

(connectagent://launch)

ACTIVITIES (/MODERN/ACTIVITIES)

## Compare

|                          | <br>South Oxfordshire - Hills 6<br>(/modern/activity/3906949945)<br>2 Aug 2019 6:06 AM | <br>South Oxfordshire - Hills 6<br>(/modern/activity/3883335869)<br>26 Jul 2019 5:53 AM |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Distance                 | 7.49 km                                                                                                                                                                 | 7.32 km                                                                                                                                                                    |
| Time                     | 38:33                                                                                                                                                                   | 39:39                                                                                                                                                                      |
| Avg Speed                | 11.7 kph                                                                                                                                                                | 11.1 kph                                                                                                                                                                   |
| Avg Pace                 | 5:09 min/km                                                                                                                                                             | 5:25 min/km                                                                                                                                                                |
| Calories                 | 472 C                                                                                                                                                                   | 462 C                                                                                                                                                                      |
| Moving Time              | 38:30                                                                                                                                                                   | 39:35                                                                                                                                                                      |
| Elapsed Time             | 39:15                                                                                                                                                                   | 39:39                                                                                                                                                                      |
| Avg Moving Speed         | 11.7 kph                                                                                                                                                                | 11.1 kph                                                                                                                                                                   |
| Avg Moving Pace          | 5:08 min/km                                                                                                                                                             | 5:24 min/km                                                                                                                                                                |
| Max Speed                | 16.1 kph                                                                                                                                                                | 14.5 kph                                                                                                                                                                   |
| Best Pace                | 3:44 min/km                                                                                                                                                             | 4:09 min/km                                                                                                                                                                |
| Elev Gain                | 101 m                                                                                                                                                                   | 106 m                                                                                                                                                                      |
| Elev Loss                | 95 m                                                                                                                                                                    | 114 m                                                                                                                                                                      |
| Min Elev                 | 51 m                                                                                                                                                                    | 43 m                                                                                                                                                                       |
| Max Elev                 | 85 m                                                                                                                                                                    | 78 m                                                                                                                                                                       |
| Avg Temp                 | 18.5 °C                                                                                                                                                                 | 20.7 °C                                                                                                                                                                    |
| Min Temp                 | 17.0 °C                                                                                                                                                                 | 19.0 °C                                                                                                                                                                    |
| Max Temp                 | 27.0 °C                                                                                                                                                                 | 28.0 °C                                                                                                                                                                    |
| Avg HR                   | 155 bpm                                                                                                                                                                 | 152 bpm                                                                                                                                                                    |
| Max HR                   | 188 bpm                                                                                                                                                                 | 180 bpm                                                                                                                                                                    |
| Avg Run Cadence          | 171 spm                                                                                                                                                                 | 170 spm                                                                                                                                                                    |
| Max Run Cadence          | 192 spm                                                                                                                                                                 | 184 spm                                                                                                                                                                    |
| Avg Vertical Oscillation | 11.2 cm                                                                                                                                                                 | 10.8 cm                                                                                                                                                                    |
| Avg Ground Contact Time  | 258 ms                                                                                                                                                                  | 257 ms                                                                                                                                                                     |
| Avg Stride Length        | 1.12 m                                                                                                                                                                  | 1.07 m                                                                                                                                                                     |

Training Effect

3.5

3.4

 Show less

## Laps

| Split | Time   | Distance | Avg Pace | Time   | Distance | Avg Pace |
|-------|--------|----------|----------|--------|----------|----------|
| 1     | 5:00   | 0.84     | 5:56     | 5:00   | 0.78     | 6:25     |
| 2     | 5:00   | 0.99     | 5:04     | 5:00   | 0.97     | 5:09     |
| 3     | 1:00   | 0.25     | 4:03     | 1:00   | 0.21     | 4:47     |
| 4     | 2:00   | 0.38     | 5:18     | 2:00   | 0.37     | 5:26     |
| 5     | 1:00   | 0.24     | 4:12     | 1:00   | 0.21     | 4:43     |
| 6     | 2:00   | 0.37     | 5:27     | 2:00   | 0.36     | 5:34     |
| 7     | 1:00   | 0.24     | 4:14     | 1:00   | 0.21     | 4:41     |
| 8     | 2:00   | 0.36     | 5:30     | 2:00   | 0.36     | 5:32     |
| 9     | 1:00   | 0.24     | 4:11     | 1:00   | 0.21     | 4:42     |
| 10    | 2:00   | 0.36     | 5:37     | 2:00   | 0.35     | 5:43     |
| 11    | 1:00   | 0.24     | 4:11     | 1:00   | 0.21     | 4:41     |
| 12    | 2:00   | 0.36     | 5:33     | 2:00   | 0.35     | 5:39     |
| 13    | 1:00   | 0.24     | 4:10     | 1:00   | 0.22     | 4:30     |
| 14    | 2:00   | 0.35     | 5:40     | 2:00   | 0.35     | 5:46     |
| 15    | 1:00   | 0.24     | 4:13     | 1:00   | 0.21     | 4:50     |
| 16    | 2:00   | 0.36     | 5:33     | 2:00   | 0.35     | 5:40     |
| 17    | 1:00   | 0.26     | 3:55     | 1:00   | 0.22     | 4:28     |
| 18    | 2:00   | 0.32     | 6:11     | 2:00   | 0.35     | 5:41     |
| 19    | 4:33.0 | 0.86     | 5:16     | 5:00   | 0.90     | 5:32     |
| 20    | --     | --       | --       | 0:39.0 | 0.11     | 5:54     |

[Help \(/en-US/help\)](#)
[Status \(/en-US/status\)](#)
[Facebook \(https://www.facebook.com/garminfit\)](https://www.facebook.com/garminfit)
[Instagram \(https://www.instagram.com/garminfitness/\)](https://www.instagram.com/garminfitness/)
[Twitter \(https://twitter.com/GarminFitness\)](https://twitter.com/GarminFitness)
[Statement of Privacy \(https://www.garmin.com/en-US/privacy/connect/\)](https://www.garmin.com/en-US/privacy/connect/)
[Terms of Use \(http://www.garmin.com/terms\)](http://www.garmin.com/terms)
[Security \(https://www.garmin.com/en-US/legal/security\)](https://www.garmin.com/en-US/legal/security)
Connect is powered by Garmin (<http://www.garmin.com>) • Copyright © 1996-2019 Garmin Ltd. or its subsidiaries • Version: 4.21.0.14, 19.14.0.139[Activity Tracking Accuracy \(http://www.garmin.com/en-US/legal/atdisclaimer\)](http://www.garmin.com/en-US/legal/atdisclaimer)