

MY RUNTASTIC RECORDS

RUNTASTIC RECORD	EXISTING RECORD	GOAL	TRAINING	RESULTS
1 km	3:26	3:10	Hill Sprints / Strength	3:19
1 mile	5:52	5:30	Hill Sprints / Strength	5:43
3 miles	19:05	18:15	Intervals / Strength	18:34
5 km	19:41	19:00	Intervals / Strength	19:12
10 km	47:27	39:00	Trails / Mountains	45:42
Half-Marathon	01:44:19	01:30:00	Trails / Intervals	01:37:29
Marathon	-	03:30:00	Endurance / Trails	03:27:45
Longest Run	02:23:16	04:00:00	Endurance	03:28:13
Farthest Run	24.39 km	42.195 km	Endurance	43.45 km
Greatest Elevation Gain	700 m	1500 m	Mountains / Endurance	961 m
Most Calories Burned	2162 kcal	4000 kcal	Mountains / Endurance	3631 kcal
Fastest Average Pace	4:05 min/km	3:45 min/km	Speedplay / Strength	3:52 min/km (5.3 km)