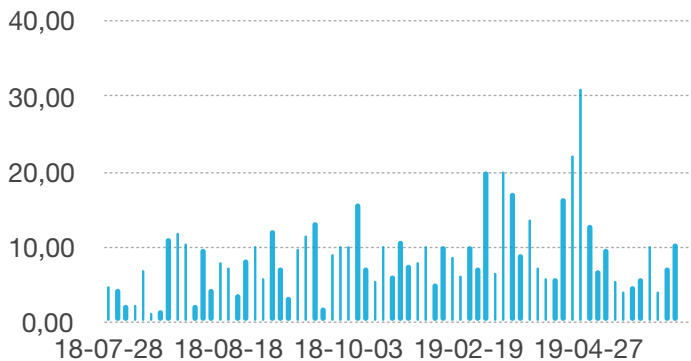


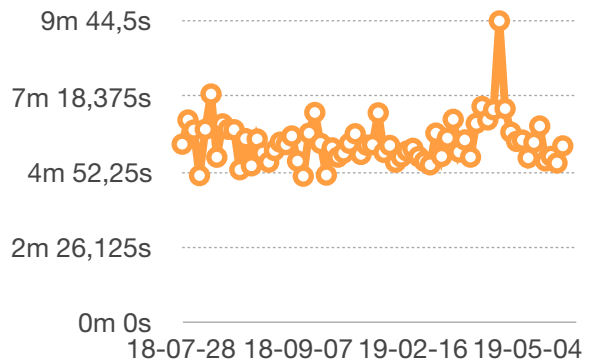
# MIN LÖPLOGG

1–25 april

## DISTANS (KM)



## TAKT (TID/KM)



SNITTDISTANS (KM)

**8,82**

SNITTLÖPTID

**53m 50s**

SNITTHASTIGHET/KM

**5m 51s**

TOTAL DISTANS (KM)

**590,80**

LÄNGSTA DISTANS (KM)

**31,07**

SNABBAST TAKT/KM

**4m 43s**

DATUM	TID	DISTANS (KM)	TAKT (TID/KM)	ANTECKNINGAR
18-07-28	27m 45s	4,82	5m 45s	
18-07-29	28m 15s	4,32	6m 32s	
18-07-30	15m 21s	2,47	6m 13s	
18-08-02	11m 23s	2,40	4m 45s	
18-08-04	43m 14s	6,93	6m 14s	
18-08-05	9m 40s	1,31	7m 23s	
18-08-06	9m 30s	1,78	5m 20s	
18-08-07	72m 45s	11,34	6m 25s	
18-08-09	74m 52s	12,00	6m 14s	
18-08-10	65m 52s	10,58	6m 14s	
18-08-11	10m 57s	2,22	4m 56s	
18-08-12	57m 53s	9,75	5m 56s	
18-08-13	21m 45s	4,30	5m 3s	
18-08-14	47m 56s	8,09	5m 56s	
18-08-18	39m 53s	7,29	5m 28s	
18-08-19	19m 12s	3,71	5m 11s	

DATUM	TID	DISTANS (KM)	TAKT (TID/KM)	ANTECKNINGAR
18-08-21	46m 16s	8,33	5m 33s	
18-08-29	58m 28s	10,04	5m 49s	
18-09-02	33m 29s	5,83	5m 45s	
18-09-05	73m 35s	12,22	6m 1s	
18-09-07	38m 9s	7,32	5m 13s	
18-09-08	16m 12s	3,43	4m 43s	
18-09-10	60m 2s	9,82	6m 7s	
18-09-12	78m 40s	11,60	6m 47s	
18-09-17	77m 6s	13,33	5m 47s	
18-09-21	8m 34s	1,80	4m 46s	
18-09-26	50m 41s	8,99	5m 38s	
18-09-29	53m 33s	10,03	5m 20s	
18-10-03	54m 48s	10,01	5m 28s	
18-10-06	91m 39s	15,84	5m 47s	
18-10-11	44m 44s	7,34	6m 6s	
18-10-16	29m 31s	5,44	5m 26s	
18-10-18	57m 15s	10,00	5m 44s	
18-10-25	34m 55s	6,08	5m 45s	
18-10-30	74m 12s	10,96	6m 46s	
18-11-01	41m 18s	7,52	5m 30s	
18-11-10	45m 10s	7,90	5m 43s	
18-11-15	51m 47s	10,01	5m 10s	
19-01-25	28m 6s	5,26	5m 21s	
19-02-10	55m 25s	10,01	5m 32s	
19-02-16	48m 8s	8,56	5m 37s	
19-02-17	33m 35s	6,27	5m 21s	
19-02-19	52m 4s	10,01	5m 12s	
19-02-27	36m 45s	7,22	5m 5s	
19-03-02	123m 24s	20,18	6m 7s	
19-03-09	35m 10s	6,56	5m 22s	
19-03-16	119m 10s	20,01	5m 57s	
19-03-30	112m 20s	17,12	6m 34s	
19-04-07	49m 28s	8,99	5m 30s	
19-04-14	79m 24s	13,47	5m 54s	
19-04-19	38m 30s	7,21	5m 20s	
19-04-20	36m 55s	5,74	6m 26s	
19-04-20	39m 46s	5,70	6m 59s	
19-04-21	107m 5s	16,37	6m 32s	

DATUM	TID	DISTANS (KM)	TAKT (TID/KM)	ANTECKNINGAR
19-04-22	152m 45s	22,24	6m 52s	
19-04-23	302m 40s	31,07	9m 44s	Bergspass, höjdmeter under passet 825m
19-04-27	90m 28s	13,10	6m 54s	Sprang 1km, körde 5set av 5 övningar på ett utegym. 10 varv plus löpning till och från.
19-05-01	41m 29s	6,75	6m 9s	
19-05-02	56m 12s	9,61	5m 51s	
19-05-02	32m 38s	5,54	5m 53s	
19-05-04	21m 19s	4,01	5m 19s	
19-05-04	27m 51s	4,79	5m 49s	
19-05-05	38m 8s	6,01	6m 21s	
19-05-18	52m 13s	10,01	5m 13s	
19-05-19	22m 22s	4,17	5m 22s	
19-05-22	37m 2s	7,19	5m 9s	
19-05-25	59m 45s	10,48	5m 42s	