

database file: c:\biklog\exam30.odb

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Run date: Mon 30 Dec 2002 18:11:23

Filter(s) applied: All bikes/All rides /Condition: All/monitor used : Yes

Time period: 9-Feb-2002 thru 21-Aug-2002

Number of filtered entries: 104 of total: 104

Total distance: 4996.7 Km Total number of hours: 195.1

#	date	bike	dist.	avg.	dur.	event	cust1	cust2	cust3	cust4	cond.	log notes
1	9-Feb-2002	Alleweder	68.0	25.0	2:43:12	plezier rit	0.0	0.0	0.0	0.0	Normal	n dronten onderhoud band r+a d
2	15-Feb-2002	ATB	18.3	21.0	0:52:17	plezier rit	0.0	0.0	0.0	0.0	Normal	n rondje Emmeloord
3	28-Feb-2002	Ander	9.0	27.0	0:20:00	plezier rit	0.0	0.0	0.0	0.0	Normal	n testen Batavus Al-plus Pro
4	28-Feb-2002	Giant TCR3	12.0	27.0	0:26:40	plezier rit	0.0	0.0	0.0	0.0	Normal	n testrit Giant TCR 3
5	2-Mar-2002	Giant TCR3	108.0	24.9	4:20:14	Swolland rit	0.0	0.0	0.0	0.0	Normal	n openingstocht
6	4-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR KKVM
7	5-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR KKVM
8	6-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR KKVM
9	11-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR KKVM
10	12-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR KKVM
11	13-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR KKVM 2x lek links
12	15-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR KKVM 2x lek links
13	17-Mar-2002	Giant TCR3	35.5	22.2	1:35:56	plezier rit	0.0	0.0	0.0	0.0	Normal	n rondje weerribben kuinrebos
14	19-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm
15	23-Mar-2002	Giant TCR3	81.1	24.2	3:21:04	plezier rit	0.0	0.0	0.0	0.0	Normal	n Rondje twykel sloten
16	26-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm
17	27-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm
18	29-Mar-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm
19	30-Mar-2002	Ander	14.0	25.0	0:33:36	plezier rit	0.0	0.0	0.0	0.0	Normal	n boodschappen
20	2-Apr-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	123.0	1144.0	45.0	102.0	Normal	y nlr kkvm
21	3-Apr-2002	Alleweder	42.5	30.0	1:25:00	Woon-werk	128.0	1142.0	45.0	85.0	Normal	y nlr kkvm
22	4-Apr-2002	Giant TCR3	51.8	28.0	1:50:59	Pionier rit	141.0	1666.0	35.0	105.0	Normal	y rondje kadoelen
23	5-Apr-2002	Alleweder	42.5	27.3	1:33:24	Woon-werk	125.0	1181.0	45.0	98.0	Normal	y nlr kkvm
24	7-Apr-2002	Giant TCR3	158.1	26.1	6:03:26	Swolland rit	126.0	4968.0	40.0	360.0	Normal	y 52ste Prestatietocht 15de ke
25	9-Apr-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	128.0	1206.0	42.5	97.0	Normal	y NLR kkvm
26	10-Apr-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	122.0	600.0	50.0	53.0	Normal	y NLR kkvm
27	11-Apr-2002	Giant TCR3	57.3	27.7	2:04:06	Pionier rit	0.0	0.0	0.0	0.0	Normal	n rondje weerribben
28	12-Apr-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm
29	22-Apr-2002	Alleweder	45.0	27.0	1:40:00	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm+

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#	date	bike	dist.	avg.	dur.	event	cust1	cust2	cust3	cust4	cond.	log notes	page 2
30	24-Apr-2002	Alleweder	44.0	27.0	1:37:46	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm+	
31	25-Apr-2002	Alleweder	46.0	27.0	1:42:13	Woon-werk	0.0	0.0	0.0	0.0	Normal	n NLR kkvm++	
32	26-Apr-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	124.0	1192.0	50.0	96.0	Normal	y NLR kkvm	
33	28-Apr-2002	ATB	18.6	18.0	1:02:00	plezier rit	125.0	1275.0	45.0	25.0	Normal	y les Cubes, bakker.m. Ellen	
34	29-Apr-2002	ATB	7.7	17.0	0:27:10	plezier rit	125.0	530.0	40.0	25.0	Normal	y les Cubes, bakker.m. Ellen	
35	30-Apr-2002	ATB	8.0	17.0	0:28:14	plezier rit	0.0	0.0	0.0	0.0	Normal	n les Cubes, bakker.m. Ellen	
36	2-May-2002	ATB	7.7	17.5	0:26:24	plezier rit	0.0	0.0	0.0	0.0	Normal	n les Cubes, bakker	
37	8-May-2002	Alleweder	45.5	27.0	1:41:06	Woon-werk	123.0	1222.0	50.0	108.0	Normal	y nlr kkvm++	
38	9-May-2002	Giant TCR3	43.0	27.3	1:34:30	plezier rit	146.0	1486.0	30.0	90.0	Normal	y lemmer kuinrebos	
39	13-May-2002	ATB	27.4	17.0	1:36:42	plezier rit	0.0	0.0	0.0	0.0	Normal	n schokland met gezin	
40	14-May-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	121.0	1144.0	52.0	105.0	Normal	y nlr kkvm	
41	15-May-2002	Alleweder	44.5	27.0	1:38:53	Woon-werk	128.0	1316.0	45.0	105.0	Normal	y nlr kkvm	
42	16-May-2002	Giant TCR3	73.1	29.1	2:30:43	Pionier rit	135.0	2110.0	40.0	154.0	Normal	y rondje ketelmeer	
43	17-May-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	115.0	1032.0	58.0	109.0	Normal	y nlr kkvm	
44	21-May-2002	Alleweder	46.5	28.0	1:39:38	Woon-werk	132.0	1138.0	42.5	110.0	Normal	y nlr kkvm+	
45	22-May-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	124.5	1117.0	46.5	83.0	Normal	y nlr kkvm	
46	23-May-2002	ATB	3.4	26.0	0:07:50	plezier rit	106.0	185.0	50.0	14.4	Normal	y boodschappen	
47	23-May-2002	Giant TCR3	71.0	29.3	2:25:11	Pionier rit	131.0	1851.0	42.0	138.0	Normal	y kampereiland	
48	24-May-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	118.0	968.0	55.0	90.0	Normal	y nlr kkvm	
49	25-May-2002	Giant TCR3	143.6	25.6	5:36:33	NTFU rit	138.0	5275.0	35.0	296.0	Normal	y controle 4 merentocht 135km	
50	27-May-2002	Alleweder	50.5	27.0	1:52:13	Woon-werk	116.0	978.0	50.0	58.0	Normal	y nlr kkvm++	
51	29-May-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	113.0	957.0	57.5	61.0	Normal	y nlr kkvm	
52	30-May-2002	Giant TCR3	64.4	29.3	2:11:52	Pionier rit	126.0	1804.0	40.0	110.0	Normal	y schoterzijkl-driewegsluis	
53	31-May-2002	Alleweder	44.5	27.0	1:38:53	Woon-werk	112.5	967.0	57.5	64.0	Normal	y nlr kkvm+	
54	1-Jun-2002	Giant TCR3	159.2	26.3	6:03:11	Swolland rit	132.0	4803.0	45.0	318.0	Normal	y Zwolle - Bad Bentheim	
55	2-Jun-2002	Giant TCR3	122.9	28.5	4:18:44	Swolland rit	129.0	2896.0	50.0	226.0	Normal	y Bad Bentheim - Zwolle	
56	3-Jun-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	113.0	921.0	57.5	63.0	Normal	y nlr kkvm	
57	4-Jun-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	112.0	873.0	57.5	53.0	Normal	y nlr kkvm	
58	5-Jun-2002	Alleweder	44.5	27.0	1:38:53	Woon-werk	116.0	940.0	52.5	72.0	Normal	y nlr kkvm	
59	6-Jun-2002	Alleweder	44.5	27.0	1:38:53	Woon-werk	110.0	847.0	60.0	28.0	Normal	y nlr kkvm	
60	9-Jun-2002	Giant TCR3	68.6	26.9	2:33:00	plezier rit	125.0	1774.0	50.0	149.0	Normal	y ruttense brug driewegsluis	
61	10-Jun-2002	Alleweder	40.5	27.0	1:30:00	Woon-werk	0.0	0.0	0.0	0.0	Normal	n nlr mvm	
62	11-Jun-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	117.5	991.0	55.0	92.0	Normal	y nlr kkvm	
63	13-Jun-2002	Giant TCR3	87.1	30.0	2:54:05	Pionier rit	142.0	2719.0	30.0	92.0	Normal	y rondje gaasterland oudermird	
64	17-Jun-2002	Ander	8.0	25.0	0:19:12	plezier rit	125.0	500.0	50.0	1.0	Normal	y scouting	
65	18-Jun-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	123.0	1082.0	50.0	92.0	Normal	y nlr kkvm	
66	19-Jun-2002	Alleweder	46.5	27.0	1:43:20	Woon-werk	114.0	999.0	57.5	76.0	Normal	y nlr kkvm +	

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#	date	bike	dist.	avg.	dur.	event	cust1	cust2	cust3	cust4	cond.	log	notes	page
67	20-Jun-2002	Giant TCR3	68.3	27.9	2:26:52	Pionier rit	143.0	2313.0	30.0	87.0	Normal	y	rondje Sondel-Sloten	3
68	24-Jun-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	125.0	199.0	50.0	91.0	Normal	y	NLR kkvm	
69	25-Jun-2002	Alleweder	45.5	27.0	1:41:06	Woon-werk	126.0	976.0	45.0	74.0	Normal	y	NLR kkvm+	
70	27-Jun-2002	Giant TCR3	70.0	28.7	2:26:20	Pionier rit	137.0	2136.0	35.0	96.0	Normal	y	rondje weerribben	
71	28-Jun-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	115.0	886.0	55.0	68.0	Rain	y	NLR kkvm	
72	2-Jul-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	113.5	822.0	55.0	60.0	Normal	y	NLR kkvm	
73	3-Jul-2002	Alleweder	41.0	27.0	1:31:06	Woon-werk	115.5	871.0	52.5	65.0	Rain	y	NLR mvm	
74	4-Jul-2002	Giant TCR3	70.5	29.9	2:21:28	Pionier rit	140.0	1977.0	35.0	103.0	Normal	y	Rondje ketelmeer klokswijs v	
75	5-Jul-2002	Alleweder	41.0	27.0	1:31:06	Woon-werk	112.0	791.0	57.5	47.0	Normal	y	nlr mvm	
76	8-Jul-2002	ATB	44.5	17.0	2:37:03	plezier rit	0.0	0.0	0.0	0.0	Normal	n	emmeloord-Jonen-Steenwijk	
77	9-Jul-2002	ATB	12.3	15.0	0:49:12	plezier rit	0.0	0.0	0.0	0.0	Normal	n	boodschappen steenwijk	
78	10-Jul-2002	ATB	44.0	17.0	2:35:17	plezier rit	0.0	0.0	0.0	0.0	Rain	n	Steenwijk-wateren-appelscha-	
79	11-Jul-2002	ATB	37.0	17.0	2:10:35	plezier rit	0.0	0.0	0.0	0.0	Rain	n	Wateren-Hooglanden,	
80	12-Jul-2002	ATB	13.9	17.0	0:49:03	plezier rit	0.0	0.0	0.0	0.0	Rain	n	Hooglanden-Kamp Westerbork-H	
81	13-Jul-2002	ATB	54.3	17.0	3:11:38	plezier rit	0.0	0.0	0.0	0.0	Normal	n	Hooglanden-Borger-Exloo-Scho	
82	14-Jul-2002	ATB	59.2	17.0	3:28:56	plezier rit	0.0	0.0	0.0	0.0	Normal	n	Schoonoord-Slagharen-Hardenb	
83	15-Jul-2002	ATB	25.5	17.0	1:30:00	plezier rit	0.0	0.0	0.0	0.0	Normal	n	Ponypark Slagharen + boodsch	
84	16-Jul-2002	ATB	48.6	17.0	2:51:31	plezier rit	0.0	0.0	0.0	0.0	Normal	n	Hardenberg-Hellendoorn	
85	17-Jul-2002	ATB	29.0	19.0	1:31:34	plezier rit	0.0	0.0	0.0	0.0	Normal	n	Hellendoorn-rondje Holterber	
86	18-Jul-2002	ATB	44.0	17.0	2:35:17	plezier rit	0.0	0.0	0.0	0.0	Normal	n	Hellendoorn-Zwolle	
87	19-Jul-2002	ATB	51.0	17.0	3:00:00	plezier rit	0.0	0.0	0.0	0.0	Normal	n	Zwolle-Emmeloord	
88	25-Jul-2002	Giant TCR3	72.2	31.7	2:16:39	Pionier rit	0.0	0.0	0.0	0.0	Normal	n	e'oord-Wolvega-E'oord	
89	29-Jul-2002	Alleweder	42.5	28.0	1:31:04	Woon-werk	129.0	945.0	42.5	56.5	Normal	y	nlr mvm+	
90	31-Jul-2002	Alleweder	40.5	27.0	1:30:00	Woon-werk	123.5	968.0	47.5	73.0	Normal	y	nlr mvm	
91	1-Aug-2002	Giant TCR3	66.9	29.9	2:14:14	Pionier rit	127.0	1612.0	45.0	135.0	Normal	y	rondje Belt Schutsloot	
92	2-Aug-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	125.5	949.0	45.0	56.0	Normal	y	nlr mvm	
93	5-Aug-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	118.0	832.0	50.0	65.0	Normal	y	nlr mvm	
94	6-Aug-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	114.5	820.0	55.0	63.0	Rain	y	nlr mvm+	
95	7-Aug-2002	Alleweder	44.5	27.0	1:38:53	Woon-werk	120.0	904.0	50.0	74.0	Normal	y	nlr mvm++	
96	8-Aug-2002	Giant TCR3	80.0	31.3	2:33:21	Pionier rit	135.0	2136.0	40.0	140.0	Normal	y	Rutten-Oldelamer-schoterzijl	
97	9-Aug-2002	Alleweder	44.5	27.0	1:38:53	Woon-werk	116.0	871.0	55.0	74.0	Rain	y	NLR mvm++	
98	13-Aug-2002	Alleweder	44.5	27.0	1:38:53	Woon-werk	116.0	883.0	52.5	61.0	Normal	y	NLR kkvm	
99	14-Aug-2002	Alleweder	48.0	27.0	1:46:40	Woon-werk	123.0	915.0	47.5	73.0	Normal	n	NLR kkvm++	
100	15-Aug-2002	Giant TCR3	71.7	31.8	2:15:16	Pionier rit	141.0	1896.0	35.0	82.0	Normal	y	rondje shoterzijl weerribben	
101	16-Aug-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	118.0	867.0	52.5	73.0	Normal	n	NLR kkvm	
102	19-Aug-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	114.5	911.0	52.5	53.0	Normal	n	NLR kkvm	
103	20-Aug-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	119.0	934.0	52.5	73.0	Normal	n	NLR kkvm	

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#	date bike	dist.	avg.	dur.	event	cust1	cust2	cust3	cust4	cond.	log notes	page 4
104	21-Aug-2002	Alleweder	42.5	27.0	1:34:26	Woon-werk	116.0	932.0	55.0	72.0	Rain	n NLR kkvm

Cust1 = average Hr [bpm]; Cust2 = calories [kcal]; Cust3 = fat used [%]; Cust4 = time in zone [min]; Log = monitor used