

Cykeltræning 2006

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	01-01-2006	Focus	f	13,0	16,2	14,84	28,9	00:48	1,4	13
Inge	07-01-2006	Focus	f	35,0	15,2	9,57	30,9	01:26	0,3	22
Inge	15-01-2006	Focus	f	58,0	14,6	13,53	31,3	01:34	0,0	23
Inge	29-01-2006	Focus	f	74,0	17,0	15,66	25,1	00:57	0,0	16
Inge	04-02-2006	Focus	f	81,0	10,1	5,34	28,2	00:40	-1,9	7
Inge	04-02-2006	Focus	f	103,0	14,7	13,37	27,9	01:31	-2,5	23
Inge	05-02-2006	Focus	f	126,0	12,7	10,21	28,5	01:50	-1,0	23
Inge	11-02-2006	Focus	f	132,0	8,2	3,81	25,3	00:39	1,0	5
Inge	11-02-2006	Focus	f	152,0	14,5	6,53	25,7	01:24	0,0	20
Inge	12-02-2006	Focus	f	189,0	15,1	12,70	34,1	02:25	2,0	37
Inge	18-02-2006	Focus	f	204,0	13,2	9,38	28,5	01:08	1,0	15
Inge	18-02-2006	Focus	f	224,0	17,3	16,31	27,7	01:10	1,5	20
Inge	19-02-2006	Focus	f	265,0	16,2	13,21	33,7	02:30	2,0	41
Inge	25-02-2006	Focus	f	290,0	15,9	12,77	30,2	01:35	0,8	25
Inge	26-02-2006	Focus	e	303,0	16,0	13,97	31,9	00:47	1,5	13
Inge	26-02-2006	Focus	f	335,0	15,1	12,59	32,3	02:07	0,0	32
Inge	04-03-2006	Focus	f	360,0	13,6	7,18	33,0	01:49	1,0	25
Inge	05-03-2006	Focus	f	382,0	15,6	14,00	30,4	01:26	0,5	22
Inge	11-03-2006	Focus	f	417,0	14,3	9,06	35,6	02:25	0,0	35
Inge	12-03-2006	Focus	f	472,0	16,1	13,47	33,3	03:25	2,0	55

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Inge	17-03-2006	Focus	e	480,0	17,1	1,10	27,6	00:28	0,0	8
Inge	18-03-2006	Focus	f	500,0	12,6	7,91	26,0	01:36	2,0	20
Inge	20-03-2006	Focus	e	503,0	13,8	1,68	28,1	00:13	-4,0	3
Inge	25-03-2006	Focus	e	513,0	14,4	1,91	32,3	00:42	2,0	10
Inge	01-04-2006	Focus	e	518,0	13,4	5,53	28,5	00:19	6,0	4
Inge	02-04-2006	Focus	f	558,0	15,2	12,53	32,3	02:39	8,0	40
Inge	07-04-2006	Focus	f	578,0	16,4	4,09	30,7	01:14	7,5	20
Inge	08-04-2006	Racer	f	616,0	16,1	10,62	34,9	02:20	9,5	38
Inge	10-04-2006	Focus	e	654,0	19,7	19,33	37,3	01:55	8,5	38
Inge	13-04-2006	Focus	f	702,0	15,2	3,64	30,7	03:09	5,0	48
Inge	15-04-2006	Focus	f	715,0	12,7	6,03	28,0	01:04	10,0	14
Inge	15-04-2006	Racer	f	761,0	17,7	13,09	33,9	02:34	12,0	46
Inge	16-04-2006	Racer	f	816,0	15,9	13,12	34,2	03:27	15,0	55
Inge	17-04-2006	Focus	f	849,0	15,0	6,14	30,6	02:12	10,0	33
Inge	20-04-2006	Focus	f	858,0	11,8	5,93	28,4	00:48	8,0	9
Inge	23-04-2006	Focus	f	921,0	16,9	13,72	42,6	03:44	10,5	63
Inge	24-04-2006	Focus	f	933,0	9,3	6,06	25,7	01:17	11,0	12
Inge	29-04-2006	Focus	e	943,0	18,1	2,53	35,4	00:31	11,0	10
Inge	30-04-2006	Racer	e	963,0	21,8	21,67	31,6	00:53	8,0	20
Inge	30-04-2006	Focus	f	983,0	13,9	12,12	32,0	01:27	8,0	20
Inge	01-05-2006	Racer	e	1.002,0	21,2	21,27	32,2	00:55	11,0	20
Inge	02-05-2006	Focus	e	1.012,0	17,7	3,60	32,7	00:32	12,0	10

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Inge	04-05-2006	Focus	f	1.024,0	14,9	5,28	30,2	00:47	19,0	12
Inge	06-05-2006	Focus	f	1.030,0	13,1	5,51	27,9	00:28	19,0	6
Inge	06-05-2006	Racer	e	1.049,0	22,8	22,38	33,6	00:51	19,0	19
Inge	06-05-2006	Focus	f	1.082,0	14,2	9,63	40,0	02:19	19,0	33
Inge	07-05-2006	Focus	e	1.085,0	13,3	13,11	29,6	00:13	20,0	3
Inge	07-05-2006	Focus	f	1.105,0	14,0	12,43	36,8	01:27	20,0	21
Inge	08-05-2006	Focus	e	1.149,0	21,4	19,10	40,0	02:02	20,0	44
Inge	09-05-2006	Racer	e	1.169,0	20,8	20,84	31,1	00:56	19,0	19
Inge	12-05-2006	Focus	f	1.216,0	14,8	11,41	33,9	03:11	20,0	47
Inge	13-05-2006	Focus	e	1.225,0	19,1	2,34	33,5	00:30	16,0	10
Inge	13-05-2006	Focus	f	1.260,0	17,2	15,38	34,9	01:59	15,0	34
Inge	14-05-2006	Racer	e	1.279,0	22,2	22,38	32,9	00:52	13,0	19
Inge	14-05-2006	Focus	f	1.316,0	16,9	10,64	37,3	02:11	16,0	37
Inge	15-05-2006	Focus	e	1.354,0	22,2	21,53	41,0	01:41	14,0	38
Inge	20-05-2006	Focus	f	1.409,0	14,8	7,58	41,6	03:42	14,0	55
Inge	21-05-2006	Focus	e	1.420,0	19,6	3,82	32,3	00:34	13,0	11
Inge	21-05-2006	Focus	f	1.434,0	14,0	9,13	26,8	00:58	14,5	14
Inge	22-05-2006	Focus	e	1.471,0	24,0	23,55	43,5	01:34	15,5	38
Inge	23-05-2006	Racer	e	1.491,0	21,5	21,22	31,8	00:54	12,5	19
Inge	25-05-2006	Racer	f	1.531,0	15,8	12,62	33,9	02:31	14,0	40
Inge	26-05-2006	Focus	f	1.571,0	18,0	15,03	39,4	02:14	15,0	40
Inge	27-05-2006	Focus	f	1.577,0	10,7	2,93	32,3	00:33	15,0	6

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Inge	27-05-2006	Racer	f	1.598,0	15,5	14,28	30,0	01:23	15,0	21
Inge	30-05-2006	Racer	e	1.652,0	21,8	21,66	45,2	02:27	15,0	53
Inge	31-05-2006	Focus	e	1.662,0	18,7	3,64	34,5	00:30	13,0	10
Inge	03-06-2006	Racer	e	1.774,0	22,7	19,39	39,9	04:57	15,0	113
Inge	05-06-2006	Focus	e	1.783,0	19,9	5,10	35,6	00:26	16,0	9
Inge	06-06-2006	Focus	e	1.821,0	22,4	21,69	39,6	01:40	17,0	38
Inge	08-06-2006	Focus	e	1.830,0	18,9	5,42	34,4	00:30	17,0	10
Inge	10-06-2006	Racer	e	1.863,0	23,8	23,49	37,9	01:22	19,0	33
Inge	11-06-2006	Focus	e	1.873,0	19,5	5,18	33,1	00:29	19,0	10
Inge	12-06-2006	Focus	e	1.882,0	19,5	3,86	33,3	00:30	22,0	10
Inge	15-06-2006	Focus	e	1.891,0	19,1	4,35	38,2	00:26	19,0	9
Inge	16-06-2006	Racer	e	1.929,0	22,9	22,47	42,0	01:39	18,0	38
Inge	18-06-2006	Focus	e	1.937,0	18,4	1,86	34,9	00:27	18,0	9
Inge	18-06-2006	Focus	f	1.989,0	13,7	10,24	31,3	03:48	22,0	52
Inge	19-06-2006	Focus	e	2.027,0	24,1	23,79	42,8	01:33	22,0	38
Inge	21-06-2006	Focus	e	2.037,0	18,7	5,93	33,9	00:30	19,0	10
Inge	24-06-2006	Racer	e	2.062,0	22,8	16,39	38,3	01:06	19,0	25
Inge	24-06-2006	Focus	f	2.078,0	14,5	10,85	33,7	01:07	19,0	16
Inge	25-06-2006	Racer	f	2.093,0	14,2	10,73	27,0	01:04	22,0	15
Inge	27-06-2006	Racer	e	2.129,0	20,9	13,05	46,8	01:43	18,0	36
Inge	28-06-2006	Focus	e	2.132,0	15,0	3,90	26,4	00:12	17,0	3
Inge	28-06-2006	Focus	e	2.142,0	19,6	4,85	33,7	00:29	17,0	10

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Inge	29-06-2006	Focus	f	2.150,0	16,0	1,45	27,9	00:30	19,0	8
Inge	01-07-2006	Racer	e	2.335,0	23,1	19,35	42,7	07:58	21,0	185
Inge	01-07-2006	Focus	f	2.343,0	15,5	2,31	26,8	00:31	19,0	8
Inge	02-07-2006	Focus	f	2.371,0	15,2	13,70	33,9	01:50	22,0	28
Inge	03-07-2006	Focus	e	2.409,0	24,1	23,09	44,4	01:33	24,0	38
Inge	04-07-2006	Focus	e	2.418,0	20,8	4,28	37,1	00:27	23,0	10
Inge	05-07-2006	Focus	e	2.428,0	18,7	5,76	34,9	00:30	24,0	10
Inge	06-07-2006	Focus	f	2.448,0	16,8	6,45	30,1	01:12	24,0	20
Inge	14-07-2006	Focus	f	2.504,0	14,3	9,28	39,4	03:53	25,0	55
Inge	16-07-2006	Focus	f	2.542,0	13,9	9,84	33,3	02:46	25,0	38
Inge	19-07-2006	Focus	f	2.615,0	14,5	10,57	40,5	05:01	28,0	73
Inge	22-07-2006	Focus	f	2.654,0	17,1	13,66	35,6	02:16	24,0	39
Inge	23-07-2006	Focus	f	2.732,0	15,6	9,02	31,9	05:00	24,0	78
Inge	24-07-2006	Racer	e	2.769,0	23,0	22,63	41,8	01:38	23,0	38
Inge	25-07-2006	Focus	e	2.778,0	19,1	4,64	34,5	00:26	22,0	9
Inge	26-07-2006	Racer	e	2.816,0	22,6	21,98	42,7	01:40	26,0	38
Inge	27-07-2006	Focus	f	2.826,0	11,5	8,03	27,1	00:53	26,0	10
Inge	29-07-2006	Focus	f	2.841,0	13,6	7,31	25,0	01:05	26,0	15
Inge	29-07-2006	Racer	e	2.878,0	22,3	17,00	41,5	01:39	26,0	37
Inge	30-07-2006	Focus	f	2.915,0	14,5	4,76	29,4	02:33	25,0	37
Inge	31-07-2006	Racer	e	2.952,0	22,7	22,01	40,9	01:39	24,0	38
Inge	02-08-2006	Racer	e	2.989,0	22,7	22,37	37,7	01:36	18,5	37

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Inge	05-08-2006	Racer	f	3.001,0	20,2	15,20	36,6	00:34	21,0	12
Inge	05-08-2006	Racer	e	3.106,0	23,1	17,83	45,7	04:35	25,0	106
Inge	06-08-2006	Focus	f	3.143,0	15,7	6,28	30,1	02:18	24,0	36
Inge	07-08-2006	Racer	e	3.180,0	23,1	22,25	42,5	01:38	24,0	38
Inge	09-08-2006	Focus	e	3.190,0	19,0	5,28	33,3	00:30	21,0	10
Inge	12-08-2006	Racer	e	3.447,0	23,2	19,98	49,6	11:06	21,0	257
Inge	19-08-2006	Focus	f	3.457,0	12,5	1,36	23,1	00:44	18,0	9
Inge	28-08-2006	Focus	e	3.477,0	16,1	15,40	33,1	01:14	19,5	20
Inge	09-09-2006	Focus	f	3.505,0	15,9	12,02	33,1	01:49	17,0	29
Inge	10-09-2006	Focus	f	3.541,0	14,6	7,56	30,4	02:24	19,0	35
Inge	16-09-2006	Focus	e	3.544,0	16,3	4,98	34,1	00:11	16,0	3
Inge	16-09-2006	Focus	f	3.616,0	15,2	9,98	37,7	04:45	19,0	72
Inge	17-09-2006	Focus	f	3.650,0	17,3	15,66	38,5	01:57	20,0	34
Inge	17-09-2006	Focus	f	3.677,0	18,2	16,68	31,6	01:31	19,0	28
Inge	23-09-2006	Focus	e	3.682,0	14,6	1,76	29,1	00:19	22,0	5
Inge	23-09-2006	Focus	f	3.716,0	15,0	12,35	36,6	02:17	22,0	34
Inge	24-09-2006	Focus	e	3.726,0	18,8	4,69	38,8	00:31	18,0	10
Inge	24-09-2006	Focus	f	3.768,0	13,4	10,92	39,1	03:08	22,0	42
Inge	25-09-2006	Focus	e	3.806,0	24,3	23,33	44,2	01:33	21,0	38
Inge	28-09-2006	Focus	e	3.816,0	15,8	4,31	30,6	00:37	16,0	10
Inge	30-09-2006	Focus	e	3.825,0	19,8	4,74	34,7	00:29	16,0	10
Inge	30-09-2006	Focus	f	3.846,0	16,2	1,58	28,9	01:15	17,0	20

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Inge	07-10-2006	Focus	f	3.862,0	12,7	5,17	27,1	01:17	16,0	16
Inge	08-10-2006	Focus	f	3.895,0	15,2	12,67	35,7	02:08	17,0	33
Inge	09-10-2006	Racer	e	3.922,0	22,8	22,75	35,1	01:12	16,0	28
Inge	10-10-2006	Focus	e	3.935,0	17,8	17,68	31,0	00:42	12,0	13
Inge	12-10-2006	Focus	e	3.954,0	19,2	19,15	30,1	00:59	15,0	19
Inge	13-10-2006	Focus	f	3.968,0	17,5	15,30	31,7	00:47	15,0	14
Inge	14-10-2006	Focus	f	3.980,0	13,1	4,05	23,5	00:56	15,0	12
Inge	15-10-2006	Focus	e	3.990,0	20,2	4,19	34,5	00:29	10,0	10
Inge	15-10-2006	Focus	f	4.044,0	17,2	14,59	41,4	03:09	14,0	54
Inge	16-10-2006	Focus	e	4.057,0	19,2	18,86	32,6	00:41	13,0	13
Inge	17-10-2006	Focus	e	4.071,0	22,5	22,11	36,8	00:37	11,0	14
Inge	18-10-2006	Focus	e	4.078,0	16,5	2,99	31,3	00:24	13,0	7
Inge	21-10-2006	Focus	f	4.095,0	13,8	7,03	26,8	01:14	15,0	17
Inge	22-10-2006	Focus	e	4.105,0	19,1	4,11	32,0	00:30	13,0	10
Inge	22-10-2006	Focus	f	4.125,0	15,5	12,58	32,3	01:18	15,0	20
Inge	23-10-2006	Focus	e	4.136,0	17,7	17,55	30,7	00:38	14,0	11
Inge	25-10-2006	Focus	e	4.150,0	21,4	20,90	35,1	00:39	12,0	14
Inge	28-10-2006	Focus	f	4.183,0	16,2	10,27	31,6	02:01	14,0	33
Inge	29-10-2006	Focus	f	4.233,0	16,7	13,88	38,0	03:00	8,0	50
Inge	04-11-2006	Focus	f	4.269,0	15,8	11,85	37,4	02:14	9,0	35
Inge	05-11-2006	Focus	f	4.303,0	15,5	13,75	33,9	02:12	10,0	34
Inge	15-11-2006	Focus	f	4.324,0	13,2	1,95	29,1	01:32	9,0	20

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Inge	16-11-2006	Focus	f	4.342,0	14,5	14,01	36,9	01:14	9,0	18
Inge	18-11-2006	Focus	f	4.360,0	12,7	2,85	31,3	01:26	9,0	18
Inge	19-11-2006	Focus	f	4.392,0	15,0	12,89	34,5	02:07	7,0	32
Inge	26-11-2006	Focus	f	4.418,0	17,0	15,59	31,7	01:34	8,0	27
Inge	02-12-2006	Focus	f	4.429,0	12,6	5,40	24,8	00:49	7,0	10
Inge	04-12-2006	Focus	e	4.433,0	11,6	4,52	24,6	00:23	7,0	4
Inge	09-12-2006	Focus	f	4.444,0	13,8	10,84	38,3	00:48	7,0	11
Inge	10-12-2006	Focus	e	4.448,0	13,8	2,77	27,9	00:16	5,0	4
Inge	16-12-2006	Focus	f	4.459,0	13,2	4,81	29,0	00:50	8,0	11
Inge	17-12-2006	Focus	f	4.469,0	12,9	4,15	23,1	00:48	5,0	10
Inge	23-12-2006	Focus	f	4.486,0	12,1	5,44	26,0	01:24	7,0	17
Inge	25-12-2006	Focus	f	4.501,0	16,2	10,85	31,3	00:52	4,0	14
Inge	29-12-2006	Focus	f	4.519,0	14,3	6,68	29,1	01:15	2,0	18
Inge	30-12-2006	Focus	e	4.528,0	18,6	18,24	29,1	00:29	7,0	9
Inge	31-12-2006	Focus	f	4.567,0	15,1	11,66	29,9	02:35	6,0	39
Total										4.567