

UPGRADE

(/tc?testName=Elite_Banner_Prompt_Text&url=%2Felite%3Futm_source%3DpChannelBecomeElite%26pchannel%3Dweb.header.become)

Train Saver

(/user/one_flat/route)

(/user/one_flat/friends)

(/user/one_flat/activitylist)

(/user/one_flat/fitnessclasses)

(/user/one_flat/fitnessReports)

(/user/one_flat/profile)

(/user/one_flat/profile)

(/user/one_flat/settings)

(/user/one_flat/profile)

(/user/one_flat)

(/user/one_flat)

DASHBOARD

REPORTS

TRAINING

ACTIVITIES

FRIENDS

ROUTES

one_flat

Active since Aug, 2009

(/new/activity)

ACTIVITIES

— Jun '13	2
06/04 Cycling	10.13 km.
(/user/one_flat/activity/198979986)	
06/03 Cycling	12.29 km.
(/user/one_flat/activity/189327668)	
+ Nov '11	1
+ Feb '11	2
+ Jan '11	1
+ Dec '10	1
+ Nov '10	3
+ Sep '10	3
+ Aug '10	3
+ Jul '10	7
+ Jun '10	2
+ May '10	5
+ Apr '10	3
+ Mar '10	2
+ Feb '10	2
+ Jan '10	7
+ Dec '09	8
+ Nov '09	4
+ Oct '09	8
+ Sep '09	14
+ Aug '09	5

Monday Bike

JUN 03, 2013 - 9:50 AM

KM

12.29

DURATION

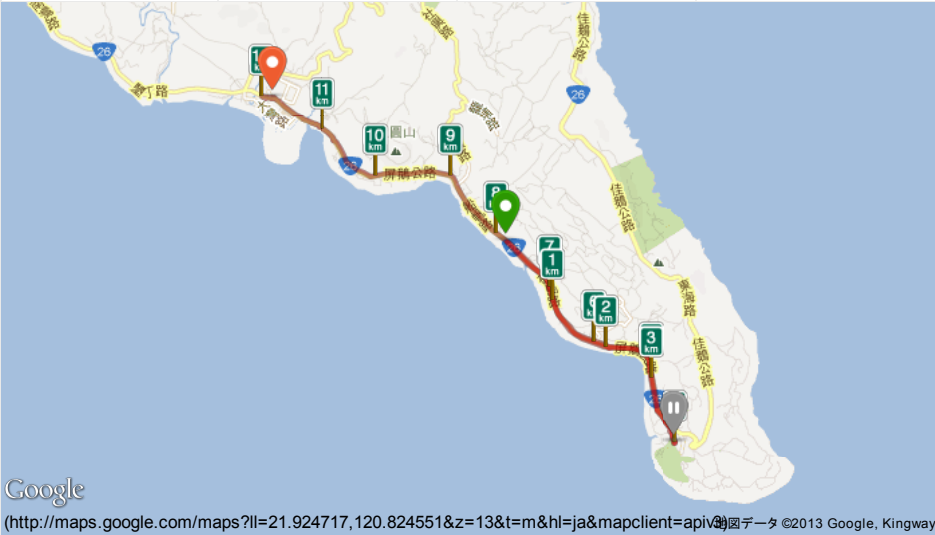
1:18:05

AVERAGE PACE

6:21

CALORIES BURNED

452

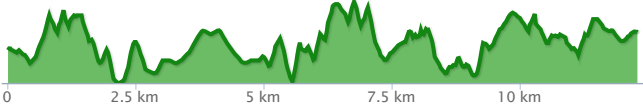


Make this a Route

(/new/route?deriveFromActivity=189327668)

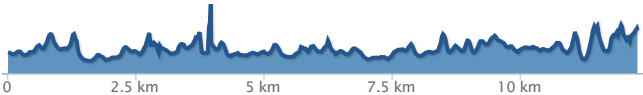
TOTAL CLIMB

161




AVERAGE PACE

6:21



This user has not entered a note

Like



Post Comment

Splits

NAME	PACE	CLIMB
1 km	5:22	7
2 km	4:26	-8
3 km	8:02	-1
4 km	8:08	8
5 km	4:58	-6
6 km	5:42	0
7 km	5:21	12
8 km	4:13	-7
9 km	7:34	-8
10 km	6:10	13
11 km	5:23	-8
12 km	9:44	2
13 km	10:22	2

Completed With: