

Drag a column header here to group by that column

General						Performance		
▼	♥	Date	▲	Sport	Duration	Distance	Type	Speed
▼	♥	1.5.2008		Cycling	02:15:00	65 km	Endurance - Normal	28,89 kph
▼	♥	2.5.2008		Swimming	00:30:00	1,6 km	Endurance - Normal	3,2 kph
▼	♥	2.5.2008		Running	00:40:00	7,5 km	Endurance - High	11,25 kph
▼	♥	4.5.2008		Cycling	04:29:45	117 km	Endurance - High	26,02 kph
▼	♥	7.5.2008		Swimming	01:10:00	3,1 km	Endurance - Normal	2,66 kph
▼	♥	8.5.2008		Running	01:05:54	12 km	Interval - Hard	10,93 kph
+ Fillaria ~30 km								
▼	♥	8.5.2008		Cycling	01:00:00	30 km	Endurance - Normal	30 kph
▼	♥	10.5.2008		Cycling	04:20:52	106,1 km	Endurance - Normal	29,5 kph
Yhdistelmä 106 km + 7,5 km								
▼	♥	10.5.2008		Running	00:00:00	7,5 km	Endurance - Normal	
Yhdistelmän juoksu tilastoja varten erikseen.								
▼	♥	13.5.2008		Running	00:50:00	9 km	Endurance - Normal	10,8 kph
▼	♥	14.5.2008		Swimming	00:30:00	1,3 km	Endurance - Normal	2,6 kph
▼	♥	16.5.2008		Cycling	01:40:00	40 km	Endurance - Low	24 kph
▼	♥	17.5.2008		Swimming	00:40:00	2,3 km	Endurance - Normal	3,45 kph
▼	♥	18.5.2008		Cycling	03:14:00	75 km	Endurance - Normal	23,2 kph
▼	♥	18.5.2008		Running	00:35:00	7 km	Endurance - Normal	12 kph
▼	♥	19.5.2008		Swimming	00:30:00	1,3 km	Endurance - Normal	2,6 kph
▼	♥	19.5.2008		Cycling	01:10:00	31 km	Endurance - Normal	26,57 kph
▼	♥	20.5.2008		Swimming	00:45:00	2,3 km	Endurance - Normal	3,07 kph
▼	♥	21.5.2008		Swimming	01:10:00	2,8 km	Endurance - Normal	2,4 kph
▼	♥	23.5.2008		Cycling	01:30:00	45 km	Endurance - High	30 kph
▼	♥	25.5.2008		Cycling	05:00:00	150 km	Endurance - Normal	30 kph
▼	♥	27.5.2008		Swimming	00:30:00	1,5 km	Endurance - Normal	3 kph
▼	♥	27.5.2008		Running	00:43:00	8,5 km	Endurance - Normal	11,86 kph
▼	♥	28.5.2008		Cycling	01:00:00	20 km	Endurance - Normal	20 kph
Tempo, ilmarinen 10km - 15:51								
▼	♥	29.5.2008		Cycling	02:10:00	55 km	Endurance - Low	25,38 kph
▼	♥	30.5.2008		Cycling	03:10:00	94 km	Endurance - Normal	31 kph
▼	♥	31.5.2008		Running	01:00:00	11 km	Endurance - Normal	11 kph

27 Items

41:38:31

906,80

AVG=15,38

☒ ☑ (Date is last month) ▼

Customize...