

Drag a column header here to group by that column

General							Performance		
		Date	Sport	Duration	Type	Event	Distance	Speed	Pace
		30.6.2009	Cycling	03:20:00	Endurance - Nor...	Training	90 km	27 kph	00:02:13
		29.6.2009	Swimming	00:30:00	Endurance - Nor...	Training	1,8 km	3,6 kph	00:16:40
		29.6.2009	Running	00:50:00	Endurance - Nor...	Training	9,5 km	11,4 kph	00:05:15
Kuuma 29 astetta. Toudella raskas lenkki.									
		28.6.2009	Cycling	03:16:00	Endurance - Nor...	Training	100 km	30,61 kph	00:01:57
		27.6.2009	Triathlon	01:09:00	Race	Training			00:00:00
Kisko triathlon									
		24.6.2009	Running	01:10:00	Endurance - Nor...	Training	13 km	11,14 kph	00:05:23
		23.6.2009	Cycling	03:00:00	Endurance - Nor...	Training	80 km	26,67 kph	00:02:15
		22.6.2009	Running	01:12:00	Endurance - Nor...	Training	13,5 km	11,25 kph	00:05:20
		22.6.2009	Swimming	00:40:00	Endurance - Nor...	Training	1,7 km	2,55 kph	00:23:31
		19.6.2009	Swimming	00:50:00	Endurance - Nor...	Training	2,2 km	2,64 kph	00:22:43
		18.6.2009	Swimming	01:10:00	Endurance - Nor...	Training	3,1 km	2,66 kph	00:22:34
		17.6.2009	Cycling	03:00:00	Endurance - Nor...	Training	80 km	26,67 kph	00:02:15
		16.6.2009	Running	00:40:00	Endurance - Nor...	Training	7 km	10,5 kph	00:05:42
Vetoja ja TV kovaa. kisojen toimitsijana									
		14.6.2009	Cycling	02:30:00	Endurance - Nor...	Training	70 km	28 kph	00:02:08
		13.6.2009	Running	01:50:00	Endurance - Nor...	Training	24 km	13,09 kph	00:04:35
Puolimaraton 1:33:55 skanssissa.									
		11.6.2009	Cycling	02:15:00	Endurance - Nor...	Training	57 km	25,33 kph	00:02:22
		10.6.2009	Swimming	00:50:00	Endurance - Nor...	Training	2,7 km	3,24 kph	00:18:31
Uinti 1500 + 7x200									
		10.6.2009	Running	00:45:00	Endurance - Nor...	Training	8 km	10,67 kph	00:05:37
REnnosti juosten imparissa									
		8.6.2009	Swimming	00:40:00	Endurance - Nor...	Training	2 km	3 kph	00:20:00
2x1000 m nousevalla vauhdilla									
		7.6.2009	Cycling	00:00:00	Endurance - Nor...	Training	25 km	30 kph	00:02:00
Duathlon 29 km, ave 36.08 km/h									
		7.6.2009	Running	00:00:00	Endurance - Hig...	Training	10 km	600 kph	00:00:06
Duathlon									
		7.6.2009	Cycling	01:16:04	Race	Training	21,2 km	16,8 kph	00:03:35
Duathlon									
		6.6.2009	Swimming	00:50:00	Endurance - Nor...	Training	2,35 km	2,82 kph	00:21:16
		3.6.2009	Running	00:45:00	Tempo run	Training	7,5 km	10 kph	00:06:00
		2.6.2009	Cycling	01:15:00	Endurance - Low	Training	20 km	16 kph	00:03:45
Hissukseen iltasella P45 min + 1h käyskentelyä metsässä									
		1.6.2009	Swimming	01:00:00	Endurance - Nor...	Training	2,7 km	2,7 kph	00:22:13
Eka avovesiuinti Littoisissa. Vesi ~19-20									

26 Items

34:43:04

654,25

AVG=35,71

(Date is last month)

Customize...