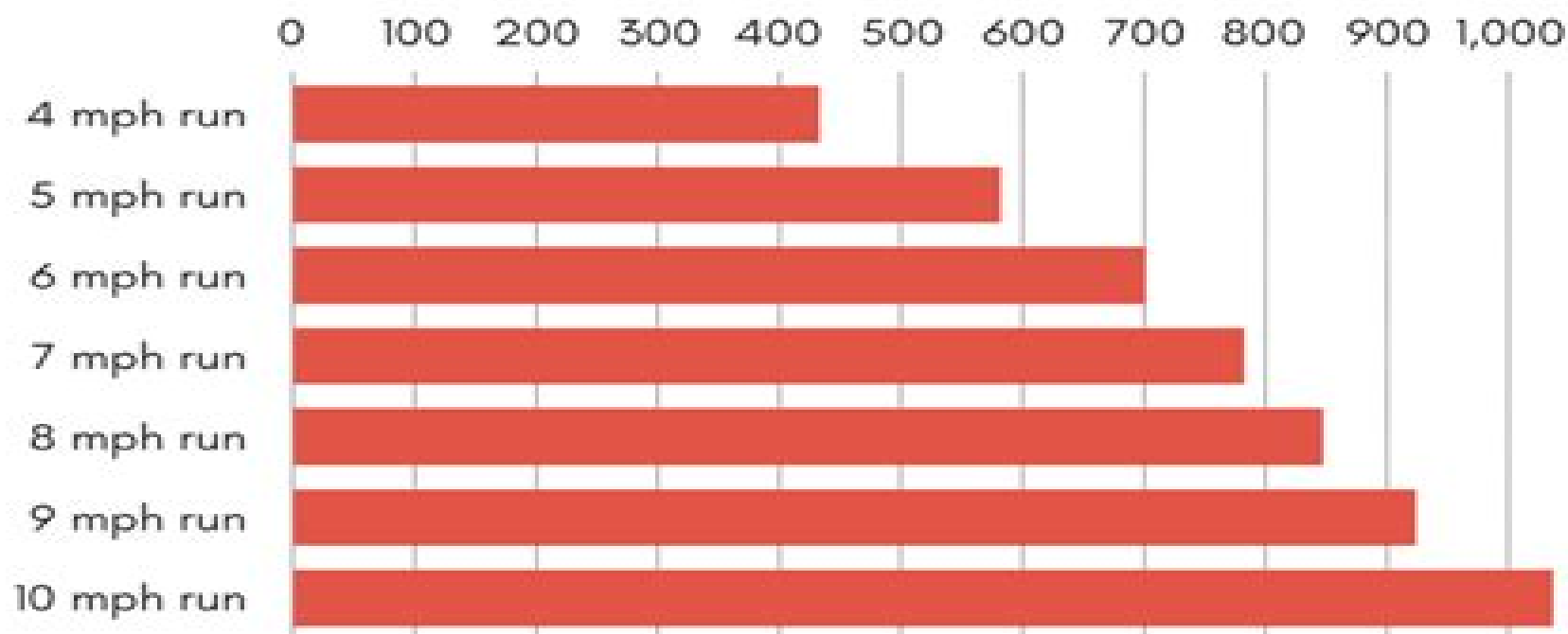


# HOW MANY CALORIES DO YOU BURN RUNNING?

## CALORIES BURNED IN 60 MINUTES OF RUNNING



CALORIES BURNED IN 60 MINUTES FOR A PERSON WEIGHING 150 POUNDS



# How Many Calories Burned In One Mile Of Running

**SB Merriam**



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