

# Cykeltræning 2010

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	01-01-2010	Focus	f	18,0	13,5	12,20	27,7	01:23	-7,5	18,7
Inge	02-01-2010	Focus	f	35,0	13,3	6,60	24,9	01:14	-4,5	16,6
Inge	16-01-2010	Focus	e	46,0	14,4	4,63	30,8	00:46	-2,5	11,1
Inge	27-02-2010	Focus	f	63,0	13,0	7,49	25,3	01:19	2,9	17,2
Inge	05-03-2010	Focus	f	74,0	13,7	10,91	29,9	00:49	-2,0	11,3
Inge	06-03-2010	Focus	f	117,0	14,3	11,99	32,3	02:58	2,0	42,6
Inge	09-03-2010	Focus	e	125,0	14,3	1,63	26,5	00:33	-2,0	8,1
Inge	14-03-2010	Focus	f	148,0	17,0	16,43	28,7	01:19	6,0	22,5
Inge	20-03-2010	Focus	f	153,0	12,5	1,44	20,9	00:26	7,0	5,4
Inge	21-03-2010	Focus	f	175,0	13,8	12,12	27,9	01:36	8,0	22,2
Inge	22-03-2010	Focus	f	190,0	14,1	14,23	30,6	01:01	7,0	15,2
Inge	23-03-2010	Focus	f	211,0	14,1	13,28	26,8	01:25	6,5	20,1
Inge	24-03-2010	Focus	f	223,0	15,8	14,60	28,3	00:48	7,0	12,7
Inge	28-03-2010	Focus	e	231,0	19,2	2,22	30,4	00:25	7,0	8,1
Inge	28-03-2010	Focus	e	244,0	16,3	14,82	26,2	00:46	8,0	12,6
Inge	31-03-2010	Focus	f	268,0	16,2	15,59	29,4	01:30	7,0	24,4
Inge	02-04-2010	Focus	f	307,0	14,1	11,42	33,5	02:45	7,0	38,8
Inge	03-04-2010	Focus	f	329,0	12,3	9,88	24,7	01:46	11,0	21,9
Inge	06-04-2010	Racer	e	367,0	22,7	21,76	40,5	01:39	8,5	37,7
Inge	11-04-2010	Focus	f	417,0	14,3	11,91	35,1	03:31	13,0	50,4

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Inge	12-04-2010	Racer	e	438,0	23,4	23,04	35,1	00:54	8,0	21,1
Inge	12-04-2010	Focus	f	450,0	13,2	4,98	25,0	00:54	16,0	12,0
Inge	23-04-2010	Focus	f	471,0	14,4	13,29	33,5	01:26	10,0	20,8
Inge	23-04-2010	Focus	e	477,0	16,3	1,32	26,0	00:22	4,5	6,1
Inge	24-04-2010	Racer	e	498,0	23,0	22,68	33,4	00:55	7,0	21,2
Inge	24-04-2010	Focus	e	502,0	10,3	10,69	24,5	00:22	11,0	3,9
Inge	26-04-2010	Focus	f	531,0	13,7	9,00	32,9	02:04	19,0	28,4
Inge	27-04-2010	Focus	f	578,0	12,2	7,89	33,0	03:55	13,0	47,7
Inge	28-04-2010	Focus	f	595,0	13,2	7,20	26,6	01:13	16,0	16,2
Inge	29-04-2010	Racer	e	616,0	23,6	23,52	37,1	00:53	13,0	21,2
Inge	29-04-2010	Focus	e	624,0	17,9	3,20	30,8	00:28	18,0	8,5
Inge	30-04-2010	Focus	f	666,0	16,0	13,97	37,9	02:37	12,0	41,9
Inge	01-05-2010	Focus	e	672,0	14,6	9,58	25,6	00:21	11,0	5,3
Inge	01-05-2010	Focus	f	700,0	15,2	14,31	27,9	01:50	10,0	28,2
Inge	02-05-2010	Racer	e	721,0	22,9	22,69	33,2	00:55	9,0	21,2
Inge	02-05-2010	Focus	f	750,0	15,4	13,87	33,7	01:53	12,0	29,1
Inge	03-05-2010	Focus	f	763,0	16,4	16,31	32,5	00:46	11,0	12,8
Inge	05-05-2010	Focus	f	778,0	14,5	14,59	30,4	01:03	9,0	15,3
Inge	06-05-2010	Focus	e	788,0	18,6	4,41	36,4	00:30	8,0	9,6
inge	08-05-2010	Focus	f	805,0	13,8	7,14	29,7	01:16	7,0	17,6
Inge	09-05-2010	Focus	e	860,0	20,8	20,51	33,0	02:36	5,0	54,4
Inge	16-05-2010	Focus	f	902,0	15,4	12,37	33,7	02:46	9,0	42,7

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Inge	17-05-2010	Focus	f	916,0	14,7	8,99	33,5	00:54	14,0	13,3
Inge	20-05-2010	Focus	e	926,0	18,2	2,79	30,5	00:32	17,0	9,8
Inge	22-05-2010	Focus	f	970,0	16,8	8,82	41,5	02:40	15,0	44,9
Inge	22-05-2010	Focus	f	978,0	15,3	1,31	26,1	00:31	15,0	8,1
Inge	23-05-2010	Focus	f	1.002,0	14,6	13,04	27,0	01:35	13,0	23,3
Inge	24-05-2010	Focus	f	1.041,0	15,7	5,75	32,5	02:29	16,0	38,9
Inge	29-05-2010	Focus	f	1.052,0	16,2	3,79	36,0	00:41	11,0	11,2
Inge	29-05-2010	Focus	f	1.060,0	12,3	5,07	23,4	00:42	11,0	8,6
Inge	30-05-2010	Focus	e	1.069,0	17,2	2,05	36,1	00:30	10,0	8,6
Inge	31-05-2010	Focus	e	1.096,0	14,6	4,77	29,0	01:49	18,0	26,7
Inge	03-06-2010	Focus	e	1.104,0	18,6	3,14	33,5	00:27	19,0	8,5
Inge	05-06-2010	Focus	e	1.114,0	18,4	3,51	33,6	00:31	20,0	9,8
Inge	06-06-2010	Racer	e	1.135,0	24,1	23,90	37,5	00:52	18,0	21,1
Inge	13-06-2010	Focus	f	1.167,0	15,4	13,32	32,2	02:03	14,3	31,7
Inge	16-06-2010	Focus	f	1.182,0	16,7	15,57	29,4	00:55	18,0	15,3
Inge	17-06-2010	Focus	e	1.192,0	19,2	3,17	33,7	00:30	16,0	9,7
Inge	19-06-2010	Focus	f	1.197,0	14,1	3,96	25,3	00:21		5,0
Inge	22-06-2010	Focus	f	1.210,0	15,4	12,12	23,7	00:48	19,0	12,5
Inge	23-06-2010	Racer	e	1.233,0	20,1	16,13	35,0	01:09	17,0	23,4
Inge	24-06-2010	Focus	e	1.243,0	17,6	3,30	32,6	00:33	19,0	9,7
Inge	26-06-2010	Focus	f	1.288,0	14,4	10,51	31,4	03:09	18,0	45,5
Inge	27-06-2010	Racer	e	1.304,0	18,2	17,95	35,3	00:51	19,0	15,6

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Inge	27-06-2010	Focus	f	1.355,0	15,8	11,67	32,5	03:15	21,0	51,4
Inge	01-07-2010	Focus	e	1.365,0	18,6	2,86	33,4	00:31	18,0	9,8
Inge	02-07-2010	Focus	f	1.373,0	15,2	1,70	27,3	00:31	23,0	8,1
Inge	03-07-2010	Focus	e	1.379,0	13,1	7,01	29,1	00:25	23,0	5,5
Inge	04-07-2010	Focus	e	1.390,0	14,6	13,36	26,9	00:45	23,0	11,1
Inge	05-07-2010	Focus	f	1.422,0	14,1	7,08	29,0	02:18	25,0	32,6
Inge	17-07-2010	Focus	f	1.443,0	18,1	4,41	30,7	01:09	24,0	20,8
Inge	18-07-2010	Focus	f	1.469,0	16,6	14,28	34,9	01:34	23,0	26,2
Inge	19-07-2010	Focus	f	1.491,0	15,6	13,69	27,0	01:23	23,0	21,7
Inge	21-07-2010	Focus	e	1.511,0	18,3	17,72	33,6	01:06	25,0	20,4
Inge	22-07-2010	Focus	e	1.521,0	18,7	4,26	32,0	00:32	25,0	10,0
Inge	23-07-2010	Focus	f	1.535,0	13,8	4,20	31,0	00:58	21,0	13,3
Inge	23-07-2010	Focus	f	1.551,0	16,7	14,81	28,0	00:57	21,0	16,0
Inge	26-07-2010	Focus	f	1.574,0	16,2	14,19	32,1	01:24	20,0	22,9
Inge	27-07-2010	Focus	f	1.582,0	15,4	2,00	27,9	00:31	20,0	8,1
Inge	28-07-2010	Focus	e	1.591,0	13,5	4,41	31,9	00:42	19,0	9,6
Inge	01-08-2010	Focus	e	1.606,0	20,4	20,63	34,9	00:44	20,0	15,1
Inge	03-08-2010	Racer	e	1.628,0	24,2	23,90	35,3	00:52	16,0	21,1
Inge	06-08-2010	Focus	e	1.666,0	20,6	20,54	40,1	01:50	16,0	38,0
Inge	07-08-2010	Focus	f	1.675,0	11,4	4,64	29,8	00:47	23,0	9,0
Inge	10-08-2010	Focus	e	1.683,0	18,0	1,75	33,3	00:28	19,0	8,5
Inge	12-08-2010	Focus	f	1.689,0	12,0	2,97	25,7	00:30	19,0	6,0

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Inge	11-09-2010	Focus	e	1.699,0	18,7	2,92	33,2	00:31	15,0	9,7
Inge	18-09-2010	Focus	e	1.709,0	18,1	3,71	32,9	00:32	15,0	9,8
Inge	20-09-2010	Focus	e	1.713,0	15,2	9,02	29,3	00:15		3,9
Inge	26-09-2010	Focus	f	1.721,0	14,9	1,03	26,1	00:32	16,0	8,1
Inge	30-09-2010	Focus	f	1.729,0	13,7	2,36	26,3	00:37		8,6
Inge	03-10-2010	Focus	e	1.739,0	17,5	3,79	35,6	00:33	10,0	9,8
Inge	10-10-2010	Focus	e	1.749,0	17,7	3,82	32,8	00:33	9,0	9,7
Inge	30-10-2010	Focus	f	1.763,0	12,2	4,98	28,0	01:06		13,6
Inge	07-11-2010	Focus	e	1.783,0	21,2	20,62	32,4	00:59	6,0	21,0
<b>Total</b>										<u>1.783,5</u>