



Pool Swim

Open Goal

Breaststroke (2,450m)

Freestyle (2,550m)

08:04 - 10:03

↙ London

Total Time

1:55:58

Distance

5,000M

Active Kilocalories

1,392KCAL

Total Kilocalories

1,571KCAL

Avg Heart Rate

153BPM

Lengths

200

Pool Length

25M



Pool Swim

Open Goal

Breaststroke (950m)

Freestyle (1,050m)

16:32 - 17:24

↙ London

Total Time

0:47:50

Distance

2,000M

Active Kilocalories

541KCAL

Total Kilocalories

610KCAL

Avg Heart Rate

139BPM

Lengths

80

Pool Length

25M



Pool Swim
Open Goal

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

15:21 - 16:31
↙ London

Total Time
1:07:02

Distance
3,000M

Active Kilocalories
811KCAL

Total Kilocalories
912KCAL

Avg Heart Rate
151BPM

Lengths
120

Pool Length
25M



Pool Swim
Open Goal

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

10:09 - 12:03
↙ London

Total Time
1:52:19

Distance
5,000M

Active Kilocalories
1,397KCAL

Total Kilocalories
1,569KCAL

Avg Heart Rate
159BPM

Lengths
200

Pool Length
25M