

Drag a column header here to group by that column

General						Performance
	Date	Sport	Duration	Distance	Type	Speed
	1.4.2008	Running	00:50:06	8 km	Interval - Hard	9,58 kph
Fartlek - ;)						
	4.4.2008	Cycling	02:07:18	60 km		28,28 kph
	5.4.2008	Weights	00:50:00		Endurance - Normal	
	5.4.2008	Swimming	00:25:00	1,2 km	Endurance - Normal	2,88 kph
	6.4.2008	Cycling	03:46:10	100 km	Endurance - Basic	26,53 kph
	7.4.2008	Swimming	00:35:00	1,7 km	Endurance - Normal	2,91 kph
Palauttavaa uintia pullareilla ja ilman.						
	9.4.2008	Running	00:49:38	10 km		12,09 kph
	10.4.2008	Cycling	01:22:30	38 km	Endurance - Normal	27,8 kph
Nopean pyörityksen harjoitus.						
	12.4.2008	Cycling	03:09:56	84 km	Endurance - High/hard	26,54 kph
	13.4.2008	Running	01:07:55	13,3 km	Endurance - High/hard	11,75 kph
	14.4.2008	Swimming	00:30:00	1,5 km	Endurance - Normal	3 kph
	14.4.2008	Cycling	01:37:24	35,7 km		22,1 kph
Kevyttä ja rentoa ajelua						
	16.4.2008	Cycling	00:40:00	15 km	Endurance - Normal	22,5 kph
	17.4.2008	Running	01:10:19	13,5 km	Endurance - High	1,1 kph
TV kova - Vesitien lenkki aikukumerkille 1:05 noin						
	19.4.2008	Cycling	03:03:56	86,7 km	Endurance - Normal	28,3 kph
	20.4.2008	Cycling	03:10:00	85 km	Endurance - Normal	26,84 kph
	20.4.2008	Running	00:40:00	7,5 km	Endurance - Normal	11,25 kph
	21.4.2008	Swimming	00:30:00	1,2 km	Endurance - Normal	2,4 kph
	22.4.2008	Cycling	01:29:49	45,8 km	Endurance - High	30,5 kph
	23.4.2008	Swimming	01:20:00	3 km	Endurance - Normal	2,25 kph
	24.4.2008	Cycling	02:04:22	59,5 km	Endurance - Normal	28,8 kph
	25.4.2008	Running	00:53:00	10 km	Endurance - Normal	11,32 kph
	26.4.2008	Cycling	03:05:23	83,9 km	Endurance - Normal	27,4 kph
	28.4.2008	Running	00:46:00	9 km	Endurance - Low	11,74 kph
	29.4.2008	Cycling	01:15:00	35 km	Endurance - Normal	28 kph
	30.4.2008	Swimming	01:10:00	3 km	Endurance - Normal	2,57 kph

26 Items

38:28:46

811,50

AVG=15,71

(Month = 4) and (Year = 2008)

Customize...