

Drag a column header here to group by that column

General						Performance			
		Date	Sport	Duration	Type	Event	Distance	Speed	Pace
		1.4.2009	Swimming	01:10:00	Endurance - Normal	Training	2,8 km	2,4 kph	00:25:00
		3.4.2009	Cycling	01:35:00	Endurance - Normal	Training	36 km	22,74 kph	00:02:38
		4.4.2009	Running	01:04:21	Endurance - Normal	Training	11,1 km	10,35 kph	00:05:47
Linnavuoren lenkki, mikolanvuorentien kautta 11,1 km									
		5.4.2009	Cycling	01:00:00	Endurance - Normal	Training	55 km	55 kph	00:01:05
		6.4.2009	Running	00:54:30	Endurance - High...	Training	10 km	11,01 kph	00:05:27
		7.4.2009	Core	00:50:00	Endurance - Normal	Training			00:00:00
		7.4.2009	Running	00:15:00	Endurance - High...	Training	3,5 km	14 kph	00:04:17
Erittäin kovia vetoja hallissa									
		8.4.2009	Swimming	01:00:00	Endurance - Normal	Training	2,5 km	2,5 kph	00:24:00
		10.4.2009	Cycling	03:45:24	Endurance - Low	Training	89 km	23,69 kph	00:02:31
		10.4.2009	Running	00:45:00	Endurance - Normal	Training	8 km	10,67 kph	00:05:37
		11.4.2009	Swimming	01:00:00	Endurance	Training	3 km	3 kph	00:20:00
		11.4.2009	Cycling	02:52:12	Endurance - High	Training	81,1 km	28,3 kph	01:10:04
Piti olla PK, tosi raskas									
		12.4.2009	Cycling	04:52:09	Endurance - Normal	Training	105,2 km	21,6 kph	00:02:46
Paimion hyppyrimäen portaat 33 min.									
		13.4.2009	Cycling	02:04:34	Endurance - Normal	Training	51,6 km	25 kph	00:02:24
		21.4.2009	Cycling	02:09:10	Endurance - Low	Training	60 km	27,87 kph	00:02:09
		22.4.2009	Swimming	01:00:00	Endurance - Normal	Training	2,5 km	2,5 kph	00:24:00
		25.4.2009	Duathlon	02:59:34		Training	33,2	11,2	00:00:00
Yhdistelmä J 14,5 km									
		25.4.2009	Running	00:00:00	Endurance - Normal	Training	14,5 km		00:00:00
		26.4.2009	Cycling	03:30:00	Endurance - Low	Training	100 km	28,57 kph	00:02:06
		27.4.2009	Swimming	00:30:00	Endurance - Normal	Training	1,5 km	3 kph	00:20:00
Kelaus									
		28.4.2009	Cycling	01:30:00	Endurance - High	Training	45 km	30 kph	00:02:00
45 min tempo									
		29.4.2009	Swimming	01:10:00	Endurance - Normal	Training	3 km	2,57 kph	00:23:20
		30.4.2009	Running	00:55:00	Endurance - High...	Training	11,5 km	12,55 kph	00:04:46
10 km = 45 min									

23 Items

36:51:54

730,00

AVG=15,15

(Date is last month)

Customize...