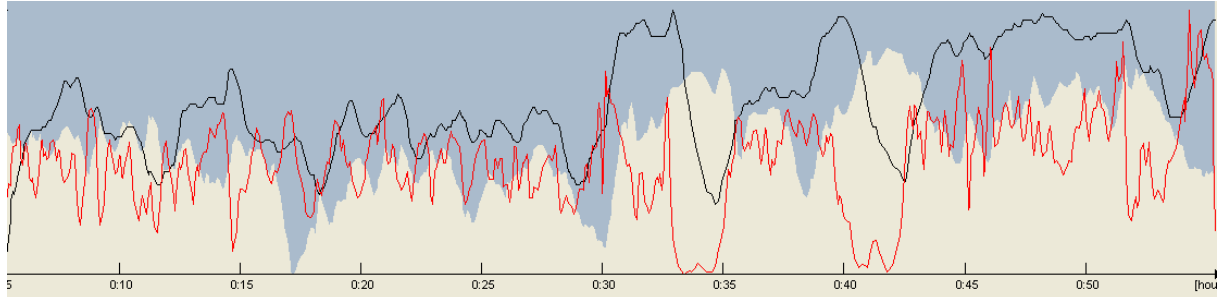


20120416 MTB spåret Södra Rocklunda.

Start uppe vid 5km spåret.Hans med flygande start och Jan o Rolf efter vila.Jan sprang fram o tillbaka 300m vid tidaxel 47min.Jag utmana honom under 15s.

Jan

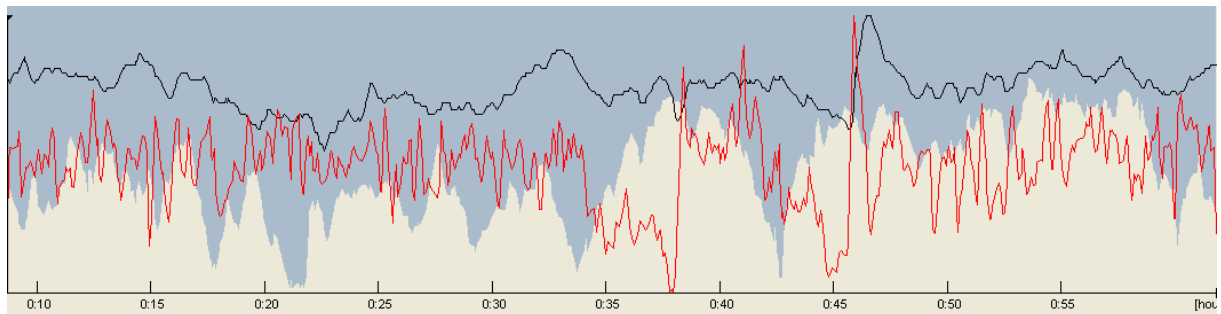


Tid 55:00min,vila 4:00min, Runtime 51:00min, 5,6km.

Max puls 166 min 109,medel 137,

Max hast 15,8 km/h 10s , ca:13,0 km/h 50s, medel= $5,6/51*60= 6,6$ km/h

Hans

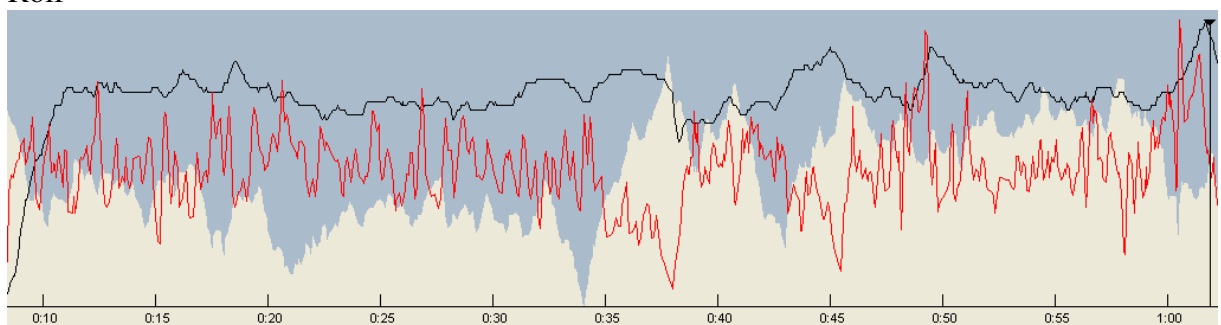


Tid 53:00min,vila 0:00min, Runtime 53:00min, 5,3km.

Max puls 172 min 138, medel 151.

Max hast 11,5 km/h 10s , ca:7,6 km/h 50s, medel= $5,3/53*60= 6,0$ km/h

Rolf



Tid 53:00min,vila 0:00min, Runtime 53:00min, 5,3km .

Max puls 156, min 129, medel 134.

Max hast 11,8 km/h 10s, ca:9,2 km/h 50s, medel= $5,3/53*60= 6,0$ km/h