

Drag a column header here to group by that column

General						Performance
	Date	Sport	Duration	Distance	Type	Speed
	24.1.2008	Running	01:00:00		7 km Endurance - Normal	7 kph
Sauvakävely ihan poikki sykkeet hakkas kaakossa						
	23.1.2008	Swimming	01:15:00		3 km Endurance - Normal	2,4 kph
	22.1.2008	Swimming	00:30:00		1,1 km Endurance - Normal	2,2 kph
	22.1.2008	Running	01:20:00		13 km Endurance - Low	9,75 kph
	21.1.2008	Core	01:30:00		5 metres Endurance - Normal	
	17.1.2008	Weights	00:40:00		Endurance - Normal	
	17.1.2008	Swimming	00:20:00		1 km Endurance - Normal	3 kph
	17.1.2008	Running	01:05:25		11 km Endurance - Normal	10,09 kph
	16.1.2008	Swimming	01:10:00		2,5 km Endurance - Normal	2,14 kph
	16.1.2008	Cycling	01:11:55		30 km Endurance - Normal	1 kph
	15.1.2008	Swimming	00:30:00		1,55 km Endurance - Low	3,1 kph
	15.1.2008	Running	00:45:00		8,5 km Tempo run	11,33 kph
	14.1.2008	Swimming	00:30:00		1,5 km Endurance - Normal	3 kph
	14.1.2008	Core	01:10:00		Endurance - Normal	
	13.1.2008	Cycling	01:30:00		35 km Endurance - Normal	23,33 kph
	12.1.2008	Running	01:13:52		12 km Endurance - Normal	9,75 kph
	11.1.2008	Weights	00:55:00		Strenght	
	11.1.2008	Swimming	00:30:00		1,5 km Endurance - Normal	3 kph
	9.1.2008	Swimming	01:10:00		2,8 km Endurance - Normal	2,4 kph
	8.1.2008	Swimming	00:30:00		1,55 km Endurance - Normal	3,1 kph
	8.1.2008	Running	00:40:50		6 km Endurance - Basic	8,82 kph
	7.1.2008	Running	01:13:22		8 km Endurance - Low	6,54 kph
	6.1.2008	Skiing	00:45:00		11 km Endurance - High	14,67 kph
	6.1.2008	Running	01:02:16		10,5 km Endurance - Normal	10,12 kph
	3.1.2008	Running	00:47:42		8 km Endurance - Normal	10,06 kph
	2.1.2008	Swimming	01:20:00		2,8 km Endurance - Normal	2,1 kph
	1.1.2008	Running	00:42:00		7,5 km Endurance - Normal	10,71 kph

27 Items

25:17:22

191,80

AVG=5,91

(Month = 1) and (Year = 2008)

Customize...