

# Cykeltræning 2007

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	01-01-2007	Focus	f	18,0	12,8	10,68	25,5	01:26	6,0	18,5
Inge	06-01-2007	Focus	f	33,0	14,1	9,62	29,9	01:07	6,0	15,7
Inge	09-01-2007	Focus	e	43,0	16,0	12,29	25,8	00:37	9,0	10,0
Inge	10-01-2007	Focus	e	55,0	17,0	16,85	27,1	00:39	8,0	11,2
Inge	14-01-2007	Focus	f	75,0	13,9	10,95	37,5	01:26	5,8	20,1
Inge	21-01-2007	Focus	f	101,0	14,5	13,17	30,7	01:47	4,8	26,1
Inge	29-01-2007	Focus	e	110,0	13,5	2,46	28,9	00:42		9,6
Inge	03-02-2007	Focus	f	124,0	13,7	9,44	27,9	00:58	5,0	13,2
Inge	04-02-2007	Focus	f	139,0	14,5	3,11	29,2	01:03	5,0	15,2
Inge	10-02-2007	Focus	f	150,0	13,6	7,52	29,2	00:49	-2,0	11,2
Inge	17-02-2007	Focus	f	165,0	13,1	13,15	27,6	01:09	5,0	15,1
Inge	18-02-2007	Focus	f	201,0	16,4	13,99	33,7	02:11	4,0	35,9
Inge	03-03-2007	Focus	f	221,0	14,4	9,53	34,3	01:24	2,6	20,3
Inge	04-03-2007	Focus	f	274,0	17,1	15,04	36,6	03:03	8,0	52,1
Inge	10-03-2007	Focus	e	287,0	17,9	6,68	32,0	00:44	9,0	13,2
Inge	11-03-2007	Focus	f	337,0	15,1	13,62	35,4	03:20	12,0	50,4
Inge	13-03-2007	Focus	e	353,0	19,4	18,86	34,5	00:47	6,0	15,4
Inge	17-03-2007	Focus	f	369,0	13,8	9,23	27,3	01:09	12,0	16,0
Inge	18-03-2007	Focus	f	389,0	14,8	13,19	29,7	01:22	9,0	20,2
Inge	19-03-2007	Focus	e	409,0	20,9	20,67	32,0	00:58	6,0	20,3

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	20-03-2007	Focus	e	432,0	20,7	20,72	35,7	01:07	8,0	23,1
Inge	24-03-2007	Focus	f	448,0	11,1	2,86	37,5	01:24	11,0	15,7
Inge	25-03-2007	Focus	f	504,0	14,9	11,90	41,2	03:44	16,0	55,6
Inge	26-03-2007	Focus	e	524,0	22,8	22,57	37,8	00:53	15,0	20,3
Inge	28-03-2007	Focus	e	536,0	17,6	17,46	38,6	00:41	15,0	12,2
Inge	31-03-2007	Focus	f	558,0	13,7	10,48	35,6	01:35	16,0	21,8
Inge	01-04-2007	Focus	f	579,0	15,9	14,22	33,9	01:20	20,0	21,3
Inge	05-04-2007	Focus	f	584,0	8,6	7,71	33,9	00:31		4,5
Inge	07-04-2007	Focus	f	600,0	13,0	7,36	32,6	01:14	10,0	16,1
Inge	08-04-2007	Focus	f	610,0	15,3	1,78	27,9	00:40	5,0	10,2
Inge	09-04-2007	Racer	e	630,0	21,2	21,13	30,9	00:57	4,0	20,4
Inge	14-04-2007	Focus	f	686,0	14,9	11,61	38,5	03:43	22,0	55,6
Inge	15-04-2007	Racer	e	706,0	22,9	20,98	37,8	00:52	16,0	19,9
Inge	22-04-2007	Focus	f	749,0	15,7	12,55	39,8	02:43	14,0	42,7
Inge	23-04-2007	Focus	f	763,0	16,3	12,02	39,4	00:52	14,0	14,2
Inge	26-04-2007	Focus	f	799,0	16,4	15,06	44,6	02:10	17,0	35,7
Inge	28-04-2007	Focus	e	808,0	18,5	1,40	34,7	00:31	15,0	9,7
Inge	29-04-2007	Focus	f	861,0	14,3	10,79	34,7	03:43	13,0	53,1
Inge	30-04-2007	Focus	e	899,0	23,1	22,08	43,8	01:37	14,0	37,5
Inge	04-05-2007	Focus	f	952,0	17,3	11,13	43,6	03:06	18,0	53,6
Inge	04-05-2007	Focus	f	961,0	15,3	1,38	25,7	00:31	11,0	8,1
Inge	05-05-2007	Focus	f	976,0	13,7	7,75	33,0	01:09	21,0	15,8

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	05-05-2007	Racer	e	1.009,0	21,2	20,29	39,1	01:32	16,0	32,8
Inge	06-05-2007	Focus	e	1.019,0	19,0	2,80	33,0	00:30	19,0	9,6
Inge	06-05-2007	Focus	f	1.039,0	14,6	12,89	30,2	01:22	20,0	20,2
Inge	08-05-2007	Racer	e	1.071,0	22,6	22,58	35,1	01:26	8,0	32,4
Inge	12-05-2007	Focus	f	1.077,0	11,8	4,13	25,1	00:29	14,0	5,9
Inge	12-05-2007	Focus	f	1.098,0	14,9	11,14	30,6	01:22	14,0	20,4
Inge	13-05-2007	Focus	e	1.106,0	18,1	1,95	32,0	00:28	14,0	8,6
Inge	13-05-2007	Focus	f	1.137,0	16,5	8,66	31,2	01:52	18,0	30,7
Inge	15-05-2007	Racer	e	1.170,0	23,5	23,08	35,1	01:25	9,0	33,5
Inge	19-05-2007	Racer	e	1.181,0	23,5	22,08	34,0	00:28	14,0	11,0
Inge	19-05-2007	Focus	f	1.186,0	11,9	0,98	21,1	00:22	12,0	4,4
Inge	23-05-2007	Focus	e	1.219,0	23,5	23,21	35,4	01:25	16,0	33,3
Inge	24-05-2007	Racer	e	1.242,0	24,0	24,04	34,6	00:58	19,0	23,2
Inge	26-05-2007	Focus	f	1.315,0	15,9	4,99	31,3	04:36	15,0	73,0
Inge	27-05-2007	Focus	e	1.321,0	19,2	4,73	33,1	00:18	12,0	5,8
Inge	28-05-2007	Focus	e	1.331,0	19,4	3,33	36,6	00:29	18,0	9,6
Inge	28-05-2007	Focus	f	1.367,0	15,4	13,20	38,0	02:23	21,0	36,7
Inge	30-05-2007	Racer	e	1.394,0	23,8	23,82	35,9	01:06	14,0	26,6
Inge	30-05-2007	Focus	e	1.397,0	16,2	3,96	29,3	00:11	14,0	3,0
Inge	02-06-2007	Racer	e	1.511,0	23,4	19,91	40,0	04:51	12,0	113,8
Inge	03-06-2007	Focus	e	1.520,0	19,3	2,98	35,2	00:29	15,0	9,6
Inge	03-06-2007	Focus	f	1.532,0	13,4	5,43	23,0	00:53	15,0	12,0

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	05-06-2007	Racer	e	1.566,0	25,1	24,74	41,8	01:19	24,0	33,4
Inge	06-06-2007	Focus	e	1.604,0	22,8	15,68	43,9	01:40	20,0	38,2
Inge	09-06-2007	Focus	e	1.614,0	18,9	4,43	36,4	00:30	20,0	9,6
Inge	09-06-2007	Focus	f	1.649,0	15,0	10,57	33,7	02:23	28,0	35,8
Inge	10-06-2007	Focus	f	1.687,0	17,0	14,71	33,9	02:12	28,0	37,8
Inge	11-06-2007	Racer	e	1.725,0	24,1	23,32	43,8	01:33	30,0	37,7
Inge	13-06-2007	Focus	e	1.734,0	19,2	5,34	34,7	00:30	18,0	9,6
Inge	17-06-2007	Focus	e	1.744,0	19,3	2,22	33,0	00:29	15,0	9,6
Inge	18-06-2007	Racer	e	1.782,0	22,6	22,20	42,0	01:40	18,0	37,7
Inge	23-06-2007	Focus	e	1.786,0	13,6	9,71	28,2	00:20	19,0	4,5
Inge	23-06-2007	Focus	e	1.795,0	17,8	4,31	34,1	00:29	20,0	8,6
Inge	23-06-2007	Focus	f	1.826,0	16,2	10,14	33,1	01:55	20,0	31,1
Inge	24-06-2007	Focus	e	1.835,0	18,9	2,97	25,4	00:27	19,0	8,6
Inge	24-06-2007	Racer	e	1.855,0	24,9	24,98	36,6	00:49	19,0	20,4
Inge	25-06-2007	Racer	e	1.893,0	25,0	24,02	44,8	01:30	19,0	37,6
Inge	30-06-2007	Racer	f	1.894,0						1,4
Inge	30-06-2007	Racer	e	2.078,0	21,4	18,79	43,6	08:36	19,0	183,9
Inge	30-06-2007	Racer	f	2.080,0	13,4	13,46	20,8	00:07	14,0	1,6
Inge	04-07-2007	Focus	e	2.088,0	17,7	7,43		00:29	17,0	8,5
Inge	07-07-2007	Focus	f	2.108,0	13,1	6,94	29,7	01:32	16,0	20,1
Inge	08-07-2007	Focus	f	2.130,0	13,9	9,19	30,1	01:35	20,0	22,2
Inge	08-07-2007	Focus	e	2.139,0	18,0	4,66	32,7	00:28	19,0	8,5

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	09-07-2007	Racer	e	2.177,0	22,9	22,14	40,7	01:38	20,0	37,6
Inge	10-07-2007	Focus	e	2.186,0	19,4	3,91	32,1	00:29	17,0	9,6
Inge	23-07-2007	Focus	f	2.199,0	8,9	6,01	36,8	01:26	14,0	12,8
Inge	29-07-2007	Focus	f	2.224,0	12,9	9,95	30,6	01:55	16,0	24,7
Inge	30-07-2007	Focus	e	2.233,0	19,2	4,21	34,1	00:29	16,0	9,6
Inge	04-08-2007	Focus	f	2.289,0	15,2	8,94	34,5	03:39	20,0	55,5
Inge	05-08-2007	Focus	f	2.364,0	14,3	11,20	36,0	05:15	25,0	75,1
Inge	06-08-2007	Racer	e	2.401,0	25,1	23,53	44,8	01:29	25,0	37,7
Inge	07-08-2007	Focus	e	2.412,0	14,6	2,69	29,7	00:42	25,0	10,2
Inge	11-08-2007	Focus	e	2.420,0	19,3	3,34	36,0	00:26	25,0	8,6
Inge	12-08-2007	Focus	e	2.430,0	20,7	3,21	34,7	00:27	18,0	9,6
Inge	12-08-2007	Focus	e	2.435,0	14,2	1,06	26,7	00:19	18,0	4,7
Inge	13-08-2007	Focus	e	2.472,0	24,7	23,81	43,3	01:31	22,0	37,7
Inge	14-08-2007	Focus	e	2.477,0	15,1	1,34	28,8	00:18	19,0	4,6
Inge	15-08-2007	Focus	e	2.487,0	18,9	5,09	33,0	00:31	18,0	9,8
Inge	18-08-2007	Focus	f	2.495,0	13,3	3,32	29,7	00:38	16,0	8,4
Inge	18-08-2007	Focus	f	2.504,0	14,3	0,77	24,4	00:38	18,0	9,3
Inge	19-08-2007	Focus	f	2.537,0	16,1	13,84	33,3	02:00	20,0	32,3
Inge	20-08-2007	Focus	e	2.575,0	23,3	22,56	43,5	01:38	19,0	38,4
Inge	21-08-2007	Focus	e	2.586,0	18,0	4,12	36,8	00:36	20,0	11,1
Inge	25-08-2007	Focus	e	2.604,0	16,0	6,90	34,1	01:06	19,0	17,7
Inge	25-08-2007	Focus	f	2.637,0	16,6	2,74	36,6	02:01	19,0	33,6

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	26-08-2007	Focus	e	2.642,0	16,3	3,25	28,5	00:17	18,0	4,7
Inge	27-08-2007	Focus	e	2.680,0	21,5	21,06	39,0	01:45	12,0	37,6
Inge	08-09-2007	Focus	e	2.690,0	17,3	1,35	29,1	00:37	16,0	10,9
Inge	09-09-2007	Focus	f	2.711,0	16,9	1,96	32,4	01:12	13,0	20,4
Inge	11-09-2007	Racer	e	2.744,0	24,2	23,99	38,0	01:23	13,0	33,6
Inge	12-09-2007	Focus	e	2.768,0	19,2	18,84	34,1	01:14	14,0	23,9
Inge	18-09-2007	Racer	e	2.802,0	23,6	23,33	36,6	01:24	7,0	33,4
Inge	19-09-2007	Focus	e	2.818,0	17,7	17,63	29,7	00:54	12,0	16,2
Inge	22-09-2007	Focus	e	2.829,0	14,6	6,40	27,6	00:47	17,0	11,6
Inge	23-09-2007	Focus	e	2.839,0	20,0	3,80	33,7	00:28	14,0	9,6
Inge	23-09-2007	Focus	f	2.874,0	15,6	13,14	33,3	02:14	17,0	35,0
Inge	24-09-2007	Focus	e	2.907,0	22,7	22,62	35,4	01:27	19,0	33,2
Inge	26-09-2007	Focus	e	2.924,0	16,0	15,83	29,9	01:02	12,0	16,6
Inge	29-09-2007	Focus	e	2.933,0	19,3	5,00	38,2	00:29	14,0	9,6
Inge	29-09-2007	Focus	f	2.940,0	13,0	3,14	27,5	00:28	12,0	6,2
Inge	30-09-2007	Focus	f	2.968,0	15,3	4,71	30,4	01:52	15,0	28,7
Inge	02-10-2007	Focus	e	2.995,0	21,0	20,02	34,5	01:15	11,0	26,4
Inge	03-10-2007	Focus	e	3.000,0	13,1	3,39	28,8	00:22	15,0	4,9
Inge	03-10-2007	Racer	e	3.033,0	24,5	24,14	37,9	01:21	10,0	33,4
Inge	06-10-2007	Focus	e	3.043,0	19,8	4,19	34,0	00:29	9,0	9,6
Inge	06-10-2007	Focus	f	3.049,0	13,5	6,25	23,4	00:30	13,0	6,9
Inge	06-10-2007	Focus	f	3.094,0	16,7	9,81	39,8	02:40	13,0	44,6

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	07-10-2007	Focus	f	3.105,0	12,3	6,26	26,8	00:53	13,0	11,0
Inge	09-10-2007	Focus	e	3.125,0	22,1	22,13	33,1	00:55	11,0	20,3
Inge	10-10-2007	Focus	e	3.140,0	18,3	17,02	30,9	00:47	9,0	14,5
Inge	13-10-2007	Focus	e	3.149,0	19,2	4,20	34,1	00:30	7,0	9,6
Inge	13-10-2007	Focus	f	3.172,0	14,6	7,33	31,9	01:31	10,0	22,1
Inge	14-10-2007	Focus	f	3.208,0	16,3	13,42	35,4	02:13	10,0	36,5
Inge	17-10-2007	Focus	e	3.223,0	18,6	18,49	34,3	00:48	11,0	15,1
Inge	20-10-2007	Focus	e	3.233,0	20,3	4,52	34,7	00:28	6,0	9,6
Inge	20-10-2007	Focus	f	3.259,0	15,1	9,87	33,3	01:43	8,0	26,2
Inge	21-10-2007	Focus	f	3.286,0	15,7	13,63	37,5	01:44	8,0	27,5
Inge	23-10-2007	Focus	e	3.302,0	19,1	18,71	33,7	00:49	6,0	15,9
Inge	26-10-2007	Focus	e	3.319,0	19,1	17,91	31,7	00:51	9,0	16,4
Inge	28-10-2007	Focus	f	3.322,0	14,0	13,57	20,3	00:12	10,0	2,9
Inge	30-10-2007	Focus	e	3.342,0	21,6	7,73	32,7	00:55	7,0	20,1
Inge	31-10-2007	Focus	d	3.358,0	18,7	17,98	31,2	00:51	9,0	15,9
Inge	04-11-2007	Focus	f	3.390,0	15,6	12,78	29,0	02:05	9,0	32,6
Inge	06-11-2007	Focus	e	3.406,0	18,7	16,01	31,3	00:51	5,0	16,0
Inge	12-11-2007	Focus	e	3.416,0	16,0	15,27	31,1	00:40	2,0	10,2
Inge	24-11-2007	Focus	f	3.437,0	15,3	15,26	31,0	01:24	5,0	21,6
Inge	25-11-2007	Focus	e	3.450,0	16,7	15,35	31,9	00:46	5,0	12,8
Inge	28-11-2007	Focus	e	3.470,0	19,2	19,05	29,6	01:03	3,0	20,3
Inge	30-11-2007	Focus	e	3.475,0	8,5	0,71	23,0	00:32	5,0	4,7

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	10-12-2007	Focus	e	3.495,0	19,0	19,26	33,1	01:04	5,0	20,5
Inge	11-12-2007	Focus	e	3.509,0	19,6	19,44	33,1	00:42	3,0	13,9
Inge	15-12-2007	Focus	f	3.533,0	13,3	5,74	31,8	01:48	2,0	23,9
Inge	16-12-2007	Focus	f	3.552,0	14,3	7,04	28,9	01:19	1,0	18,9
Inge	19-12-2007	Focus	e	3.568,0	18,3	17,99	31,1	00:52	2,0	15,9
Inge	22-12-2007	Focus	f	3.585,0	13,2	11,16	33,4	01:18	-1,0	17,3
Inge	25-12-2007	Focus	e	3.599,0	17,2	17,11	31,7	00:47	2,0	13,7
Inge	26-12-2007	Focus	f	3.630,0	13,9	12,24	29,5	02:11	4,0	30,4
Inge	30-12-2007	Focus	f	3.667,0	16,4	11,45	35,1	02:17	3,0	37,6
<b>Total</b>										3.668,1