

Drag a column header here to group by that column

General							Performance		
		Date	Sport	Duration	Type	Event	Distance	Speed	Pace
		1.6.2008	Cycling	05:10:00	Endurance - Normal	Training	140 km	27,1 kph	00:02:12
		5.6.2008	Running	00:40:00	Endurance - Normal	Training	8 km	12 kph	00:05:00
Intervallit 4 x 1050 m: 4:01, 4:15, 4:23, 4:50									
		5.6.2008	Cycling	02:00:00	Endurance - Normal	Training	60 km	30 kph	00:02:00
		6.6.2008	Cycling	02:10:00	Endurance - Basic	Training	60 km	27,69 kph	00:02:10
		7.6.2008	Swimming	00:50:00	Endurance - Normal	Training	2,5 km	3 kph	00:20:00
Avovedessä. Littoinen saaret ympäri 20 minsaa eka kierros									
		7.6.2008	Running	01:20:00	Endurance - Normal	Training	16 km	12 kph	00:05:00
		8.6.2008	Cycling	03:00:00	Endurance - Normal	Training	90 km	30 kph	00:02:00
		10.6.2008	Running	00:55:00	Endurance - Normal	Training	10 km	10,91 kph	00:05:30
		11.6.2008	Running	00:21:15	Race	Training	10 km	28,24 kph	00:02:07
5km kisa 20:24,5, sykkeet vitoselta									
		12.6.2008	Swimming	00:50:00	Endurance - Normal	Training	2 km	2,4 kph	00:25:00
		14.6.2008	Running	02:00:00	Endurance - Normal	Racing	22 km	11 kph	00:05:27
1/2 maraton 1:37:24 24. sija M40									
		15.6.2008	Cycling	03:15:00	Endurance - Normal	Training	90 km	27,69 kph	00:02:10
		18.6.2008	Triathlon	01:10:00	Endurance - Normal	Training	20		00:00:00
Juhannstriathlon 1/10 matkat 49 min ja rapiat 13. sija									
		23.6.2008	Running	00:49:31	Endurance - High	Training	8 km	9,69 kph	00:06:11
		24.6.2008	Cycling	01:43:47		Training	42,2 km	24,3 kph	00:02:27
+ juoksu 4,5km									
		25.6.2008	Cycling	00:45:00	Endurance - Low	Training	20 km	26,67 kph	00:02:15
		25.6.2008	Running	00:15:00		Training	2 km	8 kph	00:07:30
polvi tuntui kipeältä. Jätin juoksun kesken ja kävelin pois. Otin verran fillarilla									
		26.6.2008	Swimming	00:45:00	Endurance - Normal	Training	2 km	2,67 kph	00:22:30

18 Items

27:59:33

604,70

AVG=16,30

(Date is last month)

Customize...