

Workout Summary



Basic Workout
January 29, 2010

Duration **13'23"**

Start Time **2:30 PM**

End Time **3:52 PM**

Pace **8'35" min/mi**



Pedometer



004740

Stop

Time	00:41:12
Calories	250
Day	4740

Ipod Nano Pedometer Instructions

Biersdorfer Biersdorfer, David Pogue

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

iPod Nano Pedometer Instructions:

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