

Cykeltræning 2008

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	01-01-2008	Focus	f	30,0	16,0	14,50	30,3	01:53	1,0	30,2
Inge	08-01-2008	Focus	e	46,0	18,2	18,00	28,3	00:52	4,0	15,9
Inge	11-01-2008	Focus	f	56,0	14,2	2,37	23,4	00:43		10,3
Inge	12-01-2008	Focus	f	70,0	14,5	1,81	32,8	00:58	4,0	14,1
Inge	13-01-2008	Focus	f	106,0	15,6	13,67	32,6	02:19	4,0	36,2
Inge	16-01-2008	Focus	e	118,0	16,3	15,57	26,7	00:42	6,0	11,7
Inge	18-01-2008	Focus	e	130,0	17,8	17,97	29,0	00:39	5,0	11,7
Inge	19-01-2008	Focus	f	166,0	14,5	8,95	29,3	02:29	6,0	36,0
Inge	20-01-2008	Focus	e	202,0	20,1	19,80	32,2	01:49	4,0	36,6
Inge	26-01-2008	Focus	f	229,0	14,0	8,70	28,2	01:55	6,0	27,0
Inge	27-01-2008	Focus	e	269,0	21,3	20,89	38,9	01:52	5,0	40,0
Inge	28-01-2008	Focus	e	280,0	17,9	2,25	28,6	00:36	6,0	10,8
Inge	02-02-2008	Focus	f	302,0	14,1	1,95	24,8	01:35	1,0	22,4
Inge	03-02-2008	Focus	f	335,0	15,8	14,30	27,6	02:05	4,0	32,9
Inge	09-02-2008	Focus	f	371,0	16,4	14,57	27,8	02:09	7,0	35,2
Inge	10-02-2008	Focus	f	411,0	15,1	11,29	34,6	02:41	8,0	40,7
Inge	16-02-2008	Focus	f	437,0	15,6	13,64	31,2	01:38	0,0	25,7
Inge	17-02-2008	Focus	f	452,0	14,7	13,54	29,7	01:02	4,0	15,3
Inge	23-02-2008	Focus	f	471,0	14,9	6,82	31,6	01:15	7,0	18,9
Inge	25-02-2008	Focus	e	491,0	19,9	5,03	30,9	01:00	6,0	20,0

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Inge	28-02-2008	Focus	f	517,0	15,0	10,23	27,7	01:43	7,0	25,9
Inge	29-02-2008	Focus	f	527,0	14,4	2,48	30,8	00:42	5,0	10,2
Inge	01-03-2008	Focus	f	540,0	14,6	10,04	27,3	00:50	7,0	12,4
Inge	02-03-2008	Focus	f	558,0	15,0	12,67	27,4	01:14	6,0	18,6
Inge	08-03-2008	Focus	f	571,0	14,0	7,29	26,7	00:56	12,0	13,1
Inge	09-03-2008	Focus	f	606,0	14,4	13,38	37,0	02:23	7,0	34,6
Inge	10-03-2008	Focus	f	618,0	14,5	14,73	26,5	00:47	10,0	11,5
Inge	12-03-2008	Racer	e	638,0	21,5	21,53	34,2	00:57	3,0	20,5
Inge	15-03-2008	Focus	f	654,0	12,6	2,34	29,3	01:14	7,0	15,7
Inge	20-03-2008	Focus	f	684,0	16,8	13,46	32,9	01:47	9,0	30,1
Inge	22-03-2008	Focus	e	721,0	19,7	19,83	36,2	01:52	1,0	37,0
Inge	29-03-2008	Focus	e	731,0	17,4	5,46	28,1	00:34	9,0	10,0
Inge	03-04-2008	Focus	f	737,0	14,4	1,04	26,8	00:24		5,8
Inge	05-04-2008	Focus	f	745,0	14,6	0,79	25,3	00:33		8,1
Inge	06-04-2008	Racer	e	805,0	21,5	10,90	38,5	02:47	8,0	60,2
Inge	12-04-2008	Focus	f	816,0	13,9	11,32	25,5	00:47	9,0	10,9
Inge	13-04-2008	Racer	e	861,0	22,5	22,28	36,1	02:00	7,0	45,3
Inge	13-04-2008	Focus	f	884,0	13,2	3,07	29,7	01:43	8,0	22,6
Inge	14-04-2008	Focus	f	895,0	13,0	7,71	27,0	00:52	8,0	11,4
Inge	15-04-2008	Focus	f	909,0	12,7	3,92	28,3	01:03	9,0	13,4
Inge	15-04-2008	Racer	e	935,0	22,5	22,56	35,1	01:11	6,0	26,7
Inge	24-04-2008	Focus	f	951,0	13,4	7,53	27,5	01:12	15,0	16,2

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Inge	25-04-2008	Racer	e	998,0	23,8	23,64	39,8	01:57	11,0	46,5
Inge	25-04-2008	Focus	e	1.001,0	15,0	16,08	29,6	00:10	11,0	2,7
Inge	26-04-2008	Focus	f	1.023,0	15,5	7,29	30,8	01:26	14,0	22,4
Inge	27-04-2008	Focus	f	1.059,0	13,5	10,92	30,4	02:42	18,0	36,4
Inge	02-05-2008	Focus	f	1.082,0	12,7	7,21	26,8	01:45	15,0	22,4
Inge	03-05-2008	Focus	f	1.130,0	14,6	11,33	32,5	03:18	14,0	48,3
Inge	04-05-2008	Racer	e	1.177,0	25,2	25,16	38,2	01:51	13,0	46,6
Inge	04-05-2008	Focus	f	1.217,0	15,6	13,50	37,2	02:34	14,0	40,0
Inge	06-05-2008	Focus	e	1.238,0	17,6	17,47	32,5	01:12	16,0	21,3
Inge	07-05-2008	Focus	e	1.247,0	18,3	3,09	33,3	00:28	15,0	8,6
Inge	09-05-2008	Focus	f	1.252,0	13,2	2,53	30,4	00:23	15,0	5,2
Inge	10-05-2008	Focus	f	1.318,0	15,6	12,11	35,0	04:16	23,0	66,4
Inge	11-05-2008	Focus	f	1.326,0	15,0	1,31	25,0	00:32	20,0	8,2
Inge	12-05-2008	Focus	f	1.364,0	15,9	12,90	35,2	02:23	19,0	38,1
Inge	13-05-2008	Racer	e	1.391,0	24,6	24,55	34,5	01:05	13,0	26,6
Inge	15-05-2008	Focus	e	1.401,0	17,8	4,03	33,2	00:32	19,0	9,6
Inge	17-05-2008	Focus	f	1.405,0	15,3	14,40		00:16	18,0	4,1
Inge	17-05-2008	Focus	f	1.459,0	15,4	7,62	30,9	03:30	18,0	54,0
Inge	17-05-2008	Focus	f	1.463,0	14,5	14,19	25,5	00:16	11,0	4,0
Inge	18-05-2008	Focus	e	1.472,0	18,1	4,71	32,0	00:31	8,0	9,7
Inge	19-05-2008	Focus	e	1.510,0	23,1	22,49	40,8	01:38	8,0	37,9
Inge	24-05-2008	Focus	e	1.522,0	18,7	1,80	34,9	00:36	20,0	11,3

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Inge	25-05-2008	Focus	f	1.571,0	15,2	12,48	32,8	03:13	20,0	49,1
Inge	31-05-2008	Focus	e	1.574,0	0,6	0,16	36,2	00:12	14,0	3,1
Inge	31-05-2008	Racer	e	1.620,0	25,0	24,58	45,6	01:51	27,0	46,7
Inge	01-06-2008	Focus	f	1.646,0	15,7	12,29	35,9	01:36	26,0	25,4
Inge	05-06-2008	Focus	e	1.655,0	19,7	5,64	35,6	00:29	20,0	9,7
Inge	05-06-2008	Focus	f	1.702,0	14,1	10,93	34,7	03:17	24,0	46,5
Inge	06-06-2008	Racer	e	1.740,0	24,1	23,30	43,6	01:33	23,0	37,7
Inge	07-06-2008	Focus	e	1.750,0	19,0	4,02	34,3	00:31	17,0	9,9
Inge	07-06-2008	Focus	f	1.784,0	15,2	10,47	31,1	02:15	26,0	34,2
Inge	09-06-2008	Racer	e	1.823,0	24,1	24,07	38,0	01:36	22,0	38,9
Inge	13-06-2008	Focus	e	1.833,0	17,4	3,18	32,4	00:34	16,0	9,9
Inge	14-06-2008	Focus	f	1.847,0	13,1	0,00	23,5	01:04	19,0	14,1
Inge	15-06-2008	Racer	e	1.893,0	24,3	24,09	40,0	01:54	18,0	46,6
Inge	17-06-2008	Racer	e	1.933,0	24,5	24,46	37,4	01:37	18,0	40,0
Inge	21-06-2008	Focus	e	1.942,0	18,7	3,13	32,1	00:27	17,0	8,7
Inge	21-06-2008	Racer	e	2.050,0	22,2	20,61	43,7	04:51	18,0	107,5
Inge	22-06-2008	Focus	f	2.095,0	14,5	4,38	32,3	03:07	16,0	45,4
Inge	25-06-2008	Racer	e	2.135,0	23,6	23,54	35,1	01:41	14,0	40,0
Inge	28-06-2008	Racer	e	2.319,0	23,9	22,22	42,9	07:41	14,0	183,7
Inge	01-07-2008	Racer	e	2.358,0	24,5	24,67	38,1	01:37	16,0	39,9
Inge	02-07-2008	Focus	e	2.367,0	17,0	3,62	35,5	00:30	18,0	8,7
Inge	05-07-2008	Focus	e	2.379,0	18,4	2,97	32,8	00:37	23,0	11,4

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Inge	20-07-2008	Focus	e	2.398,0	19,3	3,64	29,5	01:01	18,0	19,9
Inge	23-07-2008	Focus	e	2.407,0	18,6	4,64	34,7	00:27	20,0	8,6
Inge	26-07-2008	Focus	e	2.446,0	16,0	0,00	35,7	02:26	26,0	38,9
Inge	27-07-2008	Focus	e	2.456,0	17,8	3,47	38,5	00:32	25,0	9,6
Inge	29-07-2008	Racer	e	2.479,0	22,2	22,43	37,4	01:02	20,0	23,2
Inge	02-08-2008	Focus	f	2.505,0	11,6	8,01	29,4	02:13	22,0	25,9
Inge	03-08-2008	Focus	f	2.518,0	13,3	9,92	29,7	01:00	22,0	13,4
Inge	09-08-2008	Focus	f	2.545,0	13,9	0,00	27,5	01:58	20,0	27,3
Inge	11-08-2008	Focus	e	2.555,0	17,1	2,60	32,7	00:33	20,0	9,6
Inge	13-08-2008	Focus	e	2.564,0	17,5	3,05	31,3	00:29	17,0	8,6
Inge	14-08-2008	Focus	e	2.573,0	18,4	2,54	31,5	00:31	17,0	9,6
Inge	16-08-2008	Focus	f	2.611,0	12,9	9,77	32,1	02:57	19,0	38,3
Inge	17-08-2008	Focus	f	2.640,0	15,2	13,90	31,6	01:53	19,0	28,7
Inge	22-08-2008	Focus	e	2.643,0	14,8	4,31	29,4	00:12	20,0	3,0
Inge	30-08-2008	Focus	e	2.652,0	17,9	2,46	33,2	00:28	15,0	8,6
Inge	30-08-2008	Focus	f	2.667,0	13,7	5,51	29,1	01:05	19,0	15,0
Inge	31-08-2008	Focus	f	2.724,0	14,7	10,72	33,3	03:52	20,0	57,2
Inge	06-09-2008	Focus	e	2.734,0	18,4	1,70	33,4	00:32	18,0	9,8
Inge	06-09-2008	Focus	f	2.749,0	15,7	6,54	27,0	00:59	22,0	15,6
Inge	07-09-2008	Focus	f	2.781,0	15,4	6,34	29,8	02:04	21,0	32,0
Inge	09-09-2008	Racer	e	2.805,0	23,1	23,19	35,7	01:00	15,0	23,2
Inge	11-09-2008	Focus	f	2.828,0	15,8	12,08	35,8	01:26	18,0	23,0

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Inge	20-09-2008	Focus	f	2.847,0	17,1	2,78	29,8	01:09	15,0	19,8
Inge	21-09-2008	Focus	e	2.857,0	17,9	3,42	32,3	00:32	15,0	9,8
Inge	21-09-2008	Focus	f	2.897,0	16,4	14,39	28,6	02:27	15,0	40,3
Inge	23-09-2008	Focus	e	2.920,0	23,2	22,33	34,4	00:59	15,0	23,1
Inge	24-09-2008	Focus	e	2.944,0	23,7	23,46	37,4	00:58	15,0	23,1
Inge	26-09-2008	Focus	f	2.956,0	11,8	3,10	29,8	01:01	14,0	12,0
Inge	28-09-2008	Focus	f	2.976,0	13,7	8,33	25,3	01:30	14,0	20,7
Inge	04-10-2008	Focus	f	3.009,0	21,0	13,99	39,5	01:32	12,0	32,4
Inge	05-10-2008	Focus	f	3.029,0	15,5	13,30	27,9	01:20	10,0	20,8
Inge	07-10-2008	Focus	e	3.050,0	21,0	20,65	34,5	00:59	11,0	21,0
Inge	12-10-2008	Focus	e	3.060,0	18,8	3,33	30,5	00:30	12,0	9,6
Inge	12-10-2008	Focus	f	3.105,0	16,9	12,11	36,2	02:40	15,0	45,0
Inge	14-10-2008	Focus	e	3.126,0	21,7	21,36	34,5	00:58	13,0	21,0
Inge	18-10-2008	Focus	f	3.164,0	14,9	10,11	31,4	02:32	10,0	37,9
Inge	19-10-2008	Focus	e	3.174,0	18,0	4,31	32,8	00:32	10,0	9,7
Inge	19-10-2008	Focus	f	3.225,0	14,8	11,05	31,8	03:26	12,0	50,8
Inge	20-10-2008	Focus	e	3.246,0	20,1	20,01	31,3	01:02	11,0	21,0
Inge	25-10-2008	Focus	f	3.254,0	13,1	3,25	27,1	00:37	13,0	8,2
Inge	25-10-2008	Focus	f	3.275,0	15,8	12,90	29,8	01:18	13,0	20,9
Inge	28-10-2008	Focus	e	3.314,0	23,2	22,21	35,9	01:42	8,0	39,6
Inge	01-11-2008	Focus	f	3.322,0	13,3	3,36	24,2	00:34	5,0	7,6
Inge	01-11-2008	Focus	f	3.358,0	16,5	14,42	33,8	02:11	5,0	36,3

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Inge	02-11-2008	Focus	f	3.399,0	15,2	10,55	37,8	02:39	7,0	40,6
Inge	08-11-2008	Focus	f	3.429,0	16,6	14,89	34,3	01:49	12,0	30,3
Inge	22-11-2008	Focus	f	3.475,0	18,7	18,23	33,2	02:27	1,0	46,2
Inge	30-11-2008	Focus	f	3.489,0	14,0	7,44	22,3	00:57	5,0	14,4
Inge	13-12-2008	Focus	f	3.502,0	13,1	6,01	27,7	01:03	3,0	13,8
Inge	14-12-2008	Focus	e	3.512,0	16,0	5,62	27,7	00:37	4,0	10,0
Inge	16-12-2008	Focus	e	3.530,0	16,5	11,50	28,9	01:05	4,0	18,0
Inge	17-12-2008	Focus	e	3.543,0	15,9	9,95	26,7	00:47	4,0	12,6
Inge	21-12-2008	Focus	e	3.546,0	15,1	8,97	26,8	00:12	5,0	3,1
Inge	22-12-2008	Focus	f	3.560,0	13,2	6,92	24,0	01:04	7,0	13,2
Inge	23-12-2008	Focus	e	3.600,0	21,9	21,62	36,3	01:48	2,0	39,6
Inge	23-12-2008	Focus	f	3.614,0	13,2	4,39	24,0	01:00	4,0	13,4
Inge	25-12-2008	Focus	f	3.636,0	15,5	13,88	27,7	01:26	3,0	22,4
Inge	27-12-2008	Focus	f	3.663,0	15,5	12,34	30,9	01:45	2,0	27,4
Inge	29-12-2008	Focus	e	3.679,0	13,8	13,65	35,5	01:09	1,0	16,2
Inge	30-12-2008	Focus	f	3.692,0	13,2	7,12	24,3	00:58	0,0	12,8
Inge	31-12-2008	Focus	e	3.703,0	16,3	15,23	33,9	00:39	-1,0	10,7
Total										3.702,6