

Log Card Data - Concept2 Utility

Log Data for: Anna

			Total Workout Results				Split or Work Interval Results				Results Calculated by Formulas			Interval Rest Results		
Name	Date	Time of Workout Day Name	Time	Meters	SPM	Heart Rate	Time	Meters	SPM	Heart Rate	/500m	Cal/hr	Watt	Time	Meters	Heart Rate
Anna	4/7/12	15:23 v5:00...7	30:00.0	6037	25						02:29.0	663	106			
Anna	4/7/12	15:23 v5:00...7					05:00.0	911	25	0	02:44.6	569	78			
Anna	4/7/12	15:23 v5:00...7												01:00.0	0	0
Anna	4/7/12	15:23 v5:00...7					04:00.0	837	26	0	02:23.3	708	119			
Anna	4/7/12	15:23 v5:00...7												01:00.0	183	0
Anna	4/7/12	15:23 v5:00...7					04:00.0	843	26	0	02:22.3	717	121			
Anna	4/7/12	15:23 v5:00...7												01:00.0	174	0
Anna	4/7/12	15:23 v5:00...7					04:00.0	859	26	0	02:19.6	741	128			
Anna	4/7/12	15:23 v5:00...7												01:00.0	173	0
Anna	4/7/12	15:23 v5:00...7					04:00.0	845	24	0	02:22.0	720	122			
Anna	4/7/12	15:23 v5:00...7												01:00.0	169	0
Anna	4/7/12	15:23 v5:00...7					04:00.0	847	25	0	02:21.6	723	126			
Anna	4/7/12	15:23 v5:00...7												01:00.0	165	0
Anna	4/7/12	15:23 v5:00...7					04:00.0	892	24	0	02:48.1	553	74			
Anna	4/7/12	15:23 v5:00...7												00:00.0	0	0
Anna	3/22/12	16:56 0:30:00	30:00.0	6247	26						02:24.0	702	117			
Anna	3/22/12	16:56 0:30:00					06:00.0	1253	25	0	02:23.6	706	118			
Anna	3/22/12	16:56 0:30:00					12:00.0	1261	25	0	02:22.7	714	120			
Anna	3/22/12	16:56 0:30:00					18:00.0	1252	26	0	02:23.7	705	118			
Anna	3/22/12	16:56 0:30:00					24:00.0	1221	26	0	02:27.4	675	109			
Anna	3/22/12	16:56 0:30:00					30:00.0	1257	27	0	02:23.1	710	119			
Anna	3/9/12	15:42 6190m	30:53.1	6190	25	129					02:29.6	659	104			
Anna	3/9/12	15:42 6190m					06:24.1	1300	24	115	02:27.7	673	109			
Anna	3/9/12	15:42 6190m					06:29.1	2600	24	118	02:29.6	659	104			
Anna	3/9/12	15:42 6190m					06:32.9	3900	25	120	02:31.1	649	101			
Anna	3/9/12	15:42 6190m					06:37.5	5200	25	125	02:32.8	637	98			
Anna	3/9/12	15:42 6190m					04:49.5	6190	25	129	02:26.2	685	112			
Anna	3/8/12	12:49 6000m	29:16.9	6000	26	0					02:26.4	683	112			
Anna	3/8/12	12:49 6000m					04:45.0	1000	25	0	02:22.5	716	121			
Anna	3/8/12	12:49 6000m					04:51.8	2000	26	0	02:25.9	687	113			
Anna	3/8/12	12:49 6000m					04:56.3	3000	27	0	02:28.1	670	108			
Anna	3/8/12	12:49 6000m					04:58.0	4000	27	0	02:29.0	664	106			
Anna	3/8/12	12:49 6000m					04:57.2	5000	26	0	02:28.6	667	107			
Anna	3/8/12	12:49 6000m					04:48.7	6000	26	0	02:24.3	700	116			