

Date	Time	Distance	Duration	Pace	Avg HR	Temp	Humidity	Dew Pt	Wind	Direction	Sky	Elev	Climb	Comments
5/8/2012	7:07 AM	6.02	1:08:59	11:27	134	53	69%	43	10-15	ENE	Mostly Cloudy	3,067	200	1st Ever MAF Run - 6 Mile House Route
5/10/2012	7:02 AM	6.03	1:06:04	10:58	135	58	67%	48	5-10	SSE	Overcast	3,067	206	6 Miles from the house route
5/12/2012	8:05 AM	11.15	1:41:54	9:08	177	57	74%	49	10-15	N	Scattered Clouds	2,884	483	Horseshoe Bend Race
5/13/2012	3:51 PM	2.02	21:17	10:32	136	62	72%	53	5	N	Light Rain	3,067	65	Recovery
5/14/2012	8:20 PM	5.84	1:01:51	10:35	135	75	inside	inside	inside	inside	inside	3,067	HC	Elliptical Hillclimb
5/15/2012	6:37 AM	6.25	1:10:40	11:19	139	46	93%	45	10	NW	Scattered Clouds	3,067	378	
5/16/2012	5:31 PM	4.01	47:06	11:45	143	84	18%	36	10-15	SE	Sunny	3,133	353	Mae Simmons CC after work
5/17/2012	6:46 AM	6.09	1:07:32	11:05	136	57	62%	44	10	WSW	Partly Cloudy	3,067	183	
5/19/2012	6:29 AM	8.42	1:36:21	11:21	137	65	65%	53	10-15	SW	Partly Cloudy	3,067	456	
5/20/2012	8:22 PM	3.11	35:09	11:18	135	75	52%	58	10-15	E	Mostly Cloudy	3,067	98	
5/22/2012	6:06 AM	3.54	37:51	10:41	132	68	61%	55	calm	calm	Partly Cloudy	643	146	
5/23/2012	5:56 AM	7.81	1:25:19	10:56	137	74	61%	59	10	SW	Clear	643	280	
5/24/2012	6:18 AM	6.10	1:08:00	11:09	136	72	20%	28	10-15	SW	Overcast	3,067	214	6 Miles from the house route
5/27/2012	6:23 AM	10.61	2:05:37	11:51	139	71	68%	60	20+	S	Scattered Clouds	3,067	528	Worked hard manual labor all day before
5/28/2012	7:36 AM	4.50	50:52	11:18	140	68	63%	55	5	S	Clear	3,067	140	
5/28/2012	9:23 PM	2.74	31:04	11:20	134	75	inside	inside	inside	inside	inside	3,067	HC	Elliptical Hillclimb
5/29/2012	6:22 AM	6.09	1:11:49	11:47	138	62	84%	57	5	S	Partly Cloudy	3,067	211	6 Miles from the house route - Very Humid
5/30/2012	6:58 AM	4.13	45:23	11:00	137	65	56%	55	10	WSW	Partly Cloudy	3,067	126	
5/31/2012	7:30 AM	2.05	21:15	10:23	132	66	61%	51	15-20	ENE	Overcast	3,067	63	
6/1/2012	5:14 AM	6.29	1:11:49	11:25	138	77	18%	32	10	SE	Clear	3,228	367	San Carlos Arizona - not much sleep the night before
6/2/2012	6:26 AM	10.19	1:54:53	11:17	137	72	68%	61	10-15	SSW	Light Rain	3,067	347	Late night before this run
6/3/2012	8:47 PM	3.13	37:57	12:08	136	90	24%	49	20+	SSE	Mostly Cloudy	3,067	94	
6/4/2012	8:25 PM	5.90	1:02:14	10:33	136	75	inside	inside	inside	inside	inside	3,067	HC	Elliptical Hillclimb
6/5/2012	6:14 AM	4.58	52:17	11:25	135	63	90%	60	5	N	Overcast	3,067	164	