

General

Performance

| ▼ | ♥ | Date | ▾ | Duration | ▾ | Type | ▾ | Event | / | ▾ | Distance | ▾ | Speed | ▾ | Pace | ▾ |
|---|---|-------------------|---|-----------|---|------|---|-------|---|---|----------|---|---------|---|-----------|---|
| + | | Sport : Core | | | | | | | | | | | | | | |
| | | 23 Items | | 20:10:00 | | | | | | | | | 0,00 | | AVG=0,00 | |
| + | | Sport : Cycling | | | | | | | | | | | | | | |
| | | 74 Items | | 192:30:04 | | | | | | | | | 5115,70 | | AVG=27,04 | |
| + | | Sport : Duathlon | | | | | | | | | | | | | | |
| | | 2 Items | | 2:59:34 | | | | | | | | | 33,20 | | AVG=5,60 | |
| + | | Sport : Running | | | | | | | | | | | | | | |
| | | 120 Items | | 113:24:20 | | | | | | | | | 1281,11 | | AVG=15,34 | |
| + | | Sport : Skiing | | | | | | | | | | | | | | |
| | | 14 Items | | 18:37:41 | | | | | | | | | 269,60 | | AVG=14,58 | |
| + | | Sport : Swimming | | | | | | | | | | | | | | |
| | | 84 Items | | 70:53:00 | | | | | | | | | 193,60 | | AVG=2,76 | |
| + | | Sport : Triathlon | | | | | | | | | | | | | | |
| | | 3 Items | | 6:56:04 | | | | | | | | | 113,00 | | AVG=0,00 | |
| + | | Sport : Weights | | | | | | | | | | | | | | |
| | | 4 Items | | 1:30:00 | | | | | | | | | 0,00 | | AVG=0,00 | |

324 Items

427:00:43

7006,21

AVG=13,24