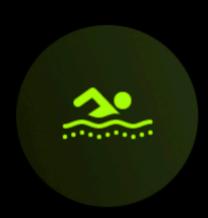


Sun 17 Nov





Pool Swim Open Goal

Breaststroke (2,450m) Freestyle (2,550m)

08:04 - 10:03

◄ London

Total Time

1:55:58

Distance

5,000_M

Active Kilocalories Total Kilocalories

1,392KCAL 1,571KCAL

Avg Heart Rate

153врм

Lengths

200

Pool Length

25м



Sat 16 Nov





Pool Swim Open Goal

Breaststroke (950m) Freestyle (1,050m)

16:32 - 17:24

→ London

Total Time

0:47:50

Distance

2,000_M

Active Kilocalories Total Kilocalories

541KCAL

610KCAL

Avg Heart Rate

139BPM

Lengths

80

Pool Length

25M



Sat 16 Nov





Pool Swim Open Goal

Breaststroke (1,500m) Freestyle (1,500m)

15:21 - 16:31

→ London

Total Time

1:07:02

Distance

3,000м

Active Kilocalories Total Kilocalories

811kcal 912kcal

Avg Heart Rate

151врм

Lengths

120

Pool Length

25м



Sat 16 Nov





Pool Swim Open Goal

Breaststroke (2,400m) Freestyle (2,600m)

10:09 - 12:03

London

Total Time

1:52:19

Distance

5,000м

Active Kilocalories Total Kilocalories

1,397KCAL 1,569KCAL

Avg Heart Rate

159BPM

Lengths

200

Pool Length

25_M