9/28	Sat																												

Date	Day	pMiles	pMPW	DpMPV	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc%	GCTB	TE		aMPW	aAtCr(mi)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	Lft %	4wkRctp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace
9/29	Sun		0.0																											
9/30	Mon																													
10/1	Tue																													
10/2	Wed																													
10/3	Thu																													
10/4	Fri																													
10/5	Sat																													
10/6	Sun		0.0																											
10/7	Mon																													
10/8	Tue																													
10/9	Wed																													
10/10	Thu																													
10/11	Fri																													
10/12	Sat																													
10/13	Sun		0.0																											
10/14	Mon																													
10/15	Tue																													
10/16	Wed																													
10/17	Thu																													
10/18	Fri																													
10/19	Sat																													
10/20	Sun		0.0																											
10/21	Mon																													
10/22	Tue																													
10/23	Wed																													
10/24	Thu																													
10/25	Fri																													
10/26	Sat																													
10/27	Sun		0.0																											
10/28	Mon																													
10/29	Tue																													
10/30	Wed																													
10/31	Thu																													
11/1	Fri																													
11/2	Sat																													
11/3	Sun		0.0																											
11/4	Mon																													
11/5	Tue																													
11/6	Wed																													
11/7	Thu																													
11/8	Fri																													
11/9	Sat																													
11/10	Sun		0.0																											
11/11	Mon																													
11/12	Tue																													
11/13	Wed																													
11/14	Thu																													
11/15	Fri																													
11/16	Sat																													
11/17	Sun		0.0																											
11/18	Mon																													
11/19	Tue																													
11/20	Wed																													
11/21	Thu																													
11/22	Fri																													
11/23	Sat																													
11/24	Sun		0.0																											
11/25	Mon																													
11/26	Tue																													
11/27	Wed																													
11/28	Thu																													
11/29	Fri																													
11/30	Sat																													
12/1	Sun		0.0																											
12/2	Mon																													
12/3	Tue																													
12/4	Wed																													
12/5	Thu																													
12/6	Fri																													
12/7	Sat																													
12/8	Sun		0.0																											
12/9	Mon																													
12/10	Tue																													
12/11	Wed																													
12/12	Thu																													
12/13	Fri																													
12/14	Sat																													
12/15	Sun		0.0																											
12/16	Mon																													
12/17	Tue																													
12/18	Wed																													
12/19	Thu																													
12/20	Fri																													
12/21	Sat																													
12/22	Sun		0.0																											
12/23	Mon																													
12/24	Tue																													
12/25	Wed																													
12/26	Thu																													
12/27	Fri																													
12/28	Sat																													
12/29	Sun		0.0																											
12/30	Mon																													
12/31	Tue																													
1/1	Wed																													
1/2	Thu																													
1/3	Fri																													
1/4	Sat																													
1/5	Sun		0.0																											
1/6	Mon																													
1/7	Tue																													

Date	Day	pMiles	pMPW	DpMPW	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc%	GCTB	TE		aMPW	aAtCr(mi)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	Lft %	4wkRctp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace

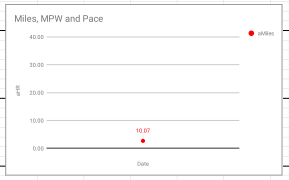
Date	Day	pMiles	pMPW	DpMPW	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc%	GCTB	TE		aMPW	aAtCr(mi)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	Lft %	4wkRctp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace

Date	Day	pMiles	pMPW	DpMPW	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc%	GCTB	TE		aMPW	aAtCr(mi)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	Lft %	4wkRctp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace

Date	Day	pMiles	pMPW	DpMPW	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc%	GCTB	TE		aMPW	aAtCr(mi)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	Lft %	4wkRctp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace

Date	Day	pMiles	pMPW	DpMPW	pAtCr	pAtCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc%	GCTB	TE		aMPW	aAtCr(mi)	Wk Dur	aAtCr(dur)	Wk Avg Pace	AtCr(TE)	Wk Avg Cad	Wk TE	Lft %	4wkRctp	Monthly Total a	Monthly Total h	Total Monthly Du	Month Avg Pace

	Date	Day	pMiles	pMPW	DpMPW	pAlCr	pAlCr 4wk	aMiles	Pace	Duration	aHR	mHR	Cadence	VertOsc	% TE	aMPW	aAlCr(mi)	Wk Dur	aAlCr(dur)	Wk Avg Pace	AlCr(TE)	Wk Avg Cad	Wk TE	LR %	4wkRo	p Monthly Tota	a Monthly Total	% Total Monthly Du	Month Avg Pace
GBR	3/30	Fri						2.69	10.07	0:27:11			165																
GBR	3/31	Sat								0:27:11																			
GBR	4/1	Sun																											
GBR	4/2	Mon																											
GBR	4/3	Tue																											
GBR	4/4	Wed																											
GBR	4/5	Thu						2.05	10:54	0:22:19			161																
GBR	4/6	Fri																											
GBR	4/7	Sat																											
GBR	4/8	Sun		0				2.02	10:46	0:21:48			161			4.07	1.0	6:44:07	1.0	10:50				0.5					
GBR	4/9	Mon																											
GBR	4/10	Tue																											
GBR	4/11	Wed																											
GBR	4/12	Thu						2.08	11:16	0:23:26			158																
GBR	4/13	Fri																											
GBR	4/14	Sat						2.10	13:35	0:28:29			158																
GBR	4/15	Sun		0												4.18	1.0	0:51:55	1.1	12:25			0.0	0.5					
GBR	4/16	Mon						2.52	9:17	0:23:24			166																
GBR	4/17	Tue																											
GBR	4/18	Wed						2.94	11:05	0:32:33			157																
GBR	4/19	Thu																											
GBR	4/20	Fri						3.00	9:27	0:28:23			170																
GBR	4/21	Sat																											
GBR	4/22	Sun		0				2.19	12:42	0:27:46			159			10.65	1.7	1:52:06	1.6	10:32	#DIV/0!			0.0	0.3				
GBR	4/23	Mon																											
GBR	4/24	Tue						2.05	11:14	0:23:01			165																
GBR	4/25	Wed						2.08	10:13	0:21:16																			
GBR	4/26	Thu																											
GBR	4/27	Fri																											
GBR	4/28	Sat						4.51	9:57	0:44:53			168																
GBR	4/29	Sun		0												8.64	1.3	1:29:10	1.2	10:19	#DIV/0!			0.0	0.5	6.9			
GBR	4/30	Mon						2.16	9:20	0:20:11			170														0.0	29.70	5:17:29	0:10:41
GBR	5/1	Tue						1.92	13:03	0:25:07			154																
GBR	5/2	Wed																											
GBR	5/3	Thu						2.02	13:11	0:26:38			160																
GBR	5/4	Fri																											
GBR	5/5	Sat						3.02	9:22	0:28:15			169																
GBR	5/6	Sun														9.12	1.1	1:40:11	1.1	10:59	#DIV/0!			0.0	0.3	8.1			
GBR	5/7	Mon																											
GBR	5/8	Tue																											
GBR	5/9	Wed						3.28	9:32	0:31:18																			
GBR	5/10	Thu																											
GBR	5/11	Fri																											
GBR	5/12	Sat						3.02	9:30	0:28:43																			
GBR	5/13	Sun														6.30	0.7	1:00:01	0.7	09:32	#DIV/0!			0.0	0.5	8.3			
GBR	5/14	Mon						3.35	10:02	0:33:33																			
GBR	5/15	Tue																											
GBR	5/16	Wed						3.04	10:05	0:30:37																			
GBR	5/17	Thu																											
GBR	5/18	Fri																											
GBR	5/19	Sat						2.54	9:56	0:25:15	157	174	162																
GBR	5/20	Sun		0												8.93	1.1	1:29:25	1.1	10:01	#DIV/0!			0.0	0.4	8.2			
GBR	5/21	Mon						3.40	8:52	0:30:09	160	180	169																
GBR	5/22	Tue																											
GBR	5/23	Wed						2.93	12:41	0:37:13	141	160	135																
GBR	5/24	Thu																											
GBR	5/25	Fri																											
GBR	5/26	Sat						2.24	11:10	0:25:03	140	155	153																
GBR	5/27	Sun		0												8.57	1.0	1:32:25	1.1	10:47	#DIV/0!			0.0	0.4	8.2			
GBR	5/28	Mon						4.21	11:00	0:46:14	162	180	157	12.4															
GBR	5/29	Tue																											
GBR	5/30	Wed						3.02	10:13	0:30:52	142	155	171	12.4															
GBR	5/31	Thu																									0.0	37.99	6:38:57	0:10:30
GBR	6/1	Fri						3.52	10:40	0:37:29	145	172	165	12.8															
GBR	6/2	Sat																											
GBR	6/3	Sun		0				3.08	16:07	0:49:40	129	163	128	10.1		13.83	1.5	2:44:15	1.6	11:53	#DIV/0!			0.0	0.3	9.4			
GBR	6/4	Mon						3.63	9:16	0:33:38	163	182	171	12.0															
GBR	6/5	Tue																											
GBR	6/6	Wed						1.75	12:09	0:21:15	147	161	150	12.4															
GBR	6/7	Thu																											
GBR	6/8	Fri						7.60	12:23	1:34:09	159	184	156	12.1															
GBR	6/9	Sat																											
GBR	6/10	Sun		0				3.14	8:26	0:26:30	161	184	169	11.5		16.12	1.4	2:55:32	1.3	10:53	#DIV/0!			0.0	0.5	11.0			
GBR	6/11	Mon						4.30	10:23	0:44:41	157	185	158	11.8															
GBR	6/12	Tue																											
GBR	6/13	Wed						4.43	9:40	0:42:53	158	182	169	10.7															
GBR	6/14	Thu																											
GBR	6/15	Fri						0.54	13:36	0:07:18	129	153	122	11.6															
								2.16	9:33	0:20:36	155	175	168	11.8															
GBR	6/16	Sat						7.30	11:07	1:21:12	157	173	161	12.0															
GBR	6/17	Sun		18.73												18.73	1.3	3:16:40	1.3	10:30	#DIV/0!			0.0	0.4	14.3			
GBR	6/18	Mon						3.06	9:32	0:29:08	154	165	174	12.7															
GBR	6/19	Tue						2.05	12:03	0:24:45	124	134	159	14.4															
								2.13	11:22	0:24:13	129	140	159	14.3															
GBR	6/20	Wed						3.17	10:29	0:33:12	139	150	165	13.4															
GBR	6/21	Thu																											
GBR	6/22	Fri						4.30	9:28	0:40:42	162	183	168	12.1															
GBR	6/23	Sat						8.03	11:39	1:33:31	149	179	158	13.0															
GBR	6/24	Sun		22.74												22.74	1.3	4:05:31	1.3	10:48	#DIV/0!			0.0	0.4	17.0			
GBR	6/25	Mon						4.08	10:51	0:44:17	145	158	166	13.5	2.8														
								0.31	10:39	0:03:21	151	161	173	13.5	0.7														
GBR	6/26	Tue						4.27	9:28	0:40:29	156	165	170	12.1	3.5														
								0.52	10:25	0:05:24	151	159	174	12.6	1.3														
GBR	6/27	Wed						2.19	15:33	0:34:05	112	139	124	10.0	0.9														
GBR	6/28	Thu																											
GBR	6/29	Fri						3.23	9:39	0:31:09	143	170	175	12.1	3.1														
								0.42	9:48	0:04:06	155	165	181	12.1	1.1														
GBR	6/30	Sat						9.51	11:21	1:47:58	162	183	164	12.7	5.0														
								0.53	11:43	0:06:13	176	186	174	12.9	4.0											0.0	89.25	16:21:54	0:11:00
GBR	7/1	Sun		25.06												25.06	1.2	4:37:02	1.2	11:03	4.0			22.4	0.4	20.7			
GBR	7/2	Mon	4.0					0.66	10:38	0:07:01	136	150	158	12.8	1.3														
								4.10	10:56	0:44:46	144	154	162	13.9	2.7														
								0.49	10:20	0:05:03	157	163	178	12.5	1.4														
GBR	7/3	Tue																											
GBR	7/4	Wed	3.0					2.96	11:45	0:34:44	134	151	159	12.9	2.3														
GBR	7/5	Thu	4.0					2.96	11:34	0:34:18	135	147	160	14.3	2.3														
								1.29	10:00	0:12:55	145	156	170	13.5	2.2														
GBR	7/6	Fri	4.5					11.02	11:29	2:06:38	150	167	168	14.2	3.2														
GBR	7/7	Sat																											
	7/8	Sun	11.0					3.52	10:34	0:37:15	149	156	176	12.0	3.0														
				28.03				1.03	10:52	0:11:09	152	157	176	12.8	2.1	28.03	1.2	5:13:49	1.2	11:12	1.9	166.7	20.5	0.4	23.6				
WHSOk	7/9	Mon	3.5					2.96	10:21	0:30:36	139	150	171	12.4	2.5														
WHSOk								0.45	11:00	0:05:00	139	146	174	12.7	0.9														
WHSOk	7/10	Tue																											
WHSOk	7/11	Wed	4.0					3.25	8:59	0:29:11	161	181	177	11.3	3.5														
WHSOk	7/12	Thu	3.5																										
WHSOk	7/13	Fri	3.5					3.03	10:03	0:30:13	138	150	169	12.9	2.4														
WHSOk	7/14	Sat																											
WHSOk	7/15	Sun	13.1	27.6		1.1		13.59	13:34	3:04:19	166	188	155	12.3	7.5	23.28	0.9	4:39:19	1.0	12:00	1.1	162.3	16.8	0.6	24.8				
WHSOk	7/16	Mon																											
WHSOk	7/17	Tue	3.0					2.21	11:22	0:25:06	134	141	168	13.7	2.1														
WHSOk	7/18	Wed	4.5					3.55	11:13	0:39:46	146	157	171	13.5	2.6														
WHSOk	7/19	Thu	6.0					6.00	10:48	1:04:52	148	161	171	13.2	3.3														
WHSOk	7/20	Fri																											
WHSOk	7/21	Sat	10.0					11.79	11:47	2:18:55	152	175	163	13.1	3.2														
WHSOk	7/22	Sun	5.0	28.5	25	1.0		3.05	11:35	0:35:19	142	149	171	14.4	2.3	26.60	1.0	5:03:58	1.0	11:26	0.7	167.2	13.5	0.4	25.3				
WHSOk	7/23	Mon																											
WHSOk	7/24	Tue	3.0					5.02	10:53	0:54:35	139	153	171	12.9	3.0														
WHSOk	7/25	Wed	5.0					5.46	11:00	1:00:05	147	161	171	13.7	3.2														
WHSOk	7/26	Thu	6.0					2.01	7:44	0:15:33	161	190	178	10.2	5.8														
WHSOk	7/27	Fri																											
WHSOk	7/28	Sat	11.0					11.23	10:49	2:01:33	147	178	171	12.8	3.7														
WHSOk	7/29	Sun	6.0	31.0	30	1.1										23.72	0.9	4:11:46	0.9	10:37	0.9	171.6	15.7	0.5	25.4				
WHSOk	7/30	Mon						4.15	10:33	0:43:44	140	152	169	13.4	2.9														
WHSOk	7/31	Tue	6.0					4.70	10:18	0:48:52	143	161	175	12.2	3.1											119.6	110.48	20:41:28	0:11:14
WHSOk	8/1	Wed	4.5																										
WHSOk	8/2	Thu	6.0					6.36	9:51	1:02:41	149	174	173	13.0	3.7														
WHSOk	8/3	Fri						6.11	11:01	1:07:16	144	173	175	13.3	3.0														
WHSOk	8/4	Sat	14.0																										
WHSOk	8/5	Sun	4.5	35.0	35	1.1	1.1	13.55	10:56	2:28:06	147	175	173	12.9	4.0	34.87	1.3	6:10:39	1.2	10:38	1.1	173.1	16.7	0.4	27.1				
WHSOk	8/6	Mon						4.56	10:45	0:49:02	144	152	169	13.5	2.8														
WHSOk	8/7	Tue	4.5																										
WHSOk	8/8	Wed	4.5					5.07	12:56	1:05:32	139	158	158	13.6	2.8														
WHSOk	8/9	Thu	6.0																										
WHSOk	8/10	Fri																											
WHSOk	8/11	Sat	15.0																										
WHSOk	8/12	Sun	5.0	35.0	35	1.1	1.1	9.33	11:23	1:46:08	136	163	170	13.0	3.0	18.96	0.7	3:40:42	0.8	11:38	0.6	166.6	8.6	0.5	26.0				
WHSOk	8/13	Mon																											
WHSOk	8/14	Tue	4.5					4.03	11:44	0:47:19	142	152	172	14.6	2.5														
WHSOk	8/15	Wed	4.5					5.54	10:14	0:56:40	163	191	173	13.0	6.6														
WHSOk	8/16	Thu	8.0					8.02	11:32	1:32:24	152	162	171	13.9	3.1														
WHSOk	8/17	Fri																											
WHSOk	8/18	Sat	14.0					14.04	13:18	3:06:49	164	184	153	11.8	5.2														
WHSOk	8/19	Sun	4.0	35.0	35	1.0	1.1	3.82	11:38	0:45:29	147	163	170	14.3	2.8	35.45	1.3	7:08:41	1.3	12:06	1.3	164.2	20.2	0.4	28.3				
WHSOk	8/20	Mon																											
WHSOk	8/21	Tue	4.0					5.02	11:04	0:55:32	130	143	163	13.7	1.7														
WHSOk	8/22	Wed	5.0					4.50	10:38	0:47:49	146	173	168	13.0	3.5														
WHSOk	8/23	Thu	9.0					9.40	11:15	1:45:41	151	185	171	13.1	4.4														
WHSOk	8/24	Fri																											
WHSOk	8/25	Sat	10.0																										
WHSOk	8/26	Sun	7.0	35.0	35	1.0	1.1	4.42	10:49	0:47:50	146	156	169	14.0	3.1	23.34	0.8	4:16:52	0.8	11:00	0.9	168.3	12.7	0.4	28.2				
WHSOk	8/27	Mon																											
WHSOk	8/28	Tue	4.0					5.43	10:30	0:57:02	134	145	173	12.8	2.2														
WHSOk	8/29	Wed	5.0					5.88	11:10	1:06:19	148	169	171	13.4	3.5														
WHSOk	8/30	Thu	4.0					4.02	10:53	0:43:47	134	145	171	13.2	2.2														
WHSOk	8/31	Fri						4.19	11:36	0:48:38	145	155	162	14.3	2.7											147.0	123.29	23:20:04	0:11:21
WHSOk	9/1	Sat	16.0					8.86	11:49	1:44:41	154	178	156	12.6	3.7														
WHSOk	9/2	Sun	6.0	35.0	35	1.0	1.0	4.50	10:30	0:47:14	144	160	169	13.8	3.3	32.88	1.2	6:07:41	1.2	11:11	1.2	165.9	17.6	0.3	27.3				
WHSOk	9/3	Mon																											
WHSOk	9/4	Tue	7.0					7.02	10:17	1:12:16	147	171	170	12.9	3.5														
WHSOk	9/5	Wed	7.0					6.23	11:28	1:11:27	136	149	165	13.6	2.4														
WHSOk	9/6	Thu	7.0					6.64	11:15	1:14:45	144	162	168	13.0	3.0														
WHSOk	9/7	Fri	7.0					8.33	11:18	1:34:16	155	172	166	13.7	3.5														
WHSOk	9/8	Sat	7.0					7.00	11:30	1:20:30	138	155	166	14.3	2.7														
WHSOk	9/9	Sun		35.0	25	1.0	1.0									35.22	1.1	6:33:14	1.1	11:10	0.9	167.0	15.1	0.2	31.3				
WHSOk	9/10	Mon	8.0					8.74	10:57	1:35:44	142	159	167	13.6	3.1														
WHSOk	9/11	Tue	15.0					15.03	11:53	2:58:42	141	157	163	12.3	3.3														
WHSOk	9/12	Wed																											
WHSOk	9/13	Thu	4.0					4.13	11:13	0:46:27	133	150	169	13.3	2.5														
WHSOk	9/14	Fri	5.0					5.01	10:32	0:52:43	127	146	172	12.7	1.4														
WHSOk	9/15	Sat	5.0					4.29	10:30	0:45:01	135	153	171	12.9	2.9														
WHSOk	9/16	Sun	3.0	40.0	40	1.1	1.0	3.34	10:04	0:33:38	147	161	172	12.7	3.1	40.54	1.2	7:32:15	1.2	11:09	1.0	167.2	15.9	0.4	33.0				
WHSOk	9/17	Mon	8.0					8.45	10:55	1:32:16	149	167	167	13.2	3.4														
WHSOk	9/18	Tue	17.0					17.38	11:14	3:15:20	147	181	170	13.0	5.0														
WHSOk	9/19	Wed																											
WHSOk	9/20	Thu	4.0					4.07	11:24	0:46:24	133	143	169	14.0	2.3														
WHSOk	9/21	Fri	4.0					4.52	9:58	0:45:04	149	173	175	12.1	3.4														



WH50k	9/22	Sat	4.0	[redacted]												[redacted]													
WH50k	9/23	Sun	3.0	40.0	40	1.1	1.1	5.67	10:00	0:56:40	142	156	176	12.3	3.1	40.09	1.1	7:15:44	1.1	10:52	1.0	170.7	17.2	0.4	37.2	[redacted]			
WH50k	9/24	Mon	7.0	[redacted]				8.24	11:07	1:31:35	149	164	164	12.8	3.1	[redacted]													
WH50k	9/25	Tue		[redacted]												[redacted]													
WH50k	9/26	Wed	4.0	[redacted]				4.26	10:15	0:43:37	138	150	175	12.3	2.6	[redacted]													
WH50k	9/27	Thu	5.0	[redacted]				5.66	9:28	1:01:04	141	165	175	11.5	3.2	[redacted]													
WH50k	9/28	Fri	4.0	[redacted]				4.21	10:01	0:42:10	140	154	171	13.5	2.7	[redacted]													
WH50k	9/29	Sat		[redacted]												[redacted]													
WH50k	9/30	Sun	20.0	40.0	40	1.0	1.1	3.26	11:55	0:38:50	130	156	154	12.7	2.2	25.63	0.7	4:37:16	0.7	10:49	0.9	168.1	13.8	0.3	35.4	177.0	154.84	28:30:24	0:11:03
WH50k	10/1	Mon	10.0	[redacted]				10.03	10:56	1:49:39	146	160	162	12.7	3.0	[redacted]													
WH50k	10/2	Tue	20.0	[redacted]				21.02	12:10	4:15:38	148	177	159	12.8	4.2	[redacted]													
WH50k	10/3	Wed		[redacted]												[redacted]													
WH50k	10/4	Thu	3.0	[redacted]				3.02	10:35	0:32:01	138	150	171	13.1	2.4	[redacted]													
WH50k	10/5	Fri	5.0	[redacted]				1.01	10:38	0:10:42	135	147	162	14.6	1.7	[redacted]													
				[redacted]				3.12	7:52	0:24:33	176	187	178	11.1	6.2	[redacted]													
				[redacted]				1.01	11:45	0:11:51	159	169	160	13.3	2.2	[redacted]													
WH50k	10/6	Sat	4.0	[redacted]				3.49	10:33	0:36:47	145	169	174	13.1	2.8	[redacted]													
WH50k	10/7	Sun	3.0	45.0	45	1.1	1.1	2.50	11:13	0:28:02	136	149	168	13.9	2.2	45.20	1.2	8:29:13	1.2	11:16	1.4	147.7	24.7	0.5	37.9	[redacted]			
WH50k	10/8	Mon	5.0	[redacted]				5.13	10:19	0:52:56	123	134	171	13.0	1.2	[redacted]													
WH50k	10/9	Tue	5.0	[redacted]												[redacted]													
WH50k	10/10	Wed		[redacted]				5.02	10:10	0:51:05	142	158	176	12.6	3.0	[redacted]													
WH50k	10/11	Thu	15.0	[redacted]				5.03	10:25	0:52:20	135	144	171	12.3	2.4	[redacted]													
WH50k	10/12	Fri	15.0	[redacted]				20.01	11:32	3:50:38	149	172	159	11.8	3.9	[redacted]													
WH50k	10/13	Sat	5.0	[redacted]												[redacted]													
WH50k	10/14	Sun		45.0	45	1.1	1.1									35.19	1.0	6:26:59	1.0	11:00	0.6	164.9	10.5	0.6	36.5	[redacted]			
WH50k	10/15	Mon	7.0	[redacted]				7.02	9:22	1:05:48			176	11.9	3.0	[redacted]													
WH50k	10/16	Tue	10.0	[redacted]				10.01	10:53	1:48:53	129	141	171	13.3	2.5	[redacted]													
WH50k	10/17	Wed	9.0	[redacted]				5.74	10:08	0:58:06	137	156	175	12.1	2.6	[redacted]													
WH50k	10/18	Thu	8.0	[redacted]				6.51	10:21	1:07:21	136	148	176	12.6	2.4	[redacted]													
WH50k	10/19	Fri	6.0	[redacted]				6.31	10:20	1:05:09	140	150	179	12.6	2.6	[redacted]													
WH50k	10/20	Sat	5.0	[redacted]				5.76	10:24	0:59:56	140	152	171	12.1	2.6	[redacted]													
WH50k	10/21	Sun		45.0	45	1.0	1.1									41.35	1.1	7:05:13	1.1	10:17	1.0	174.4	15.7	0.2	36.8	[redacted]			
WH50k	10/22	Mon	5.0	[redacted]				5.08	10:09	0:51:31	145	160	174	11.7	3.1	[redacted]													
WH50k	10/23	Tue	5.0	[redacted]				5.54	9:55	0:54:56	145	155	178	11.4	2.9	[redacted]													
WH50k	10/24	Wed		[redacted]												[redacted]													
WH50k	10/25	Thu	12.0	[redacted]				9.50	11:46	1:51:47	135	151	163	11.9	2.8	[redacted]													
WH50k	10/26	Fri	25.0	[redacted]												[redacted]													
WH50k	10/27	Sat		[redacted]												[redacted]													
WH50k	10/28	Sun	3.0	50.0	50	1.1	1.1									20.12	0.6	3:38:14	0.6	10:51	0.6	169.9	8.8	0.5	35.5	[redacted]			
WH50k	10/29	Mon	6.0	[redacted]												[redacted]													
WH50k	10/30	Tue	8.0	[redacted]				3.20	9:43	0:31:05	149	165	177	11.9	3.1	[redacted]													
WH50k	10/31	Wed		[redacted]												[redacted]										199.0	145.06	26:10:44	0:10:50
WH50k	11/1	Thu	8.0	[redacted]												[redacted]													
WH50k	11/2	Fri	16.0	[redacted]												[redacted]													
WH50k	11/3	Sat	7.0	[redacted]												[redacted]													
WH50k	11/4	Sun	5.0	50.0	50	1.1	1.1									3.20	0.1	0:31:05	0.1	09:43	0.3	177.0	3.1	1.0	25.0	[redacted]			
WH50k	11/5	Mon	6.0	[redacted]												[redacted]													
WH50k	11/6	Tue	10.0	[redacted]												[redacted]													
WH50k	11/7	Wed		[redacted]												[redacted]													
WH50k	11/8	Thu	5.0	[redacted]												[redacted]													
WH50k	11/9	Fri	6.0	[redacted]												[redacted]													
WH50k	11/10	Sat	5.0	[redacted]												[redacted]													
WH50k	11/11	Sun	3.0	35.0	35	0.8	1.0									0.00	0.0	0:00:00	0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!	16.2	[redacted]			
WH50k	11/12	Mon		[redacted]												[redacted]													
WH50k	11/13	Tue	3.0	[redacted]												[redacted]													
WH50k	11/14	Wed	3.0	[redacted]												[redacted]													
WH50k	11/15	Thu		[redacted]												[redacted]													
WH50k	11/16	Fri	3.0	[redacted]												[redacted]													
WH50k	11/17	Sat	31.0	[redacted]												[redacted]													
WH50k	11/18	Sun		40.0		0.9	1.0									0.00	0.0	0:00:00	0.0	#DIV/0!	0.0	#DIV/0!	0.0	#DIV/0!	5.8	[redacted]			
RR50	11/19	Mon	6.0																	[redacted]									
RR50	11/20	Tue	10.0																	[redacted]									
RR50	11/21	Wed																		[redacted]									
RR50	11/22	Thu	5.0																	[redacted]									
RR50	11/23	Fri	5.0																	[redacted]									
RR50	11/24	Sat	4.0																	[redacted]									
RR50	11/25	Sun		30.0		0.8	0.9													[redacted]				#DIV/0!	0.8	[redacted]			
RR50	11/26	Mon																		[redacted]									
RR50	11/27	Tue																		[redacted]									
RR50	11/28	Wed	3.0																	[redacted]									
RR50	11/29	Thu																		[redacted]									
RR50	11/30	Fri	4.0																	[redacted]									
RR50	12/1	Sat																		[redacted]									
RR50	12/2	Sun	5.0	12.0	12	0.4	0.7													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	12/3	Mon																		[redacted]									
RR50	12/4	Tue	5.0																	[redacted]									
RR50	12/5	Wed																		[redacted]									
RR50	12/6	Thu	6.0																	[redacted]									
RR50	12/7	Fri	3.0																	[redacted]									
RR50	12/8	Sat																		[redacted]									
RR50	12/9	Sun	6.0	20.0	20	0.8	0.7													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	12/10	Mon	4.0																	[redacted]									
RR50	12/11	Tue																		[redacted]									
RR50	12/12	Wed	5.0																	[redacted]									
RR50	12/13	Thu	6.0																	[redacted]									
RR50	12/14	Fri	5.0																	[redacted]									
RR50	12/15	Sat																		[redacted]									
RR50	12/16	Sun	10.0	30.0	30	1.3	0.8													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	12/17	Mon	5.0																	[redacted]									
RR50	12/18	Tue																		[redacted]									
RR50	12/19	Wed	8.0																	[redacted]									
RR50	12/20	Thu	7.0																	[redacted]									
RR50	12/21	Fri	4.0																	[redacted]									
RR50	12/22	Sat	11.0																	[redacted]									
RR50	12/23	Sun		35.0	35	1.4	1.0													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	12/24	Mon	5.0																	[redacted]									
RR50	12/25	Tue	5.0																	[redacted]									
RR50	12/26	Wed	5.0																	[redacted]									
RR50	12/27	Thu	5.0																	[redacted]									
RR50	12/28	Fri	5.0																	[redacted]									
RR50	12/29	Sat																		[redacted]									
RR50	12/30	Sun		25.0	24.5	0.9	1.1													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	12/31	Mon	13.0																	[redacted]									
RR50	1/1	Tue	5.0																	[redacted]									
RR50	1/2	Wed																		[redacted]									
RR50	1/3	Thu	8.0																	[redacted]									
RR50	1/4	Fri	10.0																	[redacted]									
RR50	1/5	Sat																		[redacted]									
RR50	1/6	Sun	4.0	40.0	40	1.2	1.2													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	1/7	Mon	8.0																	[redacted]						[redacted]			
RR50	1/8	Tue	8.0																	[redacted]						[redacted]			
RR50	1/9	Wed																		[redacted]						[redacted]			
RR50	1/10	Thu	8.0																	[redacted]						[redacted]			
RR50	1/11	Fri	8.0																	[redacted]						[redacted]			
RR50	1/12	Sat	8.0																	[redacted]						[redacted]			
RR50	1/13	Sun		40.0	40	1.1	1.2													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	1/14	Mon	5.0																	[redacted]						[redacted]			
RR50	1/15	Tue	10.0																	[redacted]						[redacted]			
RR50	1/16	Wed																		[redacted]						[redacted]			
RR50	1/17	Thu	15.0																	[redacted]						[redacted]			
RR50	1/18	Fri	10.0																	[redacted]						[redacted]			
RR50	1/19	Sat																		[redacted]						[redacted]			
RR50	1/20	Sun	5.0	45.0	45	1.2	1.1													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	1/21	Mon																		[redacted]						[redacted]			
RR50	1/22	Tue	6.0																	[redacted]						[redacted]			
RR50	1/23	Wed	6.0																	[redacted]						[redacted]			
RR50	1/24	Thu	6.0																	[redacted]						[redacted]			
RR50	1/25	Fri	6.0																	[redacted]						[redacted]			
RR50	1/26	Sat	6.0																	[redacted]						[redacted]			
RR50	1/27	Sun		30.0	31.5	0.8	1.1													[redacted]				#DIV/0!	0.0	[redacted]			
RR50	1/28	Mon	15.0																	[redacted]						[redacted]			
RR50	1/29	Tue	20.0																	[redacted]						[redacted]			
RR50	1/30	Wed																		[redacted]						[redacted]			
RR50	1/31	Thu	5.0																	[redacted]						[redacted]			
RR50	2/1	Fri	5.0																	[redacted]									
RR50	2/2	Sat																		[redacted]									
RR50	2/3	Sun	3.0	48.0	45	1.2	1.1													[redacted]				#DIV/0!	0.0				
RR50	2/4	Mon	10.0																	[redacted]									
RR50	2/5	Tue																		[redacted]									
RR50	2/6	Wed	7.0																	[redacted]									
RR50	2/7	Thu	4.0																	[redacted]									
RR50	2/8	Fri																		[redacted]									
RR50	2/9	Sat																		[redacted]									
	2/10	Sun		21.0	50	0.6	1.0													[redacted]				#DIV/0!	0.0				
	2/11	Mon																		[redacted]									
	2/12	Tue																		[redacted]									
	2/13	Wed																		[redacted]									
	2/14	Thu																		[redacted]									
	2/15	Fri																		[redacted]									
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	2/17	Sun		30	30															[redacted]									
	2/18	Mon																		[redacted]									
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	2/22	Fri																		[redacted]									
	2/23	Sat																		[redacted]									
	2/24	Sun		30	30															[redacted]									
	2/25	Mon																		[redacted]									
	2/26	Tue																		[redacted]									
	2/27	Wed																		[redacted]									
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	3/1	Fri																		[redacted]									
	3/2	Sat																		[redacted]									
	3/3	Sun		30	30															[redacted]									
	3/4	Mon																		[redacted]									
	3/5	Tue																		[redacted]									
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	3/7	Thu																		[redacted]									
	3/8	Fri																		[redacted]									
	3/9	Sat																		[redacted]									
	3/10	Sun		21	21															[redacted]									
	3/11	Mon																		[redacted]									
	3/12	Tue																		[redacted]									
	3/13	Wed																		[redacted]									
	3/14	Thu																		[redacted]									
	3/15	Fri																		[redacted]									
	3/16	Sat																		[redacted]									
	3/17	Sun																		[redacted]									
	3/18	Mon																		[redacted]									
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	3/21	Thu																		[redacted]									
	3/22	Fri																		[redacted]									
	3/23	Sat																		[redacted]									
	3/24	Sun																		[redacted]									
	3/25	Mon																		[redacted]									
	3/26	Tue																		[redacted]									

	3/27	Wed				
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	4/1	Mon				
	4/2	Tue				
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	4/4	Thu				
	4/5	Fri				
	4/6	Sat				
	4/7	Sun				
	4/8	Mon				
	4/9	Tue				
	4/10	Wed				
	4/11	Thu				
	4/12	Fri				
	4/13	Sat				
	4/14	Sun				
	4/15	Mon				
	4/16	Tue				
	4/17	Wed				
	4/18	Thu				
	4/19	Fri				
	4/20	Sat				
	4/21	Sun				
	4/22	Mon				
P1	4/23	Tue	0.4		0.40	
	4/24	Wed				
P1	4/25	Thu	0.4			
	4/26	Fri				
P2	4/27	Sat	0.8			
	4/28	Sun				
P2	4/29	Mon	0.8			
	4/30	Tue				
P3	5/1	Wed	1.2			
	5/2	Thu				
P3	5/3	Fri	1.2			
	5/4	Sat				
P4	5/5	Sun	1.6			
	5/6	Mon				
P4	5/7	Tue	1.6			
	5/8	Wed				
P5	5/9	Thu	2.0			
	5/10	Fri				
P5	5/11	Sat	2.0			
	5/12	Sun		5.0		
	5/13	Mon				
	5/14	Tue	1.0			
	5/15	Wed				
	5/16	Thu	1.0			
	5/17	Fri				
	5/18	Sat	2.0			
	5/19	Sun		4.0		
	5/20	Mon				
	5/21	Tue	2.0			
	5/22	Wed				
	5/23	Thu	3.0			
	5/24	Fri				
	5/25	Sat	3.0			
	5/26	Sun		8.0		
	5/27	Mon				
	5/28	Tue	4.0			
	5/29	Wed				
	5/30	Thu	4.0			
	5/31	Fri				
	6/1	Sat	2.0			
	6/2	Sun		10.0		
	6/3	Mon	4.0			
	6/4	Tue				
	6/5	Wed	2.0			
	6/6	Thu	2.0			
	6/7	Fri				
	6/8	Sat	4.0			
	6/9	Sun		12.0		
	6/10	Mon	4.0			
	6/11	Tue				
	6/12	Wed	3.0			
	6/13	Thu	3.0			
	6/14	Fri				
	6/15	Sat	4.0			
	6/16	Sun		14.0		
	6/17	Mon	4.0			
	6/18	Tue				
	6/19	Wed	4.0			
	6/20	Thu	4.0			
	6/21	Fri				
	6/22	Sat	4.0			
	6/23	Sun		16.0		
	6/24	Mon	3.0			
	6/25	Tue	3.0			
	6/26	Wed	3.0			
	6/27	Thu				
	6/28	Fri	3.0			
	6/29	Sat	4.0			
	6/30	Sun		16.0		
	7/1	Mon	3.0			
	7/2	Tue	4.0			
	7/3	Wed	3.0			
	7/4	Thu				
	7/5	Fri	4.0			
	7/6	Sat	4.0			
	7/7	Sun		18.0		
	7/8	Mon	4.0			
	7/9	Tue	4.0			
	7/10	Wed	4.0			
	7/11	Thu				
	7/12	Fri	4.0			
	7/13	Sat	4.0			
	7/14	Sun		20.0		
	7/15	Mon	4.0			
	7/16	Tue	5.0			
	7/17	Wed	4.0			
	7/18	Thu				
	7/19	Fri	5.0			
	7/20	Sat	4.0			
	7/21	Sun		22.0		
	7/22	Mon	5.0			
	7/23	Tue	5.0			
	7/24	Wed	4.0			
	7/25	Thu				
	7/26	Fri	5.0			
	7/27	Sat	5.0			
	7/28	Sun		24.0		
	7/29	Mon	5.0			
	7/30	Tue	5.0			
	7/31	Wed	5.0			
	8/1	Thu				
	8/2	Fri	5.0			
	8/3	Sat	5.0			
	8/4	Sun		25.0		
	8/5	Mon	5.0			
	8/6	Tue	6.0			
	8/7	Wed	5.0			
	8/8	Thu				
	8/9	Fri	6.0			
	8/10	Sat	5.0			
	8/11	Sun		27.0		
	8/12	Mon	6.0			
	8/13	Tue	5.0			
	8/14	Wed	6.0			
	8/15	Thu				
	8/16	Fri	6.0			
	8/17	Sat	6.0			
	8/18	Sun		29.0		
	8/19	Mon	6.0			
	8/20	Tue	6.0			
	8/21	Wed	6.0			
	8/22	Thu				
	8/23	Fri	6.0			
	8/24	Sat	6.0			
	8/25	Sun		30.0		
	8/26	Mon	6.0			
	8/27	Tue	7.0			
	8/28	Wed	6.0			
	8/29	Thu				
	8/30	Fri	7.0			
	8/31	Sat	6.0			
	9/1	Sun		32.0		
	9/2	Mon	7.0			
	9/3	Tue	6.0			
	9/4	Wed	7.0			
	9/5	Thu				
	9/6	Fri	7.0			
	9/7	Sat	6.0			
	9/8	Sun		33.0		
	9/9	Mon	7.0			
	9/10	Tue	7.0			
	9/11	Wed	7.0			
	9/12	Thu				
	9/13	Fri	7.0			
	9/14	Sat	7.0			
	9/15	Sun		35.0		
	9/16	Mon	7.0			
	9/17	Tue	8.0			
	9/18	Wed	7.0			
	9/19	Thu				
	9/20	Fri	8.0			
	9/21	Sat	7.0			
	9/22	Sun		37.0		
	9/23	Mon	8.0			
	9/24	Tue	7.0			
	9/25	Wed	8.0			
	9/26	Thu				
	9/27	Fri	8.0			
	9/28	Sat	7.0			
	9/29	Sun		38.0		
	9/30	Mon	8.0			

10/1	Tue	8.0	
10/2	Wed	8.0	
10/3	Thu		
10/4	Fri	8.0	
10/5	Sat	8.0	
10/6	Sun		40.0
10/7	Mon	6.0	
10/8	Tue	6.0	
10/9	Wed	6.0	
10/10	Thu		
10/11	Fri	6.0	
10/12	Sat	6.0	
10/13	Sun		30.0
10/14	Mon		
10/15	Tue		
10/16	Wed		
10/17	Thu		
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10/19	Sat		
10/20	Sun		0.0
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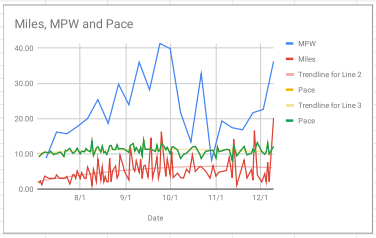
10/24	Thu		
10/25	Fri		
10/26	Sat		
10/27	Sun		0.0
10/28	Mon		
10/29	Tue		
10/30	Wed		
10/31	Thu		
11/1	Fri		
11/2	Sat		
11/3	Sun		0.0
11/4	Mon		
11/5	Tue		
11/6	Wed		
11/7	Thu		
11/8	Fri		
11/9	Sat		
11/10	Sun		0.0
11/11	Mon		
11/12	Tue		
11/13	Wed		
11/14	Thu		
11/15	Fri		
11/16	Sat		
11/17	Sun		0.0
11/18	Mon		
11/19	Tue		
11/20	Wed		
11/21	Thu		
11/22	Fri		
11/23	Sat		
11/24	Sun		0.0
11/25	Mon		
11/26	Tue		
11/27	Wed		
11/28	Thu		
11/29	Fri		
11/30	Sat		
12/1	Sun		0.0
12/2	Mon		
12/3	Tue		
12/4	Wed		
12/5	Thu		
12/6	Fri		
12/7	Sat		
12/8	Sun		0.0
12/9	Mon		
12/10	Tue		
12/11	Wed		
12/12	Thu		
12/13	Fri		
12/14	Sat		
12/15	Sun		0.0
12/16	Mon		
12/17	Tue		
12/18	Wed		
12/19	Thu		
12/20	Fri		
12/21	Sat		
12/22	Sun		0.0
12/23	Mon		
12/24	Tue		
12/25	Wed		
12/26	Thu		
12/27	Fri		
12/28	Sat		
12/29	Sun		0.0
12/30	Mon		
12/31	Tue		
1/1	Wed		
1/2	Thu		
1/3	Fri		
1/4	Sat		
1/5	Sun		0.0
1/6	Mon		
1/7	Tue		

	Date	Day	Plan	total	Plan	MPW	Miles	Pace	Avg HI	Max HR	GEG	Wk EG	Run Score	Wk RS	Trails	Trails %	LR % of weekly	
Back 40 (201	7/3	Sun	0.0										0.0					
Back 40	7/4	Mon	1.0				1.65	9.12	159		45		9.3					
Back 40	7/5	Tue	2.0				2.25	9.52	155		70		13.9					
Back 40	7/6	Wed	0.0				1.20	10.00			45		8.5					
Back 40	7/7	Thu	2.0										0.0					
Back 40	7/8	Fri	2.0				3.68	10.50	156		90		16.2					
Back 40	7/9	Sat	3.0	10.0	10.0	8.78						250	0.0	48.0			30.0	
Back 40	7/10	Sun	0.0										0.0					
Back 40	7/11	Mon	2.7				3.02	10.28	135		102		18.8					
Back 40	7/12	Tue	3.0				3.01	10.75	137		101		17.8					
Back 40	7/13	Wed	0.0										0.0					
Back 40	7/14	Thu	2.7				3.08	9.75	148		101		19.6					
Back 40	7/15	Fri	2.7				3.04	10.00	125		90		17.0					
Back 40	7/16	Sat	4.0	15.0	15.0	16.17	4.02	10.00	161		255	649	48.3	121.5	4.02	24.9	26.7	
Back 40	7/17	Sun	0.0										0.0					
Back 40	7/18	Mon	3.0				3.03	10.48	133		101		18.3					
Back 40	7/19	Tue	3.0				3.01	10.37	136		102		18.6					
Back 40	7/20	Wed	0.0										0.0					
Back 40	7/21	Thu	3.0				3.02	9.25	146		102		20.9					
Back 40	7/22	Fri	3.0				3.08	10.98	136		95		16.4					
Back 40	7/23	Sat	3.0	15.0	15.0	15.69	3.55	10.87	156		399	799	69.5	143.7	3.55	22.6	20.0	
Back 40	7/24	Sun	0.0										0.0					
Back 40	7/25	Mon	3.1				1.45	11.57	125		43		7.0					
Back 40	7/26	Tue	3.8										0.0					
Back 40	7/27	Wed	0.0				4.04	10.12	141		132		24.7					
Back 40	7/28	Thu	3.1				4.06	10.33	139		130		23.8					
Back 40	7/29	Fri	3.1				3.01	10.88	127		95		16.5					
Back 40	7/30	Sat	5.0	18.0	18.0	17.70	5.14	11.57	154		484	884	79.2	151.3	5.14	29.0	27.8	
Back 40	7/31	Sun	0.0										0.0					
Back 40	8/1	Mon	3.2				3.03	10.00	152		76		14.4					
Back 40	8/2	Tue	4.5				4.69	10.73	132		139		24.5					
Back 40	8/3	Wed	0.0										0.0					
Back 40	8/4	Thu	3.2				3.02	10.57	148		88		15.8					
Back 40	8/5	Fri	3.2				3.02	11.50	136		87		14.3					
Back 40	8/6	Sat	6.0	20.0	20.0	20.00	6.24	11.00	132		180	570	31.0	100.0		0.0	30.0	
Back 40	8/7	Sun	0.0										0.0					
Back 40	8/8	Mon	3.9				4.06	10.57	137		122		21.9					
Back 40	8/9	Tue	5.3				1.02	13.57	119		30		4.2					
Back 40	8/10	Wed	0.0				5.64	9.50	155		206		41.1					
Back 40	8/11	Thu	3.9				4.06	10.50	140		116		20.9					
Back 40	8/12	Fri	3.9				2.11	11.62	125		65		10.6					
Back 40	8/13	Sat	7.0	24.0	24.0	25.37	8.48	12.00	160		963	1502	152.0	250.6	8.48	33.4	29.2	
Back 40	8/14	Sun	0.0										0.0					
Back 40	8/15	Mon	2.9				2.57	10.49	131		77		13.9					
Back 40	8/16	Tue	4.5				6.28	12.20	157		797		123.7		6.28			
Back 40	8/17	Wed	2.9				2.07	10.30	139		61		11.2					
Back 40	8/18	Thu	4.0				3.60	10.63	138		107		19.1					
Back 40	8/19	Fri	1.7				2.07	9.83	143		62		11.9					
Back 40	8/20	Sat	6.0	22.0	22.0	18.65	2.06	10.83	133		64	1168	11.2	191.0		33.7	27.3	
Back 40	8/21	Sun	8.0				8.77	12.33	151		1364		209.5		8.77			
Back 40	8/22	Mon	2.3				2.08	12.37	119		57		8.7					
Back 40	8/23	Tue	6.0				5.17	11.25	132		152		25.6					
Back 40	8/24	Wed	0.0										0.0					
Back 40	8/25	Thu	5.3				6.55	11.22	161		1173		198.0		6.55			
Back 40	8/26	Fri	3.8				3.15	12.50	122		90		13.6					
Back 40	8/27	Sat	3.8	29.0	29.0	29.75	4.03	11.33	151		653	3489	109.2	564.6	4.03	65.0	27.6	
Back 40	8/28	Sun	9.0				9.55	11.45	151		456		75.4		9.55			
Back 40	8/29	Mon	2.6										0.0					
Back 40	8/30	Tue	6.8				6.81	11.45	149		761		125.9		3			
Back 40	8/31	Wed	0.0				5.00	11.30	137		308		51.6		1			
Back 40	9/1	Thu	6.0										0.0					
Back 40	9/2	Fri	4.3										0.0					
Back 40	9/3	Sat	4.3	33.0	33.0	23.93	2.57	10.42	128		77	1602	14.0	266.9		56.6	27.3	
Back 40	9/4	Sun	10.0				12.22	12.40	144		1759		268.7		12.22			
Back 40	9/5	Mon	2.8										0.0					
Back 40	9/6	Tue	7.5				5.96	12.92	151		791		116.0		5			
Back 40	9/7	Wed	0.0				5.06	10.78	143		192		33.7					
Back 40	9/8	Thu	6.5				8.00	11.74	170		1538		248.0		8			
Back 40	9/9	Fri	4.6										0.0					
Back 40	9/10	Sat	4.6	36.0	36.0	36.00	4.76	10.28	138		139	4419	25.6	692.0		70.1	27.8	
Back 40	9/11	Sun	8.0				8.40	11.77	140		794		127.8		4			
Back 40	9/12	Mon	2.3				3.00	9.50	138		82		16.3					
Back 40	9/13	Tue	4.5				6.51	13.88	148		907		123.8		5.2			
Back 40	9/14	Wed	5.0				6.76	11.28	147		696		116.9		2.8			
Back 40	9/15	Thu	6.0										0.0					
Back 40	9/16	Fri	2.3				3.48	11.27	122		96		16.1					
Back 40	9/17	Sat	0.0	28.0	28.0	28.15						2575	0.0	400.9		42.6	28.6	
Back 40	9/18	Sun	12.0				14.54	11.45	150		1084		179.3		4.54			
Back 40	9/19	Mon	4.0				3.12	11.10	125		91		15.5					
Back 40	9/20	Tue	6.0										0.0					
Back 40	9/21	Wed	6.0				6.50	10.66	144		224		39.8					
Back 40	9/22	Thu	9.0				9.05	12.43	155		1012		154.2		7.5			
Back 40	9/23	Fri	3.0				3.10	10.66	135		86		15.3					
Back 40	9/24	Sat	0.0	40.0	40.0	41.31	5.00	10.99	146		78	2575	13.4	417.5		29.1	30.0	
Back 40	9/25	Sun	14.0				16.25	12.95	156		2147		314.0		14			
Back 40	9/26	Mon	3.3						0		0		0.0					
Back 40	9/27	Tue	7.9				7.50	12.02	131		561		88.4		3			
Back 40	9/28	Wed	5.0				3.59	11.15	124		110		18.7					
Back 40	9/29	Thu	10.5				8.50	11.82	139		749		120.0		4.25			
Back 40	9/30	Fri	3.3										0.0					
Back 40	10/1	Sat	0.0	44.0	44.0	39.84	4.00	9.99	132		74	3641	14.0	555.1		53.3	31.8	
Back 40	10/2	Sun	12.0				10.68	11.82	139		813		130.3		4.5			
Back 40	10/3	Mon	4.0				3.25	12.00	138		550		86.8					
Back 40	10/4	Tue	6.0										0.0					
Back 40	10/5	Wed	6.0										0.0					
Back 40	10/6	Thu	9.0				4.53	11.08	144		414		70.8		2.5			
Back 40	10/7	Fri	3.0										0.0					
Back 40	10/8	Sat	0.0	40.0	40.0	21.72	3.26	8.67	144		93	1870	20.3	308.2		32.2	30.0	
Back 40	10/9	Sun	7.5										0.0					
Back 40	10/10	Mon	3.0				3.11	9.82	135		93		17.9					
Back 40	10/11	Tue	5.0										0.0					
Back 40	10/12	Wed	5.0				5.64	10.17	138		142		26.4					
Back 40	10/13	Thu	6.0										0.0					
Back 40	10/14	Fri	3.5				4.64	11.00	132		129		22.2					
Back 40	10/15	Sat	0.0	30.0	30.0	13.39						364	0.0	66.6		0.0	25.0	
Back 40	10/16	Sun	13.5				9.67	11.90	130		143		22.1					
Back 40	10/17	Mon	4.5										0.0					
Back 40	10/18	Tue	6.8				5.00	12.10	145		522		81.7		3			
Back 40	10/19	Wed	6.8										0.0					
Back 40	10/20	Thu	10.1										0.0					
Back 40	10/21	Fri	3.4				6.37	9.90	176		1205		230.5		6.37			
Back 40							5.39	8.67	171		520		113.6					
Back 40	10/22	Sat	0.0	45.0	45.0	32.72	6.29	8.67	173		342		74.7				30.0	
Back 40						36.28	3.56	14.25	152		119	2851	15.8	539.1	3.56	35.6		
Back 40	10/23	Sun	13.5						0		0		0.0					
Back 40	10/24	Mon	4.5						0		0		0.0					
Back 40	10/25	Tue	6.8				5.08	10.70	163		523		92.6		3			
Back 40	10/26	Wed	6.8						0		0		0.0					
Back 40	10/27	Thu	10.1						0		0		0.0					
Back 40	10/28	Fri	3.4				3.09	10.95	123		97		16.8					
Back 40	10/29	Sat	0.0	45.0	45.0	8.17			0		0	620	0.0	109.4		36.7	30.0	
Back 40	10/30	Sun	15.0				6.62	10.96	162		648		112.0		4			
Back 40	10/31	Mon	5.0						0		0		0.0					
Back 40	11/1	Tue	7.5				3.64	8.80	158		188		40.5					
Back 40	11/2	Wed	7.5				4.25	11.90	146		505		80.4		3.25			
Back 40	11/3	Thu	11.3				4.81	10.58	148		357		63.9					
Back 40	11/4	Fri	3.8						0		0		0.0					
Back 40	11/5	Sat	0.0	50.0	50.0	19.32			0		0	1698	0.0	296.7		37.5	30.0	
Back 40	11/6	Sun	15.0						0		0		0.0					
Back 40	11/7	Mon	5.0						0		0		0.0					
Back 40	11/8	Tue	7.5				5.26	11.28	154		559		93.9		3.4			
Back 40	11/9	Wed	7.5						0		0		0.0					
Back 40	11/10	Thu	11.3				9.00	11.15	157		1200		203.8		7.4			
Back 40	11/11	Fri	3.8						0		0		0.0					
Back 40	11/12	Sat	0.0	50.0	50.0	17.40	3.14	8.17	160		97	1856	22.5	320.2		62.1	30.0	
Back 40	11/13	Sun	10.5				14.11	12.50	149		1694		256.7		11.3			
Back 40	11/14	Mon	3.5										0.0					
Back 40	11/15	Tue	5.3				1.09	9.42	140		30		6.0					Track. Knee hurts.
Back 40							1.35	7.98	167		35							

	Monthly Totals
July	58.34
August	115.13
September	143.87
October	90.18
November	89.14
December	800.5
January	80.37
February	70.69
March	0.00
April	0.00
May	0.00
June	0.00
July	



	Date	Day	Plan	total	Plan	MPW	Miles	Pace	Avg HI	Max HR	GEG	Wk EG	Run Score	Wk RS	Trails	Trails %	LR % of weekly	
Back 40							0.26	10.23	139		11							
Back 40	11/16	Wed	5.3										0.0					
Back 40	11/17	Thu	7.9										0.0					
Back 40	11/18	Fri	2.6										0.0					
Back 40	11/19	Sat	0.0	35.0	35.0	16.81						1770	0.0	262.7		67.2	30.0	
Back 40	11/20	Sun	16.5				8.18	12.08	135		692		108.5		5.7			
Back 40	11/21	Mon	5.5						0		0		0.0					
Back 40	11/22	Tue	8.3				3.14	9.68	140		100		19.6					
Back 40	11/23	Wed	8.3										0.0					
Back 40	11/24	Thu	12.4										0.0					
Back 40	11/25	Fri	4.1				5.51	10.18	142		55		10.2					Florida.
Back 40							2.33	11.32			23							Meg. Florida.
Back 40	11/26	Sat	0.0	55.0	55.0	21.67	2.51	11.27			25	895	4.2	142.5		26.3	30.0	Meg. Florida.
Back 40	11/27	Sun	10.5				16.58	10.68	157		165		29.3					Meg 3.5. Florida.
Back 40	11/28	Mon	3.5										0.0					
Back 40	11/29	Tue	5.3				3.98	13.17	128	157	40		5.8		3.98			Meg. Florida.
Back 40	11/30	Wed	5.3										0.0					
Back 40	12/1	Thu	7.9										0.0					
Back 40	12/2	Fri	2.6				2.03	10.60	130	143	67		12.0					Meg.
Back 40	12/3	Sat	0.0	35.0	35.0	22.59						272	0.0	47.0		17.6	30.0	
Back 40	12/4	Sun	0.0				4.34	9.85	144	166	85		16.3					
Back 40	12/5	Mon	0.0				2.04	10.50	130	141	62		11.2					Meg
Back 40	12/6	Tue	0.0				7.54	13.05	146	172	1170		169.8		6.54			
Back 40	12/7	Wed	0.0				2.10	9.95	138	169	66		12.6					
Back 40	12/8	Thu	0.0										0.0					
Back 40	12/9	Fri	0.0										0.0					
Back 40	12/10	Sat	20.0			36.22	20.20	12.08	164	188	2902	4285	455.0	664.9	20.2	73.8		
			739.0				534.91											
Eagle Up	12/11	Sun											0.0					
Eagle Up	12/12	Mon											0.0					
Eagle Up	12/13	Tue	4.0				3.25	16.00	117	153	222		26.3		2.5			gave up. knee.
Eagle Up	12/14	Wed											0.0					
Eagle Up	12/15	Thu											0.0					
Eagle Up	12/16	Fri											0.0					
Eagle Up	12/17	Sat					2.11	9.74	140	154	67		13.0					
Eagle Up	12/18	Sun				7.46	2.1	9.55	141	157	67	356	13.3	52.6		33.5		
Eagle Up	12/19	Mon	2.0										0.0					
Eagle Up	12/20	Tue											0.0					
Eagle Up	12/21	Wed	3.0										0.0					
Eagle Up	12/22	Thu	3.0				1.00	9.85	142	160	34		6.5					Delilah
Eagle Up	12/23	Fri	2.0										0.0					
Eagle Up	12/24	Sat											0.0					
Eagle Up	12/25	Sun	3.0	13.0	13.0	4.54	3.54	12.28	144	165	284	318	43.8	50.3	2.5	55.1		
Eagle Up	12/26	Mon	3.0										0.0					
Eagle Up	12/27	Tue	4.0				2.05	10.75	147	169	151		26.6					Gym Treadmill. Meg
Eagle Up	12/28	Wed	2.0				3.00	10.28	167	186	248				2			Delilah
Eagle Up	12/29	Thu					1.82	12.90	141	166	143				1.5			Joey and delilah
Eagle Up	12/30	Fri	3.0															
Eagle Up	12/31	Sat	2.0				3.71	10.75	165	182	385				2.71			Delilah going fast
Eagle Up	1/1	Sun	3.0	17.0	17.0	14.82	4.24	11.75	159	178	453	1380	73.0	99.6	3.5	65.5		Delilah
Eagle Up	1/2	Mon	2.8										0.0					
Eagle Up	1/3	Tue	4.2				4.00	9.93	153	185	105		20.0					Treadmill. Gym. Meg.
Eagle Up	1/4	Wed	2.1				5.02	10.75	148	171	495		87.2		2.8			Delilah
Eagle Up	1/5	Thu	4.2				4.64	9.00	148	167	137		28.8					
Eagle Up	1/6	Fri	2.1				3.26	9.50	142	155	137		27.3					Treadmill. Gym. Meg.
Eagle Up	1/7	Sat	5.6				4.84	11.45	156	176	775		128.2		4.84			Delilah
Eagle Up	1/8	Sun	7.0	28.0	28.0	25.30	3.54	11.50	152	169	333	1982	54.8	346.4	3.54	44.2		Failed long at Coler. Right shin.
Eagle Up	1/9	Mon	3.1										0.0					
Eagle Up	1/10	Tue	4.6				4.03	10.63	162	188	372		66.3		2.75			Delilah. Easy trails. Lower leg pain.
Eagle Up	1/11	Wed	2.3				4.00	10.05	145	163	188		35.4					Paved. Right shin, left hip, right knee, left shin.
Eagle Up	1/12	Thu	4.6										0.0					
Eagle Up	1/13	Fri	2.3										0.0					
Eagle Up	1/14	Sat	6.2										0.0					
Eagle Up	1/15	Sun	7.7	30.8	30.8	11.07	3.04	15.30	121	146	253	813	31.3	133.0	3	51.9		Hike with Joey and Delilah. A few sections of easy running
Eagle Up	1/16	Mon	3.4										0.0					
Eagle Up	1/17	Tue	5.1				3.24	12.33	134	168	249		38.2		2.75			jowy and delilah
Eagle Up	1/18	Wed	2.5										0.0					
Eagle Up	1/19	Thu	5.1				3.31	11.50	149	173	268		44.1		2.75			joey and delilah
Eagle Up	1/20	Fri	2.5										0.0					
Eagle Up	1/21	Sat	6.8				3.25	12.50	160	178	394		59.7		2.5			Joey and Delilah. They slowed me down. Hotter than usual.
Eagle Up	1/22	Sun	8.5	33.9	33.9	13.17	3.37	11.00	147	166	299	1210	51.5	193.6	2.3	78.2		Cut short before shins/right knee for bad.
Eagle Up	1/23	Mon	3.7										0.0					
Eagle Up	1/24	Tue	5.6				3.45	12.45	142	164	270		41.1		2.5			
Eagle Up	1/25	Wed	2.8										0.0					
Eagle Up	1/26	Thu	5.6				3.63	10.50	159	183	297		53.6		3			Joey and Delilah. Attacked poop plant segments.
Eagle Up	1/27	Fri	2.8				3.50	11.10	139	152	92		15.7					Gym treadmill. Meg.
Eagle Up	1/28	Sat	7.5				4.00	11.60	152	167	332		54.2		2			Joey and delilah
Eagle Up	1/29	Sun	9.3	37.3	37.3	21.69	7.11	10.50	139	159	201	1192	36.3	200.8		34.6		WSL whole family
Eagle Up	1/30	Mon	2.8										0.0					
Eagle Up	1/31	Tue	4.2				4.90	12.00	147	172	536		84.6		4			
Eagle Up	2/1	Wed	2.1				3.77	9.58	150	183	283		55.9					
Eagle Up	2/2	Thu	4.2				3.48	11.00	144	172	292		50.3		2.75			
Eagle Up	2/3	Fri	2.1				4.00	11.00	129	140	120		20.7					Gym treadmill. Forgot to set incline.
Eagle Up	2/4	Sat	5.6				4.14	12.50	140	173	398		60.3		3			
Eagle Up	2/5	Sun	7.0	28.0	28.0	28.78	8.49	10.60	154	186	646	2275	115.4	387.2	3.5	46.0		
Eagle Up	2/6	Mon	3.0										0.0					
Eagle Up	2/7	Tue	4.5				4.75	11.50	155	174	564		92.9		3.5			Delilah.
Eagle Up	2/8	Wed	2.3				4.51	10.40	140	154	218		39.7					
Eagle Up	2/9	Thu	4.5				3.42	10.90	140	158	346		60.1		3			Delilah.
Eagle Up	2/10	Fri	2.3				3.42	11.10	132	140	90		15.4					Gym treadmill. Meg.
Eagle Up	2/11	Sat	6.0				4.96	9.80	150	182	172		33.2					Valentine's Day 8k with Meg.
Eagle Up	2/12	Sun					3.05	11.45	134	143	101							
Eagle Up							3.12	10.40	142	151	87							
Eagle Up			7.5	30.0	30.0	30.27	3.04	9.05	156	185	78	1656	16.3	257.6		21.5		
Eagle Up	2/13	Mon	3.0										0.0					
Eagle Up	2/14	Tue	4.5				4.01	12.00	144	179	426		67.2		3.25			
Eagle Up	2/15	Wed	2.3										0.0					
Eagle Up	2/16	Thu	4.5				4.26	11.00	153	175	395		68.0		3.5			
Eagle Up	2/17	Fri	2.3										0.0					
Eagle Up	2/18	Sat	6.0				5.04	10.50	143	178	31		5.6					
Eagle Up	2/19	Sun	7.5	30.0	30.0	16.54	3.23	9.90	151	165	50	902	9.6	150.4		40.8		
Eagle Up	2/20	Mon	3.0										#DIV/0!					
Eagle Up	2/21	Tue	4.5										#DIV/0!					
Eagle Up	2/22	Wed	2.3										#DIV/0!					
Eagle Up	2/23	Thu	4.5										#DIV/0!					
Eagle Up	2/24	Fri	2.3										#DIV/0!					
Eagle Up	2/25	Sat	6.0										#DIV/0!					
Eagle Up	2/26	Sun	7.5	30.0	30.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	2/27	Mon	3.0										#DIV/0!					
Eagle Up	2/28	Tue	4.5										#DIV/0!					
Eagle Up	3/1	Wed	2.3										#DIV/0!					
Eagle Up	3/2	Thu	4.5										#DIV/0!					
Eagle Up	3/3	Fri	2.3										#DIV/0!					
Eagle Up	3/4	Sat	6.0										#DIV/0!					
Eagle Up	3/5	Sun	7.5	30.0	30.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	3/6	Mon	3.3										#DIV/0!					
Eagle Up	3/7	Tue	5.0										#DIV/0!					
Eagle Up	3/8	Wed	2.5										#DIV/0!					
Eagle Up	3/9	Thu	5.0										#DIV/0!					
Eagle Up	3/10	Fri	2.5										#DIV/0!					
Eagle Up	3/11	Sat	6.6										#DIV/0!					
Eagle Up	3/12	Sun	8.3	33.0	33.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	3/13	Mon	3.5										#DIV/0!					
Eagle Up	3/14	Tue	5.3										#DIV/0!					
Eagle Up	3/15	Wed	2.6										#DIV/0!					
Eagle Up	3/16	Thu	5.3										#DIV/0!					
Eagle Up	3/17	Fri	2.6										#DIV/0!					
Eagle Up	3/18	Sat	7.0										#DIV/0!					
Eagle Up	3/19	Sun	8.8	35.1	35.1	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	3/20	Mon	3.7										#DIV/0!					
Eagle Up	3/21	Tue	5.6										#DIV/0!					
Eagle Up	3/22	Wed	2.8										#DIV/0!					
Eagle Up	3/23	Thu	5.6										#DIV/0!					
Eagle Up	3/24	Fri	2.8										#DIV/0!					
Eagle Up	3/25	Sat	7.5										#DIV/0!					
Eagle Up	3/26	Sun	9.4	37.4	37.4	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	3/27	Mon	4.0										#DIV/0!					
Eagle Up	3/28	Tue	6.0										#DIV/0!					

Monthly Totals

	Date	Day	Plan	total	Plan	MPW	Miles	Pace	Avg HI	Max HR	GEG	Wk EG	Run Score	Wk RS	Trails	Trails %	LR % of weekly	Monthly Totals
Eagle Up	3/29	Wed	3.0										#DIV/0!					
Eagle Up	3/30	Thu	6.0										#DIV/0!					
Eagle Up	3/31	Fri	3.0										#DIV/0!					
Eagle Up	4/1	Sat	8.0										#DIV/0!					
Eagle Up	4/2	Sun	10.0	39.9	39.9	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	4/3	Mon	3.0										#DIV/0!					
Eagle Up	4/4	Tue	4.5										#DIV/0!					
Eagle Up	4/5	Wed	2.2										#DIV/0!					
Eagle Up	4/6	Thu	4.5										#DIV/0!					
Eagle Up	4/7	Fri	2.2										#DIV/0!					
Eagle Up	4/8	Sat	6.0										#DIV/0!					
Eagle Up	4/9	Sun	7.5	29.9	29.9	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	4/10	Mon	4.0										#DIV/0!					
Eagle Up	4/11	Tue	6.0										#DIV/0!					
Eagle Up	4/12	Wed	3.0										#DIV/0!					
Eagle Up	4/13	Thu	6.0										#DIV/0!					
Eagle Up	4/14	Fri	3.0										#DIV/0!					
Eagle Up	4/15	Sat	8.0										#DIV/0!					
Eagle Up	4/16	Sun	10.0	40.0	40.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	4/17	Mon	4.3										#DIV/0!					
Eagle Up	4/18	Tue	6.4										#DIV/0!					
Eagle Up	4/19	Wed	3.2										#DIV/0!					
Eagle Up	4/20	Thu	6.4										#DIV/0!					
Eagle Up	4/21	Fri	3.2										#DIV/0!					
Eagle Up	4/22	Sat	8.5										#DIV/0!					
Eagle Up	4/23	Sun	10.7	42.6	42.6	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	4/24	Mon	4.5										#DIV/0!					
Eagle Up	4/25	Tue	6.8										#DIV/0!					
Eagle Up	4/26	Wed	3.4										#DIV/0!					
Eagle Up	4/27	Thu	6.8										#DIV/0!					
Eagle Up	4/28	Fri	3.4										#DIV/0!					
Eagle Up	4/29	Sat	9.1										#DIV/0!					
Eagle Up	4/30	Sun	11.3	45.4	45.4	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	5/1	Mon	3.4										#DIV/0!					
Eagle Up	5/2	Tue	5.1										#DIV/0!					
Eagle Up	5/3	Wed	2.6										#DIV/0!					
Eagle Up	5/4	Thu	5.1										#DIV/0!					
Eagle Up	5/5	Fri	2.6										#DIV/0!					
Eagle Up	5/6	Sat	6.8										#DIV/0!					
Eagle Up	5/7	Sun	8.5	34.0	34.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	5/8	Mon	4.5										#DIV/0!					
Eagle Up	5/9	Tue	6.8										#DIV/0!					
Eagle Up	5/10	Wed	3.4										#DIV/0!					
Eagle Up	5/11	Thu	6.8										#DIV/0!					
Eagle Up	5/12	Fri	3.4										#DIV/0!					
Eagle Up	5/13	Sat	9.0										#DIV/0!					
Eagle Up	5/14	Sun	11.3	45.0	45.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	5/15	Mon	4.8										#DIV/0!					
Eagle Up	5/16	Tue	7.2										#DIV/0!					
Eagle Up	5/17	Wed	3.6										#DIV/0!					
Eagle Up	5/18	Thu	7.2										#DIV/0!					
Eagle Up	5/19	Fri	3.6										#DIV/0!					
Eagle Up	5/20	Sat	9.6										#DIV/0!					
Eagle Up	5/21	Sun	12.0	47.9	47.9	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	5/22	Mon	5.1										#DIV/0!					
Eagle Up	5/23	Tue	7.7										#DIV/0!					
Eagle Up	5/24	Wed	3.8										#DIV/0!					
Eagle Up	5/25	Thu	7.7										#DIV/0!					
Eagle Up	5/26	Fri	3.8										#DIV/0!					
Eagle Up	5/27	Sat	10.2										#DIV/0!					
Eagle Up	5/28	Sun	12.8	51.0	51.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	5/29	Mon	5.4										#DIV/0!					
Eagle Up	5/30	Tue	8.2										#DIV/0!					
Eagle Up	5/31	Wed	4.1										#DIV/0!					
Eagle Up	6/1	Thu	8.2										#DIV/0!					
Eagle Up	6/2	Fri	4.1										#DIV/0!					
Eagle Up	6/3	Sat	10.9										#DIV/0!					
Eagle Up	6/4	Sun	13.6	54.4	54.4	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	6/5	Mon	4.1										#DIV/0!					
Eagle Up	6/6	Tue	6.1										#DIV/0!					
Eagle Up	6/7	Wed	3.1										#DIV/0!					
Eagle Up	6/8	Thu	6.1										#DIV/0!					
Eagle Up	6/9	Fri	3.1										#DIV/0!					
Eagle Up	6/10	Sat	8.2										#DIV/0!					
Eagle Up	6/11	Sun	10.2	40.8	40.8	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	6/12	Mon	4.0										#DIV/0!					
Eagle Up	6/13	Tue	6.0										#DIV/0!					
Eagle Up	6/14	Wed	3.0										#DIV/0!					
Eagle Up	6/15	Thu	6.0										#DIV/0!					
Eagle Up	6/16	Fri	3.0										#DIV/0!					
Eagle Up	6/17	Sat	8.0										#DIV/0!					
Eagle Up	6/18	Sun	10.0	40.0	40.0	0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Eagle Up	6/19	Mon	3.0										#DIV/0!					
Eagle Up	6/20	Tue	5.0										#DIV/0!					
Eagle Up	6/21	Wed	4.0										#DIV/0!					
Eagle Up	6/22	Thu	3.0										#DIV/0!					
Eagle Up	6/23	Fri	2.0										#DIV/0!					
Eagle Up	6/24	Sat											#DIV/0!					
Eagle Up	6/25	Sun				0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Trail Ragnar	6/26	Mon											#DIV/0!					
Trail Ragnar	6/27	Tue											#DIV/0!					
Trail Ragnar	6/28	Wed											#DIV/0!					
Trail Ragnar	6/29	Thu											#DIV/0!					
Trail Ragnar	6/30	Fri											#DIV/0!					
Trail Ragnar	7/1	Sat											#DIV/0!					
Trail Ragnar	7/2	Sun				0.00						0	#DIV/0!	#DIV/0!		#DIV/0!		
Trail Ragnar	7/3	Mon											#DIV/0!					
Trail Ragnar	7/4	Tue											#DIV/0!					
Trail Ragnar	7/5	Wed											#DIV/0!					
Trail Ragnar	7/6	Thu											#DIV/0!					
Trail Ragnar	7/7	Fri											#DIV/0!					
Trail Ragnar	7/8	Sat											#DIV/0!					
Trail Ragnar	7/9	Sun											#DIV/0!					
Trail Ragnar	7/10	Mon											#DIV/0!					
Trail Ragnar	7/11	Tue											#DIV/0!					
Trail Ragnar	7/12	Wed											#DIV/0!					
Trail Ragnar	7/13	Thu											#DIV/0!					
Trail Ragnar	7/14	Fri											#DIV/0!					
Trail Ragnar	7/15	Sat											#DIV/0!					
Trail Ragnar	7/16	Sun											#DIV/0!					
Trail Ragnar	7/17	Mon	4.0										#DIV/0!					
Trail Ragnar	7/18	Tue	6.0										#DIV/0!					
Trail Ragnar	7/19	Wed	3.0										#DIV/0!					
Trail Ragnar	7/20	Thu	6.0										#DIV/0!					
Trail Ragnar	7/21	Fri	3.0										#DIV/0!					
Trail Ragnar	7/22	Sat	8.0										#DIV/0!					
Trail Ragnar	7/23	Sun	10.0	40.0	40.0								#DIV/0!					
Trail Ragnar	7/24	Mon	0.0										#DIV/0!					
	7/25	Tue																
	7/26	Wed																
	7/27	Thu	2.0				2.00						#DIV/0!					
	7/28	Fri											#DIV/0!					
	7/29	Sat	1.0										#DIV/0!					
	7/30	Sun											#DIV/0!					
	7/31	Mon	2.0										#DIV/0!					
	8/1	Tue				2.00							#DIV/0!					
	8/2	Wed	1.0										#DIV/0!					
	8/3	Thu											#DIV/0!					
	8/4	Fri	2.0										#DIV/0!					
	8/5	Sat											#DIV/0!					
	8/6	Sun	2.0										#DIV/0!					
	8/7	Mon											#DIV/0!					
	8/8	Tue	2.0			0.00							#DIV/0!					
	8/9	Wed											#DIV/0!					
	8/10	Thu	1.0										#DIV/0!					
	8/11	Fri											#DIV/0!					
	8/12	Sat	2.0										#DIV/0!					
	8/13	Sun											#DIV/0!					

Date	Day	Plan	total	Plan	MPW	Miles	Pace	Avg HI	Max HR	GEG	Wk EG	Run Score	Wk RS	Trails	Trails %	LR % of weekly			Monthly Totals
8/14	Mon	2.0										#DIV/0!							
8/15	Tue				0.00							#DIV/0!							
8/16	Wed	2.0										#DIV/0!							
8/17	Thu											#DIV/0!							
8/18	Fri	1.0										#DIV/0!							
8/19	Sat	2.0										#DIV/0!							
8/20	Sun											#DIV/0!							
8/21	Mon	2.0										#DIV/0!							
8/22	Tue				0.00							#DIV/0!							
8/23	Wed	2.0										#DIV/0!							
8/24	Thu	1.0										#DIV/0!							
8/25	Fri											#DIV/0!							
8/26	Sat	2.0										#DIV/0!							
8/27	Sun											#DIV/0!							
8/28	Mon	2.0										#DIV/0!							
8/29	Tue				0.00							#DIV/0!							
8/30	Wed	2.0										#DIV/0!							
8/31	Thu	1.0										#DIV/0!							
9/1	Fri											#DIV/0!							
9/2	Sat											#DIV/0!							
9/3	Sun											#DIV/0!							
9/4	Mon											#DIV/0!							
9/5	Tue				0.00							#DIV/0!							
9/6	Wed											#DIV/0!							
9/7	Thu											#DIV/0!							
9/8	Fri											#DIV/0!							
9/9	Sat											#DIV/0!							
9/10	Sun											#DIV/0!							
9/11	Mon											#DIV/0!							
9/12	Tue				0.00							#DIV/0!							
9/13	Wed											#DIV/0!							
9/14	Thu											#DIV/0!							
9/15	Fri											#DIV/0!							
9/16	Sat											#DIV/0!							
9/17	Sun											#DIV/0!							
9/18	Mon											#DIV/0!							
9/19	Tue				0.00							#DIV/0!							
9/20	Wed											#DIV/0!							
9/21	Thu											#DIV/0!							
9/22	Fri											#DIV/0!							
9/23	Sat											#DIV/0!							
9/24	Sun											#DIV/0!							
9/25	Mon											#DIV/0!							
9/26	Tue				0.00							#DIV/0!							
9/27	Wed											#DIV/0!							
9/28	Thu											#DIV/0!							
9/29	Fri											#DIV/0!							
9/30	Sat											#DIV/0!							
10/1	Sun											#DIV/0!							
10/2	Mon											#DIV/0!							
10/3	Tue				0.00							#DIV/0!							
10/4	Wed											#DIV/0!							
10/5	Thu											#DIV/0!							
10/6	Fri											#DIV/0!							
10/7	Sat											#DIV/0!							
10/8	Sun											#DIV/0!							
10/9	Mon											#DIV/0!							
10/10	Tue				0.00							#DIV/0!							
10/11	Wed											#DIV/0!							
10/12	Thu											#DIV/0!							
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10/15	Sun											#DIV/0!							
10/16	Mon											#DIV/0!							
10/17	Tue				0.00							#DIV/0!							
10/18	Wed											#DIV/0!							
10/19	Thu											#DIV/0!							
10/20	Fri											#DIV/0!							
10/21	Sat											#DIV/0!							
10/22	Sun											#DIV/0!							
10/23	Mon											#DIV/0!							
10/24	Tue				0.00							#DIV/0!							
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12/26	Tue																		
12/27	Wed																		
12/28	Thu																		
12/29	Fri																		
12/30	Sat																		

Date	Day	Plan	total	Plan	MPW	Miles	Pace	Avg HI	Max HR	GEG	Wk EG	Run Score	Wk RS	Trails	Trails %	LR % of weekly			Monthly Totals
12/31	Sun																		
1/1	Mon																		
1/2	Tue																		
1/3	Wed																		
1/4	Thu																		
1/5	Fri																		
1/6	Sat																		
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Date	Day	Plan	total	Plan	MPW	Miles	Pace	Avg HI	Max HR	GEG	Wk EG	Run Score	Wk RS	Trails	Trails %	LR % of weekly			Monthly Totals
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7/8	Sun		3.52				10:34	149	156	33									
			1.03				10:52	152	157	26									
7/9	Mon		2.96				10:21	139	150	49									
			0.45				11:00	139	146	3									
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	Date	Day	Plan	total	Plan	MPW	Miles	Pace	Avg HI	Max HR	GEG	Wk EG	Run Score	Wk RS	Trails	Trails %	LR % of weekly			Monthly Totals											
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