

Marianna's Trainings

User Marianna

Jan 2007

Mi 3

- 15:39 **Westparkrunde**
 - Duration: 0.01:04:58
 - Sport: running
 - Description:
 - Distance: 9,48 km
 - Avg Speed: 8,8km/h

Fr 5

- 17:04 **Westparkrunde**
 - Duration: 0.01:06:58
 - Sport: running
 - Description:
 - Distance: 9,57 km
 - Avg Speed: 8,6km/h
- 19:04 **Aldi**
 - Duration: 0.00:05:00
 - Sport: driving
 - Description:
 - Distance: 1,78 km
 - Avg Speed: 21,4km/h

So 7

- 11:40 **_**
 - Duration: 0.01:11:36
 - Sport: driving
 - Description:
 - Distance: 18,34 km
 - Avg Speed: 15,4km/h

Mo 8

- 16:33 **_**
 - Duration: 0.00:30:33
 - Sport: walking
 - Description:
 - Distance: 1,91 km
 - Avg Speed: 3,7km/h
- 17:39 **Saturn Lindauer**
 - Duration: 0.01:26:06
 - Sport: driving
 - Description:
 - Distance: 24,88 km

- Avg Speed: 17,3km/h

Mi 10

- 10:50 **Postbox**
 - Duration: 0.00:14:29
 - Sport: walking
 - Description:
 - Distance: 1,08 km
 - Avg Speed: 4,5km/h
- 13:06 **Westpark**
 - Duration: 0.00:49:47
 - Sport: running
 - Description:
 - Distance: 9,19 km
 - Avg Speed: 11,1km/h

Do 11

- 06:01 **_**
 - Duration: 0.00:01:42
 - Sport: walking
 - Description:
 - Distance: 0,08 km
 - Avg Speed: 2,9km/h

Report created by **Run.GPS Analyzer**.