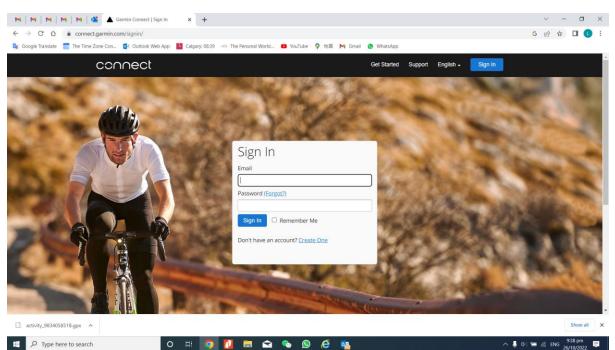
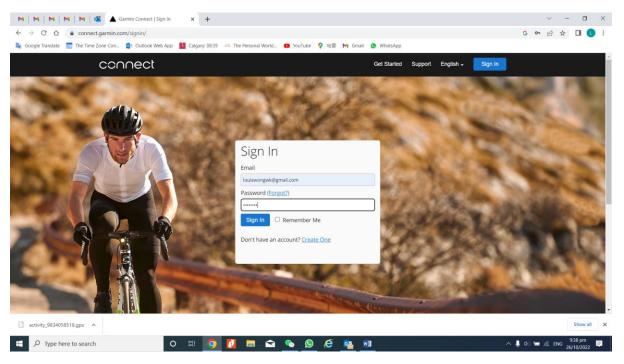
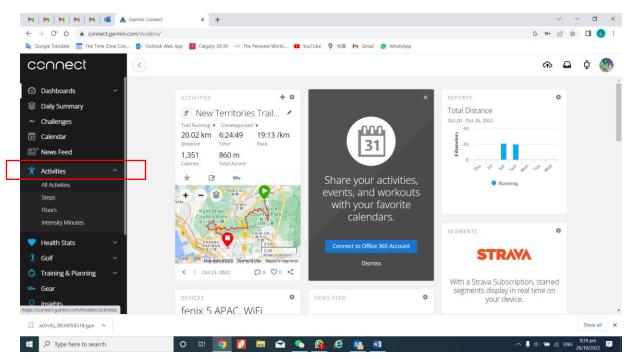
# https://connect.garmin.com/



#### <u>Login</u>



#### **Select Activities**



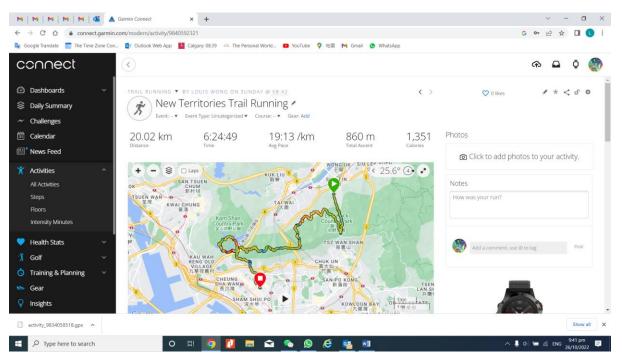
## **All Activities**

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All Activities		Ż	Oct 19 *	New Territories Running		10.61 km DISTANCE	1:04:58 TIME	6:07 /km avg pace	35 m TOTAL ASCENT	163 bpm avg hr		
Steps Floors		Ř	Oct 16 *	New Territories Running		10.34 km distance	1:04:15 TIME	6:13 /km avg pace	34 m TOTAL ASCENT	142 bpm avg hr		
Intensity Minutes		Ż	Oct 15 *	New Territories Trail Runnin TRAIL RUNNING	ng	37.32 km distance	9:24:41 TIME	15:07 /km avg pace	2,352 m total ascent	122 bpm avg hr		
Health Stats	~	Ż	Oct 12 *	New Territories Running		10.00 km distance	1:04:52 тіме	6:29 /km avg pace	28 m TOTAL ASCENT	144 bpm avg hr		
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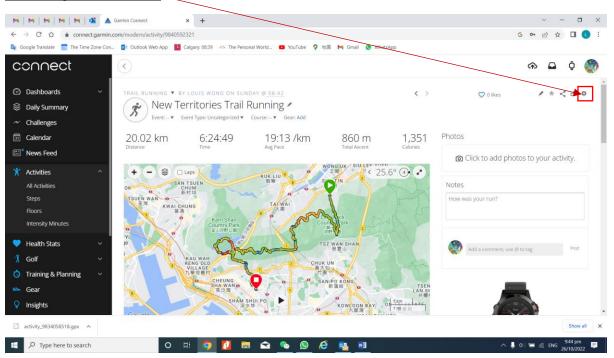
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