

Cykeltræning 2011

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	01-01-2011	Focus	f	6,0	7,5	6,29	16,4	00:49	0,0	6,2
Inge	06-02-2011	Racer	f	19,0	15,3	13,79	30,0	00:51	2,0	13,1
Inge	13-02-2011	Focus	f	32,0	13,1	12,78	29,5	01:02	0,0	13,6
Inge	05-03-2011	Focus	e	43,0	14,2	9,33	27,1	00:44	1,0	10,6
Inge	12-03-2011	Focus	f	68,0	11,9	8,69	29,6	02:06	8,0	25,1
Inge	13-03-2011	Focus	f	90,0	14,6	4,18	29,8	01:28	6,0	21,5
Inge	19-03-2011	Focus	f	98,0	12,1	1,69	24,1	00:40	2,0	8,1
Inge	20-03-2011	Focus	f	148,0	13,9	9,75	36,2	03:37	3,0	50,2
Inge	26-03-2011	Focus	f	166,0	13,3	10,88	26,7	01:21	3,0	18,1
Inge	27-03-2011	Focus	f	199,0	13,2	10,64	29,6	02:31	3,0	33,3
Inge	02-04-2011	Focus	f	218,0	13,2	2,13	31,6	01:24	10,0	18,6
Inge	09-04-2011	Focus	f	242,0	15,4	12,03	33,1	01:33	11,0	24,1
Inge	10-04-2011	Focus	f	293,0	12,7	9,25	32,7	04:01	12,0	51,0
Inge	16-04-2011	Focus	f	301,0	14,1	7,51	23,7	00:33	11,0	7,8
Inge	17-04-2011	Focus	f	359,0	13,2	10,33	28,7	04:26	13,0	58,5
Inge	29-04-2011	Focus	f	379,0	14,0	8,05	27,5	01:23	15,0	19,3
Inge	30-04-2011	Focus	f	450,0	13,3	10,47	32,6	05:21	14,0	71,4
Inge	01-05-2011	Focus	f	471,0	17,2	4,31	30,1	01:12	10,0	20,8
Inge	03-05-2011	Focus	e	487,0	18,5	18,36	33,4	00:52	5,0	16,2
Inge	06-05-2011	Focus	e	506,0	20,5	3,51	31,7	00:55	10,0	18,6

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Inge	07-05-2011	Focus	e	511,0	11,3	6,15	27,2	00:27	15,0	5,2
Inge	07-05-2011	Focus	f	544,0	13,0	10,21	31,6	02:31	15,0	32,9
Inge	08-05-2011	Focus	e	553,0	18,2	4,01	34,8	00:31	10,0	9,4
Inge	08-05-2011	Focus	f	596,0	13,6	8,16	35,9	03:11	17,0	43,3
Inge	09-05-2011	Focus	e	605,0	19,2	6,58	32,6	00:27	10,0	8,7
Inge	09-05-2011	Focus	e	642,0	22,1	21,53	43,6	01:40	18,0	37,0
Inge	12-05-2011	Focus	e	652,0	18,2	3,11	32,9	00:31	13,0	9,4
Inge	21-05-2011	Focus	f	657,0	11,8	5,93	25,4	00:28	14,0	5,5
Inge	21-05-2011	Focus	f	704,0	14,3	9,92	35,0	03:18	18,0	47,1
Inge	22-05-2011	Racer	e	725,0	24,3	23,93	37,4	00:52	19,0	21,1
Inge	22-05-2011	Focus	f	737,0	12,9	5,10	24,7	00:53	20,0	11,4
Inge	23-05-2011	Focus	e	745,0	19,4	6,57	30,4	00:26	12,0	8,7
Inge	23-05-2011	Focus	e	782,0	23,4	22,62	40,3	01:34	18,0	37,0
Inge	26-05-2011	Focus	e	792,0	17,5	1,83	35,3	00:32	14,0	9,6
Inge	28-05-2011	Focus	f	877,0	15,2	11,70	37,3	05:34	13,0	84,6
Inge	29-05-2011	Focus	e	886,0	18,3	1,97	31,9	00:30	15,0	9,4
Inge	02-06-2011	Focus	f	890,0	15,5	15,11	23,9	00:15	14,0	4,0
Inge	02-06-2011	Focus	f	958,0	14,9	8,61	32,8	04:33	19,0	68,0
Inge	02-06-2011	Focus	f	962,0	14,5	14,15	25,9	00:16	14,0	4,0
Inge	03-06-2011	Focus	f	972,0	12,6	1,82	27,1	00:48	19,0	10,2
Inge	04-06-2011	Focus	f	1.006,0	13,7	10,58	29,7	02:27	21,0	33,9
Inge	05-06-2011	Focus	f	1.053,0	15,6	11,26	35,7	02:59	25,0	46,7

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Inge	08-06-2011	Focus	f	1.067,0	14,1	8,61	29,7	00:58	22,0	13,6
Inge	09-06-2011	Focus	e	1.075,0	17,3	3,08	33,4	00:29	18,0	8,5
Inge	10-06-2011	Focus	f	1.092,0	14,1	11,76	29,4	01:13	18,0	17,3
Inge	11-06-2011	Focus	f	1.132,0	15,4	4,92	32,3	02:34	18,0	39,7
Inge	12-06-2011	Focus	f	1.153,0	15,9	14,21	27,1	01:20	20,0	21,3
Inge	19-06-2011	Focus	f	1.173,0	16,6	5,38	29,9	01:12	18,0	20,1
Inge	25-06-2011	Focus	f	1.193,0	12,5	5,65	28,6	01:36	17,0	20,1
Inge	26-06-2011	Focus	e	1.202,0	18,5	1,88	33,0	00:27	17,0	8,4
Inge	26-06-2011	Focus	e	1.238,0	20,7	20,42	37,5	01:45	19,0	36,4
Inge	29-06-2011	Focus	f	1.258,0	16,6	4,62	30,3	01:12	22,0	20,1
Inge	30-06-2011	Focus	e	1.268,0	17,3	3,97	33,3	00:32	17,0	9,5
Inge	02-07-2011	Focus	f	1.289,0	15,6	13,79	33,9	01:22	21,0	21,4
Inge	03-07-2011	Focus	f	1.345,0	16,0	11,11	35,6	03:28	25,0	55,6
Inge	04-07-2011	Focus	f	1.360,0	14,7	9,52	29,5	01:00	22,0	14,8
Inge	16-07-2011	Focus	e	1.370,0	15,6	6,13	23,7	00:38	17,0	10,0
Inge	16-07-2011	Focus	f	1.390,0	17,1	2,93	31,5	01:10	17,0	20,2
Inge	17-07-2011	Focus	e	1.400,0	18,0	3,33	37,9	00:33	17,0	10,1
Inge	26-07-2011	Focus	e	1.403,0	12,0	1,50	24,4	00:14	18,0	3,0
Inge	28-07-2011	Focus	e	1.420,0	22,0	13,06	33,5	00:46	16,0	17,0
Inge	28-07-2011	Focus	e	1.441,0	17,7	3,20	29,9	01:10	22,0	20,5
Inge	31-07-2011	Focus	e	1.449,0	18,1	9,60	28,7	00:26	20,0	8,0
Inge	31-07-2011	Focus	f	1.493,0	15,8	12,35	32,5	02:48	24,0	44,3

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Inge	01-08-2011	Focus	e	1.510,0	20,8	12,69	33,9	00:48	19,0	16,9
Inge	01-08-2011	Focus	e	1.547,0	22,2	20,34	42,9	01:40	23,0	37,0
Inge	03-08-2011	Focus	e	1.564,0	22,1	12,02	36,7	00:46	19,0	17,0
Inge	03-08-2011	Focus	e	1.601,0	22,8	21,94	41,1	01:37	22,0	36,9
Inge	04-08-2011	Focus	e	1.610,0	18,2	3,40	36,2	00:31	20,0	9,5
Inge	07-08-2011	Focus	f	1.633,0	14,5	12,14	25,7	01:34	20,0	22,7
Inge	08-08-2011	Focus	e	1.650,0	19,1	12,30	32,6	00:53	17,0	17,0
Inge	08-08-2011	Focus	e	1.687,0	21,5	21,27	41,0	01:44	17,0	37,6
Inge	13-08-2011	Focus	f	1.729,0	15,5	10,20	34,5	02:40		41,3
Inge	14-08-2011	Focus	f	1.760,0	16,2	14,57	30,7	01:53	19,0	30,8
Inge	16-08-2011	Focus	e	1.777,0	20,7	12,59	32,7	00:49	14,0	17,0
Inge	16-08-2011	Focus	e	1.813,0	22,4	21,32	44,8	01:39	18,0	37,0
Inge	18-08-2011	Focus	e	1.823,0	18,9	3,88	35,9	00:29	17,0	9,5
Inge	19-08-2011	Focus	f	1.831,0	14,6	1,38	17,1	00:32	15,0	7,9
Inge	20-08-2011	Focus	f	1.845,0	13,9	7,37	28,5	01:00		13,8
Inge	21-08-2011	Focus	e	1.856,0	19,3	2,39	29,9	00:33	18,0	10,7
Inge	23-08-2011	Focus	e	1.873,0	21,7	13,58	32,7	00:46		17,0
Inge	23-08-2011	Focus	e	1.910,0	23,5	22,65	41,4	01:34	20,0	37,0
Inge	25-08-2011	Focus	e	1.919,0	18,2	3,82	38,4	00:31	23,0	9,7
Inge	28-08-2011	Focus	e	1.927,0	16,0	14,38	29,4	00:27	17,0	7,4
Inge	10-09-2011	Focus	f	1.944,0	13,1	7,50	27,8	01:20	16,0	17,5
Inge	11-09-2011	Focus	e	1.954,0	17,6	4,04	33,0	00:32	20,0	9,6

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Inge	12-09-2011	Focus	f	1.978,0	13,4	3,81	28,6	01:47	18,0	24,0
Inge	15-09-2011	Focus	e	1.983,0	14,6	11,49	27,8	00:21	13,0	5,2
Inge	15-09-2011	Focus	f	2.015,0	11,2	4,60	31,3	02:52	16,0	32,2
Inge	16-09-2011	Focus	f	2.037,0	14,2	9,42	29,0	01:33		22,1
Inge	17-09-2011	Focus	f	2.054,0	13,9	1,46	32,3	01:11	15,0	16,6
Inge	24-09-2011	Focus	e	2.073,0	16,5	11,80	33,1	01:09	15,0	19,1
Inge	01-10-2011	Focus	f	2.096,0	17,2	15,95	30,5	01:18	20,0	22,6
Inge	02-10-2011	Focus	e	2.105,0	18,0	3,39	36,4	00:31	14,0	9,5
Inge	02-10-2011	Focus	e	2.137,0	20,4	20,16	32,1	01:33	19,0	31,6
Inge	08-10-2011	Focus	f	2.149,0	12,9	8,24	30,4	00:56	12,0	12,2
Inge	09-10-2011	Focus	e	2.159,0	16,8	3,51	33,5	00:34	8,0	9,7
Inge	16-10-2011	Focus	e	2.168,0	18,2	3,80	34,4	00:31	8,0	9,5
Total										<u>2.167,7</u>