

26-1-2008

16-2-2008

	Tijd	Hartslag	Tempo	Afstand	Tijd	Hartslag (avg lap)	Tempo
1	01:07,0	140	10,74627	200	01:00,2	109	11,96013
2	01:01,0	144	11,80328	200	02:00,5	147	11,9403
3	00:57,0	148	12,63158	200	02:57,2	152	12,69841
4	01:00,0	153	12	200	03:53,0	155	12,90323
5	00:50,0	159	14,4	200	04:43,7	164	14,20118
6	00:55,0	162	13,09091	200	05:37,0	166	13,50844
7	00:48,1	165	14,96881	200	06:25,8	169	14,7541
8	00:48,0	168	15	200	07:15,0	174	14,63415
9	00:51,0	165	14,11765	200	08:00,2	177	15,9292
10	00:50,0	163	14,4	200	08:46,9	180	15,41756
11				200	09:28,5	183	17,30769

