

Drag a column header here to group by that column

General						Performance	
	Date	Sport	Duration	Distance	Type	Speed	
	22.2.2008	Cycling	00:59:50		26 km Endurance - Basic	26,07 kph	
	18.2.2008	Swimming	00:30:00	1,25 km	Endurance - Normal	2,5 kph	
	18.2.2008	Running	00:30:00	6,6 km	Interval - Hard	13,2 kph	
5 km hallissa 22;40 nousevalla vauhdilla							
	18.2.2008	Core	01:00:00		Endurance - Normal		
	17.2.2008	Cycling	01:44:42	40 km	Endurance - Normal	22,92 kph	
	16.2.2008	Running	01:28:37	16,5 km	Endurance - Normal	11,17 kph	
	14.2.2008	Running	00:53:00	10 km	Endurance - High	11,32 kph	
	13.2.2008	Swimming	01:10:00	2,8 km	Endurance - Normal	2,4 kph	
	12.2.2008	Running	00:52:00	8,4 km	Endurance - Low	9,69 kph	
	11.2.2008	Running	00:35:00	7,5 km	Endurance - High/hard	12,86 kph	
	9.2.2008	Swimming	01:12:00	4 km	Endurance - Normal	3,33 kph	
Uinti kelausta 4 km yhtäjaksoisesti ilman taukoa: helppoa.							
	8.2.2008	Running	00:45:00	8 km	Endurance - Normal	10,67 kph	
	7.2.2008	Running	00:45:00	8 km	Interval - Hard	10,67 kph	
2x2,5. 11:20 ja 10:34							
	6.2.2008	Swimming	01:00:00	2,2 km	Endurance - Normal	2,2 kph	
Tekniikkaa Arto L.							
	5.2.2008	Running	00:58:56	10,5 km	Endurance - High	10,69 kph	
Piikkiön ympäri.....							
	3.2.2008	Running	00:56:02	10 km	Endurance - High	10,71 kph	
Tuntui erittäin raskaalta, vaikka yritti juosta hiljaa.							
	2.2.2008	Running	00:58:37	7 km	Endurance - Low	7,17 kph	

17 Items

16:18:44

168,75

AVG=9,86

(Month = 2) and (Year = 2008)

Customize...