

Drag a column header here to group by that column

General							Performance					
		Date		Sport		Duration		Distance		Type		Speed
		28.2.2009		Skiing		01:36:07		25,2 km		Endurance - Normal		15,73 kph
		28.2.2009		Swimming		01:00:00		2,4 km		Endurance - Normal		2,4 kph
		27.2.2009		Swimming		00:30:00		1,55 km		Endurance - Normal		3,1 kph
		26.2.2009		Swimming		00:30:00		1,5 km		Endurance - Normal		3 kph
		25.2.2009		Running		01:16:26		13 km		Endurance - Basic		10,2 kph
		24.2.2009		Skiing		01:27:00		19 km				13,1 kph
		23.2.2009		Running		01:02:46		7 km		Interval - Hard		6,69 kph
mattkotesti												
		21.2.2009		Swimming		00:30:00		1,5 km		Endurance - Normal		3 kph
		19.2.2009		Running		00:56:20		8 km		Endurance - Low		8,52 kph
Ihan katki												
		17.2.2009		Skiing		01:20:00		17,5 km		Endurance - Normal		13,13 kph
		16.2.2009		Running		01:10:00		11,5 km		Endurance - Normal		9,86 kph
		15.2.2009		Skiing		01:05:00		15,6 km		Endurance - Normal		14,4 kph
		14.2.2009		Running		00:00:00		4,2 km		Endurance - Normal		
Talvitriathlonin juoksuosuus												
		14.2.2009		Triathlon		00:51:01				Race		
Talvitriathlon. Ei uintia syketiedoissa												
		11.2.2009		Running		01:10:00		11 km		Endurance - Normal		9,43 kph
rento												
		10.2.2009		Skiing		01:18:09		20,8 km		Endurance - High		15,97 kph
		9.2.2009		Running		00:52:00		9 km		Endurance - Normal		10,38 kph
Vetoja 2x2,5 km 10:41 ja 11:15												
		7.2.2009		Swimming		01:00:00		3 km		Endurance - Normal		3 kph
pääsarja = 10x200 3:12 - 3:19 ajoilla. 15 sek palautus												
		6.2.2009		Running		01:25:00		14 km		Endurance - Normal		9,88 kph
		4.2.2009		Running		01:07:00		11 km		Endurance - Normal		9,85 kph
		3.2.2009		Core		01:00:00				Endurance - Normal		
		3.2.2009		Swimming		00:40:00		2,1 km		Endurance - Normal		3,15 kph
2km putkeen rennosti												
		2.2.2009		Swimming		00:40:00		1,6 km		Endurance - Normal		2,4 kph
8x200, alle 4 min lähdöllä 3:22 - 3:34												

23 Items

22:26:49

200,45

AVG=7,27

(Date is last month)

Customize...