

Drag a column header here to group by that column

General						Performance	
	Date	Sport	Duration	Distance	Type	Speed	
	31.1.2009	Skiing	01:00:00	17 km	Endurance - Normal	17 kph	
	29.1.2009	Running	00:59:13	11 km		11,15 kph	
	28.1.2009	Swimming	01:10:00	2,5 km	Endurance - Normal	2,14 kph	
	27.1.2009	Running	00:20:00	4 km	Endurance - Normal	12 kph	
	27.1.2009	Core	00:45:00		Endurance - Normal		
	26.1.2009	Running	00:45:00	8,5 km	Endurance - Normal	11,33 kph	
	25.1.2009	Running	01:00:00	11,5 km	Endurance - Normal	11,5 kph	
	24.1.2009	Skiing	02:03:20	27 km	Endurance - Normal	13,14 kph	
	22.1.2009	Running	00:52:00	9 km	Endurance - Normal	10,38 kph	
	21.1.2009	Core	01:00:00		Endurance - Normal		
	20.1.2009	Core	00:45:00		Endurance - Normal		
	19.1.2009	Swimming	01:00:00	2,5 km	Endurance - Normal	2,5 kph	
	19.1.2009	Running	00:25:00	5 km	Endurance - Normal	12 kph	
	18.1.2009	Cycling	01:45:00	40 km	Endurance - Normal	22,86 kph	
	14.1.2009	Swimming	01:00:00	2,5 km	Endurance - Normal	2,5 kph	
	13.1.2009	Core	01:00:00		Endurance - Normal		
	12.1.2009	Running	00:45:00	8 km	Endurance - Normal	10,67 kph	
	11.1.2009	Running	01:00:00	12 km	Endurance - Normal	12 kph	
	11.1.2009	Skiing	00:30:00	7 km	Endurance - Low	14 kph	
	10.1.2009	Skiing	02:01:51	30 km	Endurance - High/hard	14,77 kph	
	8.1.2009	Swimming	00:40:00	1,8 km	Endurance - Normal	2,7 kph	
	7.1.2009	Running	01:00:00	11,5 km	Endurance - High	11,5 kph	
	6.1.2009	Skiing	01:36:33	23 km	Endurance - High	14,29 kph	
	5.1.2009	Swimming	01:30:00	4 km	Endurance - Normal	2,67 kph	
	4.1.2009	Swimming	00:20:00	1 km	Endurance - Low	3 kph	
	4.1.2009	Running	01:32:28	15 km	Endurance - Normal	9,73 kph	
	3.1.2009	Swimming	00:50:00	2 km	Endurance - High	2,4 kph	
	2.1.2009	Running	00:53:00	9 km	Endurance - Basic	10,19 kph	

28 Items

28:28:25

264,80

AVG=8,44

(Date is this year)

Customize...