



# Running Workout Report

Workout Exporter — representative sample

## Running · Apr 5, 2026 · 8:00 AM

🕒 12m 00s   📏 1.17 km   🔥 168 kcal   ❤️ avg 149 bpm

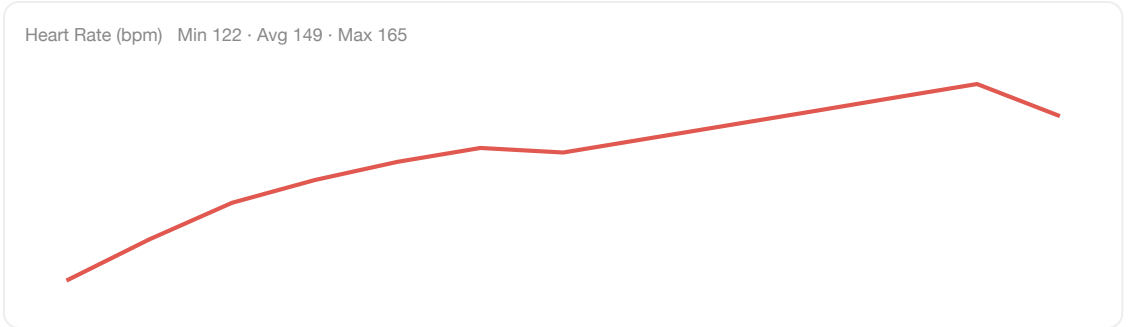


Avg Pace  
**10:18 /km**

Avg HR  
**149 bpm**

Source  
**Apple Watch**

Heart Rate (bpm)   Min 122 · Avg 149 · Max 165



### Sample Statistics

Metric	Count	Min	Average	Max	Unit
Heart Rate	13	122	149	165	count/min
Distance	13	0	—	1165	m

This is a representative sample report illustrating the layout Workout Exporter produces. Real reports are generated on device from your own workout.