

Date	Time	Distance	Duration	Pace M	Pace D	Avg HR	Temp	Humidity	Dew Pt	TDP Diff	Eff DP	Eff Ind	5 avg	7 avg	Wind	Direction	Sky	Elev	Climb	Shoes	Comments
5/8/2012	7:07 AM	6.02	1:08:59	11:27	11.45	134	53	69%	43	10	43	28.03			10-15	ENE	Mostly Cloudy	3,067	200	ASICS C	1st Ever MAF Run - 6 Mile House Route
5/10/2012	7:02 AM	6.03	1:06:04	10:58	10.97	135	58	67%	48	10	48	32.42			5-10	SSE	Overcast	3,067	206	ASICS C	6 Miles from the house route
5/12/2012	8:05 AM	11.15	1:41:54	9:08	9.13	177	57	74%	49	8	49	30.31			10-15	N	Scattered Clouds	2,884	483	ASICS C	Horseshoe Bend Race
5/13/2012	3:51 PM	2.02	21:17	10:32	10.53	136	62	72%	53	9	53	37.00			5	N	Light Rain	3,067	65	Inov8	Recovery
5/14/2012	8:20 PM	5.84	1:01:51	n/a	n/a	135	75	inside	inside						inside	inside	inside	3,067	HC	Vibram 5	Elliptical Hillclimb
5/15/2012	6:37 AM	6.25	1:10:40	11:19	11.32	139	46	93%	45	1	45	28.61	31.27		10	NW	Scattered Clouds	3,067	378	ASICS C	
5/16/2012	5:31 PM	4.01	47:06	11:45	11.75	143	84	18%	36	48	59	35.11	32.69		10-15	SE	Sunny	3,133	353	ASICS C	Mae Simmons CC after work
5/17/2012	6:46 AM	6.09	1:07:32	11:05	11.08	136	57	62%	44	13	44	29.19	32.04	31.52	10	WSW	Partly Cloudy	3,067	183	ASICS C	
5/19/2012	6:29 AM	8.42	1:36:21	11:21	11.35	137	65	65%	53	12	53	34.08	32.80	32.39	10-15	SW	Partly Cloudy	3,067	456	ASICS C	
5/20/2012	8:22 PM	3.11	35:09	11:18	11.30	135	75	52%	58	17	58	38.02	33.00	33.19	10-15	E	Mostly Cloudy	3,067	98	Inov8	
5/22/2012	6:06 AM	3.54	37:51	10:41	10.68	132	68	61%	55	13	55	39.00	34.00	34.43	calm	calm	Partly Cloudy	643	146	ASICS C	
5/23/2012	5:56 AM	7.81	1:25:19	10:56	10.93	137	74	61%	59	15	59	39.39	35.80	34.77	10	SW	Clear	643	280	ASICS C	
5/24/2012	6:18 AM	6.10	1:08:00	11:09	11.15	136	72	20%	28	44	47	30.99	35.11	34.30	10-15	SW	Overcast	3,067	214	ASICS C	6 Miles from the house route
5/27/2012	6:23 AM	10.61	2:05:37	11:51	11.85	139	71	68%	60	11	60	36.43	36.32	35.28	20+	S	Scattered Clouds	3,067	528	ASICS C	Worked hard manual labor all day before
5/28/2012	7:36 AM	4.50	50:52	11:18	11.30	140	68	63%	55	13	55	34.77	36.43	35.23	5	S	Clear	3,067	140	Inov8	
5/28/2012	9:23 PM	2.74	31:04	n/a	n/a	134	75	inside	inside				36.12	36.10	inside	inside	inside	3,067	HC	ASICS K	Elliptical Hillclimb
5/29/2012	6:22 AM	6.09	1:11:49	11:47	11.78	138	62	84%	57	5	57	35.05	35.33	36.24	5	S	Partly Cloudy	3,067	211	ASICS C	6 Miles from the house route - Very Humid
5/30/2012	6:58 AM	4.13	45:23	11:00	11.00	137	65	56%	55	10	55	36.50	34.75	36.02	10	WSW	Partly Cloudy	3,067	126	Inov8	
5/31/2012	7:30 AM	2.05	21:15	10:23	10.38	132	66	61%	51	15	51	37.21	35.99	35.76	15-20	ENE	Overcast	3,067	63	ASICS C	
6/1/2012	5:14 AM	6.29	1:11:49	11:25	11.42	138	77	18%	32	45	52	33.01	35.31	34.85	10	SE	Clear	3,228	367	ASICS C	San Carlos Arizona - not much sleep the night before
6/2/2012	6:26 AM	10.19	1:54:53	11:17	11.28	137	72	68%	61	11	61	39.46	36.25	36.06	10-15	SSW	Light Rain	3,067	347	ASICS C	Late night before this run
6/3/2012	8:47 PM	3.13	37:57	12:08	12.15	136	90	24%	49	41	65	39.34	36.76	36.48	20+	SSE	Mostly Cloudy	3,067	94	Inov8	
6/4/2012	8:25 PM	5.90	1:02:14	n/a	n/a	136	75	inside	inside				37.10	36.76	inside	inside	inside	3,067	HC	ASICS K	Elliptical Hillclimb
6/5/2012	6:14 AM	4.58	52:17	11:25	11.42	135	63	90%	60	3	60	38.93	37.59	37.07	5	N	Overcast	3,067	164	ASICS C	

1	0.0167	16	0.2667	31	0.5167	46	0.7667
2	0.0333	17	0.2833	32	0.5333	47	0.7833
3	0.0500	18	0.3000	33	0.5500	48	0.8000
4	0.0667	19	0.3167	34	0.5667	49	0.8167
5	0.0833	20	0.3333	35	0.5833	50	0.8333
6	0.1000	21	0.3500	36	0.6000	51	0.8500
7	0.1167	22	0.3667	37	0.6167	52	0.8667
8	0.1333	23	0.3833	38	0.6333	53	0.8833
9	0.1500	24	0.4000	39	0.6500	54	0.9000
10	0.1667	25	0.4167	40	0.6667	55	0.9167
11	0.1833	26	0.4333	41	0.6833	56	0.9333
12	0.2000	27	0.4500	42	0.7000	57	0.9500
13	0.2167	28	0.4667	43	0.7167	58	0.9667
14	0.2333	29	0.4833	44	0.7333	59	0.9833
15	0.2500	30	0.5000	45	0.7500	60	1.0000