

Cykeltræning 2009

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	01-01-2009	Focus	f	25,0	15,4	13,77	30,4	01:39	-1,0	25,5
Inge	02-01-2009	Focus	e	30,0	14,4	3,54	27,4	00:21	-1,0	5,3
Inge	10-01-2009	Focus	e	42,0	15,0	5,13	30,1	00:48	3,0	12,0
Inge	27-01-2009	Focus	e	57,0	18,9	18,37	30,8	00:47	1,5	15,0
Inge	31-01-2009	Focus	e	69,0	15,1	5,29	28,6	00:46	2,0	11,8
Inge	07-02-2009	Focus	e	90,0	21,1	20,92	33,6	00:59	2,0	20,9
Inge	07-02-2009	Focus	f	130,0	15,0	13,37	34,1	02:40	3,0	40,1
Inge	14-02-2009	Focus	f	167,0	15,2	10,78	32,3	02:25	0,0	36,7
Inge	15-02-2009	Focus	e	188,0	21,8	21,64	32,6	00:57	1,5	20,9
Inge	15-02-2009	Focus	e	197,0	17,3	10,98	28,6	00:32	3,0	9,5
Inge	17-02-2009	Focus	e	208,0	13,6	2,67	27,9	00:47	-8,0	10,8
Inge	21-02-2009	Focus	f	226,0	14,1	4,13	28,0	01:17	2,0	18,1
Inge	22-02-2009	Focus	e	247,0	19,4	19,03	30,4	01:04	3,0	20,9
Inge	22-02-2009	Focus	f	270,0	14,6	13,34	26,9	01:32	5,5	22,5
Inge	28-02-2009	Focus	f	285,0	15,0	6,11	27,9	01:00	3,5	15,2
Inge	01-03-2009	Focus	f	306,0	22,0	21,26	36,5	00:59	3,0	20,9
Inge	14-03-2009	Focus	f	346,0	15,6	8,41	31,5	02:34	5,0	40,2
Inge	15-03-2009	Focus	e	367,0	22,6	22,40	34,4	00:55	6,5	20,9
Inge	15-03-2009	Focus	f	400,0	15,3	12,66	28,0	02:10	8,5	33,3
Inge	21-03-2009	Focus	f	407,0	14,4	1,22	21,9	00:29	5,0	7,1

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Inge	22-03-2009	Focus	e	428,0	21,6	21,65	35,1	00:58	5,0	20,9
Inge	22-03-2009	Focus	f	456,0	15,6	14,65	32,4	01:46	6,0	27,6
Inge	27-03-2009	Focus	e	459,0	15,3	3,79	26,4	00:11		3,0
Inge	29-03-2009	Racer	e	480,0	23,5	22,83	33,8	00:54	7,0	20,9
Inge	01-04-2009	Racer	e	501,0	23,3	22,63	33,7	00:54	7,0	21,1
Inge	04-04-2009	Focus	f	512,0	13,2	6,28	26,0	00:50	10,0	11,1
Inge	04-04-2009	Focus	f	543,0	16,4	13,17	32,1	01:54	15,0	31,2
Inge	05-04-2009	Racer	e	564,0	22,2	21,85	34,7	00:57	7,0	21,1
Inge	06-04-2009	Racer	e	585,0	25,1	24,37	39,2	00:55	8,0	21,1
Inge	09-04-2009	Focus	f	646,0	14,9	12,30	29,1	04:03	15,0	60,3
Inge	10-04-2009	Racer	e	669,0	19,6	18,49	37,8	01:10	11,0	23,1
Inge	11-04-2009	Focus	e	674,0	11,6	4,10	27,2	00:26	10,0	5,1
Inge	12-04-2009	Racer	e	695,0	23,4	23,07	36,5	00:54	7,0	21,2
Inge	24-04-2009	Focus	e	705,0	13,6	5,85	28,1	00:44		10,0
Inge	28-04-2009	Focus	e	725,0	20,0	2,55	33,9	00:59	18,0	20,0
Inge	29-04-2009	Focus	e	745,0	19,7	2,27	34,5	01:01	15,0	20,0
Inge	30-04-2009	Racer	e	766,0	24,3	23,00	36,8	00:52	17,0	21,1
Inge	30-04-2009	Focus	e	776,0	17,1	2,09	36,0	00:35	17,0	10,0
Inge	01-05-2009	Focus	f	812,0	12,3	7,04	31,5	02:54	14,0	35,9
Inge	02-05-2009	Focus	f	862,0	11,4	7,05	28,2	04:22	15,0	50,1
Inge	04-05-2009	Racer	e	883,0	23,1	22,62	34,3	00:54	8,0	21,1
Inge	07-05-2009	Racer	e	905,0	23,2	23,03	34,3	00:54	7,0	21,1

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Inge	07-05-2009	Focus	f	921,0	13,1	7,75	28,1	01:16	14,0	16,7
Inge	07-05-2009	Focus	f	932,0	16,6	1,69	30,0	00:39	10,0	11,0
Inge	08-05-2009	Focus	f	975,0	12,1	7,90	26,9	03:33	15,0	43,2
Inge	09-05-2009	Focus	e	985,0	18,8	4,53	29,6	00:30	13,0	9,6
Inge	09-05-2009	Focus	f	1.002,0	13,8	9,38	25,0	01:14	15,0	17,2
Inge	12-05-2009	Racer	e	1.023,0	23,4	23,04	33,9	00:54	12,0	21,1
Inge	14-05-2009	Focus	e	1.033,0	18,6	3,52	34,1	00:30	12,0	9,6
Inge	16-05-2009	Focus	f	1.043,0	12,4	5,38	23,5	00:53	11,0	10,6
Inge	17-05-2009	Focus	e	1.052,0	18,4	1,96	35,4	00:27		8,6
Inge	17-05-2009	Focus	f	1.078,0	14,6	12,70	33,0	01:47		26,2
Inge	18-05-2009	Racer	e	1.099,0	24,9	24,40	38,0	00:51	17,0	21,2
Inge	21-05-2009	Racer	e	1.153,0	24,3	24,07	42,5	02:11	15,0	53,4
Inge	21-05-2009	Focus	f	1.189,0	15,1	12,63	37,2	02:23	18,0	36,2
Inge	24-05-2009	Racer	e	1.210,0	25,0	24,79	36,7	00:50	11,0	21,1
Inge	24-05-2009	Focus	f	1.234,0	14,4	4,48	28,5	01:40	13,0	24,2
Inge	25-05-2009	Focus	e	1.237,0	12,4	2,05	28,8	00:12	14,0	2,7
Inge	25-05-2009	Focus	e	1.263,0	17,9	4,75	34,3	01:27	14,0	26,2
Inge	27-05-2009	Focus	e	1.272,0	17,8	0,42	30,5	00:28	15,0	8,6
Inge	30-05-2009	Focus	f	1.338,0	14,2	4,18	33,2	04:40	20,0	66,7
Inge	31-05-2009	Focus	f	1.362,0	15,9	11,22	35,4	01:27	21,0	23,4
Inge	01-06-2009	Racer	e	1.422,0	21,1	20,03	41,5	02:50	28,0	60,1
Inge	03-06-2009	Focus	e	1.432,0	18,7	3,79	32,6	00:32		10,0

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Inge	06-06-2009	Focus	e	1.441,0	18,0	3,42	36,2	00:31	13,0	9,6
Inge	06-06-2009	Focus	e	1.444,0	17,2	3,37	33,2	00:10	13,0	3,0
Inge	06-06-2009	Racer	e	1.485,0	22,6	22,61	34,5	01:47	13,0	40,3
Inge	07-06-2009	Focus	f	1.514,0	13,8	11,08	28,6	02:05	14,0	28,8
Inge	13-06-2009	Focus	f	1.531,0	12,8	8,07	26,7	01:22	15,0	17,6
Inge	14-06-2009	Focus	e	1.640,0	22,1	19,08	49,3	04:56	16,0	109,1
Inge	17-06-2009	Racer	e	1.661,0	24,5	23,86	36,7	00:51	15,0	21,1
Inge	18-06-2009	Focus	e	1.670,0	16,3	3,68	33,7	00:31	26,0	8,5
Inge	21-06-2009	Racer	e	1.692,0	24,3	22,84	36,2	00:53	17,0	21,7
Inge	21-06-2009	Focus	f	1.724,0	15,3	12,05	28,1	02:05	16,0	32,1
Inge	24-06-2009	Focus	f	1.751,0	14,8	11,20	32,6	01:50	22,0	27,3
Inge	25-06-2009	Focus	e	1.760,0	18,9	3,17	38,5	00:30	20,0	9,6
Inge	27-06-2009	Focus	e	1.769,0	18,6	4,30	38,3	00:27	19,0	8,5
Inge	28-06-2009	Focus	e	1.778,0	18,4	2,03	35,3	00:27	20,0	8,6
Inge	28-06-2009	Focus	f	1.824,0	15,7	13,60	38,7	02:57	26,0	46,5
Inge	29-06-2009	Focus	f	1.833,0	15,3	15,34	27,7	00:45	25,0	8,7
Inge	29-06-2009	Racer	e	1.854,0	24,5	24,36	38,4	00:51	21,0	21,1
Inge	30-06-2009	Racer	e	1.894,0	25,0	24,96	38,1	01:35	24,0	39,9
Inge	01-07-2009	Focus	e	1.903,0	19,7	3,33	34,7	00:29	24,0	9,6
Inge	01-07-2009	Focus	f	1.932,0	13,1	5,44	31,8	02:10	28,0	28,5
Inge	03-07-2009	Focus	f	1.945,0	13,4	5,46	25,5	00:59	28,0	13,4
Inge	04-07-2009	Racer	e	2.161,0	23,7	20,24	44,8	09:04	30,0	215,5

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Inge	04-07-2009	Focus	f	2.169,0	14,6	2,47	25,0	00:33	27,0	8,1
Inge	05-07-2009	Focus	f	2.196,0	15,8	14,26	32,3	01:42	23,0	27,1
Inge	09-07-2009	Focus	e	2.206,0	18,3	3,38	33,3	00:31	20,0	9,7
Inge	11-07-2009	Focus	f	2.251,0	15,1	12,02	36,9	02:59	19,0	45,3
Inge	12-07-2009	Racer	e	2.272,0	24,5	24,32	34,5	00:51	16,0	21,1
Inge	12-07-2009	Focus	f	2.315,0	16,2	13,34	32,2	02:40	19,0	43,3
Inge	13-07-2009	Focus	f	2.335,0	16,8	3,69	30,6	01:11	16,0	20,0
Inge	15-07-2009	Racer	e	2.357,0	24,4	24,35	36,6	00:51	19,0	21,1
Inge	16-07-2009	Focus	e	2.366,0	18,3	3,21	30,4	00:31	19,0	9,6
Inge	18-07-2009	Focus	e	2.373,0	13,2	4,27	30,6	00:32	20,0	7,1
Inge	19-07-2009	Racer	e	2.394,0	24,8	21,81	37,1	00:51	13,0	21,1
Inge	19-07-2009	Focus	f	2.430,0	13,7	10,88	36,0	02:36	16,0	35,7
Inge	22-07-2009	Focus	e	2.451,0	16,7	16,79	32,2	01:13	20,0	20,4
Inge	25-07-2009	Focus	f	2.477,0	14,2	9,40	29,9	01:52	20,0	26,6
Inge	25-07-2009	Focus	f	2.489,0	12,9	6,23	25,4	00:56	20,0	12,1
Inge	26-07-2009	Focus	e	2.499,0	19,2	3,59	34,2	00:30	16,0	9,8
Inge	26-07-2009	Focus	f	2.527,0	15,2	13,67	33,4	01:52	20,0	28,5
Inge	27-07-2009	Racer	e	2.549,0	24,3	24,33	37,9	00:52	17,0	21,1
Inge	28-07-2009	Racer	e	2.570,0	24,9	24,33	35,1	00:50	17,0	21,1
Inge	08-08-2009	Focus	f	2.601,0	13,8	6,31	37,3	02:14	26,0	31,0
Inge	09-08-2009	Focus	e	2.610,0	18,7	3,53	36,6	00:30	23,0	9,6
Inge	09-08-2009	Focus	f	2.647,0	15,3	13,96	28,1	02:19	26,0	36,3

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Inge	11-08-2009	Focus	f	2.679,0	17,9	16,82	31,8	01:48	18,0	32,5
Inge	12-08-2009	Focus	f	2.714,0	17,1	15,87	31,7	02:01	17,0	34,7
Inge	13-08-2009	Focus	f	2.724,0	16,4	4,90	31,7	00:36	16,0	10,1
Inge	16-08-2009	Focus	f	2.790,0	16,8	14,31	36,9	03:56	19,0	66,3
Inge	18-08-2009	Focus	e	2.829,0	22,6	22,36	36,6	01:43	15,0	39,1
Inge	19-08-2009	Focus	f	2.847,0	15,4	14,23	29,6	01:08	17,0	17,6
Inge	20-08-2009	Focus	e	2.858,0	18,7	4,02	34,6	00:36	22,0	11,3
Inge	21-08-2009	Focus	e	2.866,0	18,4	1,30	28,8	00:26	20,0	8,1
Inge	22-08-2009	Focus	f	2.878,0	11,1	2,82	24,8	01:00	19,0	11,3
Inge	23-08-2009	Focus	f	2.919,0	15,8	12,68	30,5	02:37	18,0	41,4
Total										<u>2.918,6</u>