| Name | Time | Elapsed time | Date | Start time | Type | Title | Location | Notes | Activity type | Commute | Gear | Distance | Calories | Total ascent | Total descent | Min elevation | Max elevation | Average speed | Max speed | Average moving speed | Max moving speed | Average grade | Max grade | Average positive grade | Average negative grade | Max pace | Best pace | Average heart rate | Max heart rate | Average cadence | Max cadence | Average temperature | Min temperature | Max temperature | Total cycles | Total strides | Avg vertical oscillation | Avg ground contact time | Avg vertical ratio | Avg stride length | Training stress score® | Intensity factor | Avg power | Max power | Avg left power phase | Avg left power phase peak | Avg right power phase | Avg right power phase peak | Avg left pedal smoothness | Avg right pedal smoothness | Avg left torque effectiveness | Avg right torque effectiveness | Left platform center offset | Right platform center offset | Avg left power phase start | Avg left power phase end | Avg right power phase start | Avg right power phase end | Avg power position | Max power position | Avg cadence position | Max cadence position | Enhanced avg speed | Enhanced max speed | Avg fractional cadence | Max fractional cadence | Flash | Avg resistance | Max resistance | Min resistance | Avg temperature | Min temperature | Max temperature | Total work | Total timer time | Total moving time | Total distance | Total calories | Enhanced avg altitude | Enhanced min altitude | Enhanced max altitude | Avg altitude | Min altitude | Max altitude | Total ascent | Total descent | Number of laps | Number of lengths | Message index | Total training effect | Total anaerobic training effect | Avg swolf | Avg activity index | Total strokes | Avg stroke count | Avg stroke distance | Swim stroke | Pool length | Pool length unit | Number of active lengths | Total idle time | Total swimming time | Avg swimming cadence | Max swimming cadence | Event | Event type | Sport | Sub sport | Avg heart rate | Max heart rate | Time in heart rate zone | Time in cadence zone | Time in power zone | Time in speed zone | Time in grade zone | Time in resistance zone | Time in pace zone | Time in vertical speed zone | Time in vertical distance zone | Time in vertical acceleration zone | Time in vertical power zone | Time in vertical grade zone | Time in vertical pace zone | Time in vertical resistance zone | Time in vertical heart rate zone | Time in vertical cadence zone | Time in vertical power zone | Time in vertical speed zone | Time in vertical distance zone | Time in vertical acceleration