

Cykeltræning 2012

Navn	Dato	Cykel	Fælles/ egen	Km-tæller slut (odo)	Gennemsnit netto (avs)	Gennemsnit brutto (avs)	Max	Tidsforbrug (tm)	Tempe- ratur	Antal km (dst)
Inge	01-01-2012	Focus	f	20,0	14,0	13,37	26,8	01:29	8,0	20,7
Inge	05-03-2012	Focus	f	37,0	11,8	7,96	29,4	01:27		17,3
Inge	24-03-2012	Focus	e	45,0	14,7	4,38	28,5	00:28	5,0	7,0
Inge	31-03-2012	Focus	e	56,0	16,6	9,62	29,3	00:40	5,0	11,2
Inge	05-04-2012	Focus	f	78,0	15,8	3,03	30,5	01:23	8,0	22,0
Inge	19-04-2012	Focus	e	98,0	21,3	21,04	33,5	00:58	11,0	20,7
Inge	21-04-2012	Focus	f	104,0	12,7	1,11	22,3	00:26	10,0	5,5
Inge	22-04-2012	Focus	f	119,0	11,9	8,99	25,9	01:15	11,0	14,8
Inge	29-04-2012	Focus	f	139,0	14,8	12,40	29,1	01:23	13,0	20,7
Inge	30-04-2012	Focus	f	155,0	18,3	15,85	31,1	00:49	10,0	15,1
Inge	03-05-2012	Focus	f	164,0	17,8	3,71	34,2	00:31	13,0	9,5
Inge	04-05-2012	Focus	f	204,0	16,5	14,85	30,5	02:25	16,0	39,9
Inge	05-05-2012	Focus	f	260,0	16,0	11,73	33,3	03:28	13,0	55,7
Inge	06-05-2012	Focus	f	305,0	16,4	12,86	31,9	02:45	9,0	45,2
Inge	13-05-2012	Focus	f	336,0	16,2	12,86	33,6	01:56	22,0	31,5
Inge	21-05-2012	Focus	f	365,0	16,4	6,62	34,0	01:44	12,0	28,5
Inge	22-05-2012	Focus	f	399,0	13,6	5,69	35,4	02:31	14,0	34,3
Inge	25-05-2012	Koga	e	435,0	21,8	11,99	36,4	01:38	21,0	35,8
Inge	26-05-2012	Focus	f	443,0	12,1	5,93	28,2	00:38	22,0	7,7
Inge	26-05-2012	Focus	f	506,0	17,5	6,69	35,4	03:36	20,0	63,2

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Inge	28-05-2012	Focus	e	515,0	18,3	5,41	33,9	00:31	18,0	9,5
Inge	31-05-2012	Focus	e	525,0	18,4	4,22	33,4	00:30	13,0	9,5
Inge	03-06-2012	Focus	e	534,0	18,7	4,93	32,8	00:30	10,0	9,5
Inge	03-06-2012	Focus	f	564,0	16,2	13,40	28,4	01:52	15,0	30,2
Inge	05-06-2012	Focus	f	585,0	17,3	3,97	29,1	01:10	13,0	20,3
Inge	07-06-2012	Focus	e	594,0	18,5	3,73	31,8	00:30	16,0	9,4
Inge	09-06-2012	Focus	f	627,0	15,4	11,05	31,4	02:07	19,0	32,8
Inge	14-06-2012	Focus	e	636,0	17,9	4,23	31,9	00:31	14,0	9,5
Inge	16-06-2012	Focus	f	640,0	15,3	15,15	28,6	00:15	16,0	4,0
Inge	16-06-2012	Focus	f	703,0	14,6	7,62	37,1	04:17	16,0	62,8
Inge	16-06-2012	Focus	f	707,0	15,2	15,15	26,3	00:15	16,0	4,0
Inge	21-06-2012	Focus	e	717,0	18,2	3,91	33,3	00:31	18,0	9,5
Inge	23-06-2012	Focus	f	738,0	14,6	8,54	25,0	01:28	16,0	21,5
Inge	24-06-2012	Focus	e	748,0	17,6	5,45	33,4	00:32	14,0	9,5
Inge	30-06-2012	Focus	f	778,0	16,3	15,12	32,1	01:51	23,0	30,2
Inge	01-07-2012	Focus	e	788,0	19,5	4,04	38,0	00:29	20,0	9,4
Inge	05-07-2012	Focus	e	796,0	18,7	3,16	35,0	00:27	20,0	8,5
Inge	07-07-2012	Focus	f	807,0	17,4	3,02	28,3	00:38	18,0	11,1
Inge	07-07-2012	Focus	f	825,0	14,5	5,15	30,7	01:12	20,0	17,4
Inge	08-07-2012	Focus	e	834,0	17,4	3,52	33,5	00:32	21,0	9,5
Inge	08-07-2012	Focus	f	874,0	16,3	12,74	33,9	02:27	25,0	40,1
Inge	09-07-2012	Focus	f	918,0	16,9	9,51	38,7	02:36	19,0	44,1

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Inge	18-07-2012	Focus	f	936,0	15,2	11,53	27,2	01:10	18,0	17,7
Inge	20-07-2012	Focus	f	964,0	15,1	10,13	32,3	01:52	17,0	28,4
Inge	21-07-2012	Focus	f	984,0	15,9	11,72	27,7	01:15	19,0	20,1
Inge	21-07-2012	Focus	f	993,0	15,5	1,28	24,9	00:31	13,0	8,0
Inge	22-07-2012	Focus	e	1.002,0	17,7	3,50	31,2	00:32	16,0	9,5
Inge	22-07-2012	Focus	f	1.038,0	14,9	14,91	30,2	03:33	21,0	36,3
Inge	23-07-2012	Focus	f	1.068,0	16,1	5,66	27,9	01:48	22,0	29,3
Inge	24-07-2012	Focus	f	1.148,0	16,3	12,30	35,0	04:56	25,0	80,4
Inge	26-07-2012	Focus	f	1.209,0	14,3	7,90	35,0	04:13	24,0	60,7
Inge	27-07-2012	Focus	f	1.221,0	13,8	6,18	25,4	00:53	25,0	12,4
Inge	27-07-2012	Focus	f	1.257,0	15,4	11,59	32,0	02:18	25,0	35,6
Inge	28-07-2012	Focus	f	1.288,0	17,9	15,22	32,9	01:44	26,0	31,2
Inge	29-07-2012	Focus	f	1.339,0	16,4	13,04	31,3	03:06	19,0	51,1
Inge	31-07-2012	Focus	f	1.361,0	16,4	13,98	27,9	01:20	13,0	22,1
Inge	01-08-2012	Focus	f	1.381,0	15,4	13,37	29,3	01:19	19,0	20,3
Inge	05-08-2012	Focus	f	1.403,0	16,9	3,58	34,1	01:18	21,0	22,0
Inge	10-08-2012	Focus	e	1.420,0	20,7	13,37	30,3	00:49	15,0	16,9
Inge	10-08-2012	Focus	e	1.461,0	19,4	18,09	39,2	02:05	15,0	40,4
Inge	11-08-2012	Focus	e	1.470,0	18,6	3,65	33,7	00:30	12,0	9,4
Inge	11-08-2012	Focus	f	1.495,0	14,5	10,74	31,4	01:43	20,0	25,1
Inge	18-08-2012	Focus	f	1.529,0	15,7	9,09	31,4	02:09	28,0	33,9
Inge	19-08-2012	Focus	e	1.538,0	18,9	1,93	34,0	00:26	28,0	8,5

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Inge	19-08-2012	Focus	f	1.572,0	17,3	14,52	31,2	01:58	28,0	34,1
Inge	23-08-2012	Focus	f	1.580,0	15,7	1,49	25,4	00:30	18,0	8,0
Inge	25-08-2012	Focus	f	1.594,0	15,5	8,02	33,0	00:54	17,0	14,0
Inge	28-08-2012	Focus	e	1.611,0	21,8	14,12	33,5	00:46	15,0	16,9
Inge	28-08-2012	Focus	e	1.648,0	22,2	21,33	39,4	01:40	17,0	37,0
Inge	01-09-2012	Focus	f	1.668,0	16,4	15,92	30,2	01:13	19,0	20,2
Inge	01-09-2012	Focus	e	1.686,0	17,1	1,70	27,4	01:04	15,0	18,3
Inge	04-09-2012	Focus	e	1.703,0	21,8	13,80	31,3	00:46	15,0	17,0
Inge	04-09-2012	Focus	e	1.720,0	16,6	14,22	27,4	01:00	15,0	16,8
Inge	04-09-2012	Focus	e	1.726,0	14,7	6,82	26,0	00:25	15,0	6,3
Inge	08-09-2012	Focus	f	1.734,0	15,3	0,93	25,4	00:31		8,0
Inge	15-09-2012	Focus	f	1.763,0	18,6	16,67	36,2	01:34	16,0	29,2
Inge	15-09-2012	Focus	f	1.770,0	15,1	6,24	24,1	00:24	12,0	6,2
Inge	17-09-2012	Focus	f	1.788,0	13,2	4,64	26,0	01:21		18,0
Inge	22-09-2012	Focus	e	1.798,0	15,1	10,07	25,0	00:42		10,7
Inge	23-09-2012	Focus	e	1.808,0	19,2	3,73	34,4	00:29	12,0	9,5
Inge	23-09-2012	Focus	f	1.835,0	14,2	11,95	28,1	01:55	12,0	27,3
Inge	30-09-2012	Focus	f	1.866,0	15,5	13,81	29,2	01:59	15,0	30,4
Inge	06-10-2012	Focus	f	1.881,0	14,7	10,93	26,4	01:03	12,0	15,5
Inge	18-10-2012	Focus	e	1.886,0	13,3	2,08	21,5	00:20	12,0	4,6
Inge	20-10-2012	Focus	f	1.903,0	13,2	4,23	26,1	01:18	16,0	17,2
Inge	21-10-2012	Focus	e	1.919,0	18,7	5,00	31,5	00:50	13,0	15,9

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Inge	21-10-2012	Focus	f	1.945,0	17,0	3,97	29,2	01:29	13,0	25,3
Inge	25-10-2012	Focus	e	1.949,0	14,6	1,68	20,6	00:17	5,0	4,3
Inge	27-10-2012	Focus	e	1.958,0	0,0	29,00	0,0	00:00	5,0	9,5
Inge	28-10-2012	Focus	f	1.980,0	15,4	8,14	30,3	01:23	6,0	21,4
Inge	01-11-2012	Focus	e	1.984,0	13,9	1,98	21,7	16:19		4,4
Inge	03-11-2012	Focus	f	2.014,0	18,0	16,85	33,5	01:40	7,0	30,1
Inge	04-11-2012	Focus	f	2.043,0	14,9	7,79	26,8	01:56	8,0	29,1
Inge	08-11-2012	Focus	e	2.048,0	13,8	2,03	20,1	00:18	9,0	4,3
Inge	17-11-2012	Focus	f	2.068,0	14,5	9,36	27,2	01:23	5,0	20,1
Inge	20-11-2012	Focus	e	2.077,0	15,8	4,20	27,8	00:35	8,0	9,2
Inge	21-11-2012	Focus	e	2.079,0	14,3	7,01	20,4	00:09	6,0	2,2
Inge	22-11-2012	Focus	e	2.084,0	14,8	2,10	19,6	00:17	8,0	4,3
Inge	23-11-2012	Focus	f	2.099,0	14,9	11,69		01:01	8,0	15,2
Inge	24-11-2012	Focus	f	2.119,0	14,2	12,61	27,4	01:26	6,0	20,4
Inge	29-11-2012	Focus	e	2.123,0	15,1	1,98	22,8	00:16	2,0	4,0
Inge	01-12-2012	Focus	f	2.144,0	14,0	7,48	27,5	01:29	5,0	20,8
Inge	06-12-2012	Focus	e	2.149,0	10,2	1,98	16,1	00:25	-2,0	4,4
Inge	13-12-2012	Focus	e	2.153,0	10,5	2,00	17,0	00:25		4,5
Inge	30-12-2012	Focus	e	2.182,0	19,7	19,81	32,9	01:28	6,5	29,1
Total										2.181,6