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Date	Semaine	Mois	Sport	Durée	Distance	D+	Équiv	Pente	Rdouce	Rdure	Matériel	Commentaire
Mon 2 Jan	2	1	Càp	01:03:00	9.5	100	10.3	2.1			Altra Provision 2.5 2016	
Mon 2 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 2 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 3 Jan	2	1	Marche	00:55:00	7		7	0			Altra Provision 2.5 2016	
Tue 3 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 3 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 4 Jan	2	1	Càp	00:59:00	9.5	100	10.3	2.1			Altra Provision 2.5 2016	
Wed 4 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 4 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 5 Jan	2	1	Marche	00:56:00	7		7	0			Altra Provision 2.5 2016	
Thu 5 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 5 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 6 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 6 Jan	2	1	Càp	00:43:00	7	100	7.8	2.9			Asics GT 3000 2016	
Fri 6 Jan	2	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 9 Jan	3	1	Càp	01:50:00	17		17	0			Altra Provision 2.5 2016	
Tue 10 Jan	3	1	Càp	01:40:00	15		15	0			Altra Provision 2.5 2016	
Wed 11 Jan	3	1	Marche	02:10:00	15		15	0			Altra Provision 2.5 2016	
Thu 12 Jan	3	1	Càp	01:50:00	15		15	0			Altra Provision 2.5 2016	
Fri 13 Jan	3	1	Càp	01:40:00	15		15	0			Altra Provision 2.5 2016	
Sat 14 Jan	3	1	Càp	02:00:00	18		18	0			Altra Provision 2.5 2016	
Mon 16 Jan	4	1	Càp	00:57:00	9.5	100	10.3	2.1			Altra Provision 2.5 2016	
Mon 16 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 16 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 17 Jan	4	1	Càp	00:57:00	9.5	100	10.3	2.1			Altra Provision 2.5 2016	
Tue 17 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 17 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 18 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 18 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 19 Jan	4	1	Càp	00:53:00	9.5	100	10.3	2.1			Altra Provision 2.5 2016	
Fri 20 Jan	4	1	Càp	00:54:00	9.5	100	10.3	2.1			Altra Provision 2.5 2016	
Fri 20 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 20 Jan	4	1	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	

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Sat 21 Jan	4	1	Vélo	02:40:00	32	200	7.4	1.3		VTT 2008	
Sun 22 Jan	4	1	Càp	02:50:00	27		27	0		Altra Provision 2.5 2016	
Sun 22 Jan	4	1	Nat	00:25:00	1		4	0			
Mon 23 Jan	5	1	Càp	01:03:00	9.5	100	10.3	2.1		Asics GT 3000 2016	
Mon 23 Jan	5	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 23 Jan	5	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 24 Jan	5	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 24 Jan	5	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 25 Jan	5	1	Càp	00:53:00	9.5	100	10.3	2.1		Asics GT 3000 2016	
Mon 30 Jan	6	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 30 Jan	6	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 31 Jan	6	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 31 Jan	6	1	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 1 Feb	6	2	Càp	00:42:00	7		7	0		Asics GT 3000 2016	
Wed 1 Feb	6	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 1 Feb	6	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 2 Feb	6	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 2 Feb	6	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 3 Feb	6	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 3 Feb	6	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sun 5 Feb	6	2	Nat	00:18:00	0.8		3.2	0			
Mon 6 Feb	7	2	Càp	00:55:00	9.5	100	10.3	2.1		Asics GT 3000 2016	
Mon 6 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 6 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 7 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 7 Feb	7	2	Nat	00:20:00	0.9		3.6	0			
Tue 7 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 8 Feb	7	2	Càp	00:55:00	9.5	100	10.3	2.1		Asics GT 3000 2016	
Wed 8 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 8 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 9 Feb	7	2	Càp	00:55:00	9.5	100	10.3	2.1		Asics GT 3000 2016	
Thu 9 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 9 Feb	7	2	Nat	00:15:00	0.6		2.4	0			
Thu 9 Feb	7	2	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	

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Fri 10 Feb	7	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Fri 10 Feb	7	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Sat 11 Feb	7	2	Càp	01:51:00	20		20	0			Addidas Sequence Boost 2017
Sun 12 Feb	7	2	Càp	01:54:00	20		20	0			Addidas Sequence Boost 2017
Mon 13 Feb	8	2	Càp	01:57:00	20		20	0			Addidas Sequence Boost 2017
Mon 13 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Mon 13 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Tue 14 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Tue 14 Feb	8	2	Nat	00:15:00	0.6		2.4	0			
Tue 14 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Wed 15 Feb	8	2	Càp	01:59:00	20		20	0			Addidas Sequence Boost 2017
Wed 15 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Wed 15 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Thu 16 Feb	8	2	Càp	01:55:00	20		20	0			Addidas Sequence Boost 2017
Thu 16 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Thu 16 Feb	8	2	Nat	00:15:00	0.6		2.4	0			
Thu 16 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Fri 17 Feb	8	2	Càp	01:57:00	20		20	0			Addidas Sequence Boost 2017
Fri 17 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Fri 17 Feb	8	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Sun 19 Feb	8	2	Càp	02:23:00	26		26	0			Addidas Sequence Boost 2017
Mon 20 Feb	9	2	Càp	01:59:00	20		20	0			Addidas Sequence Boost 2017
Mon 20 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Mon 20 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014
Tue 21 Feb	9	2	Càp	01:59:00	20		20	0			Addidas Sequence Boost 2017
Tue 21 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014

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Tue 21 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 22 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 22 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 23 Feb	9	2	Càp	01:59:00	20		20	0			Addidas Sequence Boost 2017	
Thu 23 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 23 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 24 Feb	9	2	Càp	00:59:00	9.5	100	10.3	2.1			Addidas Sequence Boost 2017	
Fri 24 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 24 Feb	9	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sun 26 Feb	9	2	Càp	02:20:00	26		26	0			Addidas Sequence Boost 2017	
Mon 27 Feb	10	2	Càp	00:53:00	9.5	100	10.3	2.1			Addidas Sequence Boost 2017	
Mon 27 Feb	10	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 27 Feb	10	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 28 Feb	10	2	Càp	00:49:00	9.5	100	10.3	2.1			Addidas Sequence Boost 2017	
Tue 28 Feb	10	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 28 Feb	10	2	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 1 Mar	10	3	Càp	00:55:00	9.5	100	10.3	2.1			Addidas Sequence Boost 2017	
Wed 1 Mar	10	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 1 Mar	10	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 2 Mar	10	3	Càp	01:19:00	15		15	0			Addidas Sequence Boost 2017	
Thu 2 Mar	10	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 2 Mar	10	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 3 Mar	10	3	Càp	00:55:00	9.5	100	10.3	2.1			Addidas Sequence Boost 2017	
Fri 3 Mar	10	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 3 Mar	10	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sun 5 Mar	10	3	Càp	01:29:00	21.1		21.1	0	01:29:00		Addidas Sequence Boost 2017	Semir Paris 2017

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Mon 6 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 7 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 7 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 8 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 8 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 9 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 9 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 10 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 10 Mar	11	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sat 11 Mar	11	3	Càp	01:42:00	19		19	0			Addidas Sequence Boost 2017	Nouveau parcours de 19 par Chatou
Sun 12 Mar	11	3	Càp	01:14:00	14.5		14.5	0	00:30:00		Addidas Sequence Boost 2017	Inauguration Stade du Marais, séries de 800 à 1500 m
Mon 13 Mar	12	3	Càp	01:05:00	11	100	11.8	1.8			Addidas Sequence Boost 2017	
Mon 13 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 13 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 14 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 14 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 15 Mar	12	3	Càp	01:05:00	11	100	11.8	1.8			Addidas Sequence Boost 2017	
Wed 15 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 15 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 16 Mar	12	3	Càp	01:03:00	11	100	11.8	1.8			Addidas Sequence Boost 2017	
Thu 16 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 16 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 17 Mar	12	3	Càp	01:03:00	11	100	11.8	1.8			Addidas Sequence Boost 2017	
Fri 17 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 17 Mar	12	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sat 18 Mar	12	3	Càp	02:35:00	28		28	0			Addidas Sequence Boost 2017	

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Sun 19 Mar	12	3	Càp	02:20:00	25	25	0		Addidas Sequence Boost 2017	
Mon 20 Mar	13	3	Càp	00:40:00	6	6	0		Addidas Sequence Boost 2017	
Mon 20 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Mon 20 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 21 Mar	13	3	Càp	01:02:00	11	100	11.8	1.8	Addidas Sequence Boost 2017	
Tue 21 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 21 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 23 Mar	13	3	Marche	00:50:00	6	6	0		Addidas Sequence Boost 2017	
Thu 23 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 23 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Fri 24 Mar	13	3	Càp	00:58:00	11	100	11.8	1.8	Addidas Sequence Boost 2017	
Fri 24 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Fri 24 Mar	13	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Sat 25 Mar	13	3	Càp	02:33:00	28	28	0		Addidas Sequence Boost 2017	
Sun 26 Mar	13	3	Vélo	00:45:00	13	2.6	0		Fixie Batavus 2014	Pétage Mouettes
Sun 26 Mar	13	3	Vélo	00:45:00	13	2.6	0		Fixie Batavus 2014	
Mon 27 Mar	14	3	Càp	01:00:00	11	100	11.8	1.8	Addidas Sequence Boost 2017	
Mon 27 Mar	14	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Mon 27 Mar	14	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 28 Mar	14	3	Càp	00:42:00	6	6	0		Addidas Sequence Boost 2017	Jeu zuis balladeu
Tue 28 Mar	14	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 28 Mar	14	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Wed 29 Mar	14	3	Càp	01:07:00	11	100	11.8	1.8	Addidas Sequence Boost 2017	Tranquille
Wed 29 Mar	14	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Wed 29 Mar	14	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 30 Mar	14	3	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	

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Thu 30 Mar	14	3	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 31 Mar	14	3	Càp	00:55:00	11	100	11.8	1.8	00:55:00		Addidas Sequence Boost 2017	Vroum !
Sat 1 Apr	14	4	Càp	01:15:00	12		12	0			Addidas Sequence Boost 2017	
Sun 2 Apr	14	4	Càp	02:00:00	25		25	0	00:30:00		Addidas Sequence Boost 2017	3 * 10 minutes
Mon 3 Apr	15	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 3 Apr	15	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 4 Apr	15	4	Càp	00:57:00	11	100	11.8	1.8			Addidas Sequence Boost 2017	
Tue 4 Apr	15	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 4 Apr	15	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 5 Apr	15	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 5 Apr	15	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 6 Apr	15	4	Càp	00:37:00	6		6	0			Addidas Sequence Boost 2017	
Sun 9 Apr	15	4	Càp	03:08:00	42.2		42.2	0	03:00:00		Addidas Sequence Boost 2017	
Mon 10 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 10 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 11 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 11 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 12 Apr	16	4	Càp	00:42:00	6		6	0			Addidas Sequence Boost 2017	
Wed 12 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 12 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 13 Apr	16	4	Càp	01:47:00	18		18	0			Addidas Sequence Boost 2017	
Thu 13 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 13 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 14 Apr	16	4	Càp	01:45:00	17		17	0			Addidas Sequence Boost 2017	
Fri 14 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 14 Apr	16	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	

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Sun 16 Apr	16	4	Càp	02:11:00	25		25	0	00:50:00	Addidas Sequence Boost 2017	Je me tire une bonne bourre sur le retour
Mon 17 Apr	17	4	Càp	02:13:00	25		25	0		Addidas Sequence Boost 2017	
Tue 18 Apr	17	4	Càp	00:43:00	6		6	0		Addidas Sequence Boost 2017	
Tue 18 Apr	17	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 18 Apr	17	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 19 Apr	17	4	Càp	01:03:00	11	100	11.8	1.8		Addidas Sequence Boost 2017	
Wed 19 Apr	17	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 19 Apr	17	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 20 Apr	17	4	Càp	01:07:00	11	100	11.8	1.8		Addidas Sequence Boost 2017	Ça caille pinaise, pour un mois d'Avril, c'est du vol !
Thu 20 Apr	17	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 21 Apr	17	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sat 22 Apr	17	4	Càp	02:20:00	25		25	0		Addidas Sequence Boost 2017	
Mon 24 Apr	18	4	Càp	01:05:00	11	100	11.8	1.8		Addidas Sequence Boost 2017	
Mon 24 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 24 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 25 Apr	18	4	Càp	00:41:00	6		6	0		Addidas Sequence Boost 2017	
Tue 25 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 25 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 26 Apr	18	4	Càp	01:00:00	11	100	11.8	1.8		Addidas Sequence Boost 2017	
Wed 26 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 26 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 27 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 27 Apr	18	4	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 28 Apr	18	4	Càp	00:59:00	11	100	11.8	1.8		Addidas Sequence Boost 2017	

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Fri 28 Apr	18	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 28 Apr	18	4	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sat 29 Apr	18	4	Càp	02:20:00	25		25	0			Addidas Sequence Boost 2017	
Mon 1 May	19	5	Càp	05:00:00	45		45	0			Addidas Sequence Boost 2017	Aller Marathon de Sénart
Mon 1 May	19	5	Càp	03:38:00	42		42	0			Addidas Sequence Boost 2017	Marathon de Sénart
Tue 2 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 2 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 3 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 3 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 4 May	19	5	Càp	01:01:00	11	100	11.8	1.8			Saucony Hurricane Bleues 2017	
Thu 4 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 4 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 5 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 5 May	19	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sat 6 May	19	5	Càp	02:20:00	26		26	0			Saucony Hurricane Bleues 2017	
Sun 7 May	19	5	Càp	02:25:00	25		25	0			Brooks Adrenaline 2017	
Mon 8 May	20	5	Càp	02:12:00	25		25	0			Saucony Hurricane Bleues 2017	
Tue 9 May	20	5	Càp	01:03:00	11		11	0			Saucony Hurricane Bleues 2017	Tours du tour du stade en face
Tue 9 May	20	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 9 May	20	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 10 May	20	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 10 May	20	5	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 10 May	20	5	Vélo	00:45:00	13		2.6	0			Fixie Batavus 2014	NFL
Wed 10 May	20	5	Marche	01:00:00	5.5		5.5	0			Saucony Hurricane Bleues 2017	NFL
Wed 10 May	20	5	Càp	01:40:00	18		18	0			Saucony Hurricane Bleues 2017	NFL
Wed 10 May	20	5	Vélo	00:45:00	13		2.6	0			Fixie Batavus 2014	NFL

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Thu 11 May	20	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Thu 11 May	20	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Fri 12 May	20	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Fri 12 May	20	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Fri 12 May	20	5	Vélo	00:45:00	13	2.6	0	Fixie Batavus 2014	NFL
Fri 12 May	20	5	Marche	00:40:00	3	3	0	Saucony Hurricane Bleues 2017	NFL
Sat 13 May	20	5	Càp	05:30:00	54	54	0	Saucony Hurricane Bleues 2017	NFL
Sat 13 May	20	5	Vélo	00:45:00	13	2.6	0	Fixie Batavus 2014	NFL
Sun 14 May	20	5	Càp	03:20:00	31	31	0	Saucony Hurricane Bleues 2017	Découverte parcours 6j juste à côté de chez moi (stade du marais)
Mon 15 May	21	5	Càp	01:01:00	10	10	0	Saucony Hurricane Bleues 2017	
Mon 15 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Mon 15 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Tue 16 May	21	5	Càp	00:55:00	8.5	8.5	0	Saucony Hurricane Bleues 2017	
Tue 16 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Tue 16 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Wed 17 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Wed 17 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Thu 18 May	21	5	Càp	00:40:00	3.5	3.5	0	Saucony Hurricane Bleues 2017	
Thu 18 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Thu 18 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Fri 19 May	21	5	Càp	00:42:00	6.5	6.5	0	Saucony Hurricane Bleues 2017	
Fri 19 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Fri 19 May	21	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Mon 22 May	22	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Mon 22 May	22	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Tue 23 May	22	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	
Tue 23 May	22	5	Vélo	00:50:00	14	2.8	0	Fixie Batavus 2014	

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Wed 24 May	22	5	Càp	00:41:00	6		6	0		Brooks Adrenaline 2017	
Wed 24 May	22	5	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 24 May	22	5	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 26 May	22	5	Càp	11:00:00	120	2200	137.6	3.7		Saucony Hurricane Bleues 2017	Ultrathlétic Ardèche
Fri 26 May	22	5	Marche	03:00:00	15	300	17.4	4		Saucony Hurricane Bleues 2017	Ultrathlétic Ardèche
Sat 27 May	22	5	Càp	05:30:00	40	800	46.4	4		Saucony Hurricane Bleues 2017	Ultrathlétic Ardèche
Sat 27 May	22	5	Marche	06:30:00	33	700	38.6	4.2		Saucony Hurricane Bleues 2017	Ultrathlétic Ardèche
Mon 29 May	23	5	Vélo	01:00:00	14		2.8	0		VTT 2008	Je reperse avec le fixie à 30 mètres de la maison, plan B == VTT
Mon 29 May	23	5	Vélo	00:50:00	14		2.8	0		VTT 2008	
Tue 30 May	23	5	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 30 May	23	5	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 31 May	23	5	Càp	00:42:00	6		6	0		Brooks Adrenaline 2017	
Wed 31 May	23	5	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 31 May	23	5	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 1 Jun	23	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 2 Jun	23	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 6 Jun	24	6	Càp	02:15:00	20.5		20.5	0		Brooks Adrenaline 2017	NYC, Raclette !
Wed 7 Jun	24	6	Càp	02:25:00	22		22	0		Brooks Adrenaline 2017	
Thu 8 Jun	24	6	Marche	01:30:00	10		10	0		Brooks Adrenaline 2017	
Thu 8 Jun	24	6	Càp	01:30:00	15.5		15.5	0		Brooks Adrenaline 2017	Avec le Datadog Run Club
Fri 9 Jun	24	6	Marche	01:00:00	6.5		6.5	0		Brooks Adrenaline 2017	
Sat 10 Jun	24	6	Vélo	03:00:00	40		8	0		VTT 2008	Avec Lise
Mon 12 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Mon 12 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Tue 13 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Tue 13 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Wed 14 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Wed 14 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	

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Thu 15 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Thu 15 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Fri 16 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Fri 16 Jun	25	6	Vélo	00:50:00	14		2.8	0		VTT 2008	
Mon 19 Jun	25	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	New vélo, roue à bâton et gros braquet ;)
Mon 19 Jun	26	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 20 Jun	26	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 20 Jun	26	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 22 Jun	26	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 22 Jun	26	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sat 24 Jun	26	6	Càp	02:24:00	21		21	0		Saucony Hurricane Bleues 2017	Vallergues, fanfare (chaud, en plein cagnard, pas d'eau)
Sun 25 Jun	26	6	Càp	01:02:00	9		9	0		Saucony Hurricane Bleues 2017	
Mon 26 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 26 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 27 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 27 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 28 Jun	27	6	Càp	01:05:00	11	100	11.8	1.8		Saucony Hurricane Bleues 2017	
Wed 28 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 28 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 29 Jun	27	6	Càp	01:05:00	11	100	11.8	1.8		Saucony Hurricane Bleues 2017	
Fri 30 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 30 Jun	27	6	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 3 Jul	28	7	Càp	00:58:00	11	100	11.8	1.8		Saucony Hurricane Bleues 2017	
Mon 3 Jul	28	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 3 Jul	28	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 3 Jul	28	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	Répète sur les quais
Mon 3 Jul	28	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 4 Jul	28	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	

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Tue 4 Jul	28	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 5 Jul	28	7 C�p	01:52:00	19		19	0			Saucony Hurricane Bleues 2017	
Thu 6 Jul	28	7 C�p	00:40:00	6		6	0			Saucony Hurricane Bleues 2017	
Thu 6 Jul	28	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 6 Jul	28	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 7 Jul	28	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 7 Jul	28	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sun 9 Jul	28	7 C�p	09:31:00	100	200	101.6	0.4			Saucony Hurricane Bleues 2017	100k Cl�der
Wed 12 Jul	29	7 Nat	00:25:00	1		4	0			Fixie Batavus 2014	
Fri 14 Jul	29	7 Nat	00:50:00	2		8	0			Fixie Batavus 2014	
Sat 15 Jul	29	7 C�p	01:40:00	18		18	0			Saucony Hurricane Bleues 2017	Noirmoutier
Mon 17 Jul	30	7 C�p	01:07:00	11	100	11.8	1.8			Brooks Adrenaline 2017	
Mon 17 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Mon 17 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 18 Jul	30	7 C�p	01:07:00	11	100	11.8	1.8			Brooks Adrenaline 2017	
Tue 18 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 18 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 19 Jul	30	7 C�p	01:00:00	11	100	11.8	1.8			Brooks Adrenaline 2017	
Wed 19 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 19 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 20 Jul	30	7 C�p	01:06:00	11	100	11.8	1.8			Brooks Adrenaline 2017	
Fri 21 Jul	30	7 C�p	01:03:00	11	100	11.8	1.8			Brooks Adrenaline 2017	
Fri 21 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 21 Jul	30	7 V�lo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sat 22 Jul	30	7 C�p	02:20:00	25		25	0			Brooks Adrenaline 2017	
Sun 23 Jul	30	7 V�lo	05:00:00	112		22.4	0			Synapse 2010	Sur le parcours des « asperges » d'Argenteuil. J'avance pas, mais c'est un plaisir.

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Mon 24 Jul	31	7	Càp	00:58:00	100		100	0		Brooks Adrenaline 2017	Enfin, retombé sous l'heure, pas trop tôt !
Mon 24 Jul	31	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 24 Jul	31	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 25 Jul	31	7	Marche	00:50:00	6		6	0		Brooks Adrenaline 2017	
Tue 25 Jul	31	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 25 Jul	31	7	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 28 Jul	31	7	Nat	03:58:00	11.4		45.6	0			Lensahn !
Fri 28 Jul	31	7	Vélo	13:00:00	330		66	0		Synapse 2010	
Sat 29 Jul	31	7	Vélo	09:50:00	210		42	0		Synapse 2010	
Sat 29 Jul	31	7	Càp	14:00:00	112		112	0		Brooks Adrenaline 2017	
Sun 30 Jul	31	7	Càp	01:39:00	14.6		14.6	0		Brooks Adrenaline 2017	
Tue 1 Aug	32	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 1 Aug	32	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 4 Aug	32	8	Càp	01:20:00	13		13	0		Mizuno Ultima 8 2017	
Fri 4 Aug	32	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 4 Aug	32	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sat 5 Aug	32	8	Càp	01:28:00	14		14	0		Mizuno Ultima 8 2017	
Sat 5 Aug	32	8	Càp	01:27:00	14		14	0		Mizuno Ultima 8 2017	
Sun 6 Aug	32	8	Càp	01:33:00	15		15	0		Mizuno Ultima 8 2017	
Sun 6 Aug	32	8	Càp	01:34:00	15		15	0		Brooks Adrenaline 2017	
Mon 7 Aug	33	8	Càp	00:50:00	7.5		7.5	0		Brooks Adrenaline 2017	
Mon 7 Aug	33	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 7 Aug	33	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 8 Aug	33	8	Càp	01:55:00	19		19	0		Brooks Adrenaline 2017	
Wed 9 Aug	33	8	Càp	01:03:00	11	100	11.8	1.8		Brooks Adrenaline 2017	
Wed 9 Aug	33	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 9 Aug	33	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 10 Aug	33	8	Càp	01:40:00	19		19	0		Brooks Adrenaline 2017	Retour de la vengeance des bonne sensations
Fri 11 Aug	33	8	Càp	00:59:00	11	100	11.8	1.8		Brooks Adrenaline 2017	
Fri 11 Aug	33	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 11 Aug	33	8	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	

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Sat 12 Aug	33	8	Càp	02:05:00	24	24	0	01:00:00	Mizuno Ultima 8 2017	Tombé comme un idiot à l'aller, rayure au genou droit, sinon 1h30 bien vite, retour en discutant pépère
Sun 13 Aug	33	8	Marche	01:50:00	14	14	0		Asics Trabuco 2015	
Mon 14 Aug	34	8	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Mon 14 Aug	34	8	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 15 Aug	34	8	Càp	01:35:00	19	19	0		Mizuno Ultima 8 2017	
Thu 17 Aug	34	8	Càp	01:05:00	11	100	11.8	1.8	Mizuno Ultima 8 2017	
Thu 17 Aug	34	8	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 17 Aug	34	8	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Sun 20 Aug	34	8	Càp	06:00:00	55	55	0		Mizuno Ultima 8 2017	6 jours de France (note, km intermédiaires un peu au pif...)
Sun 20 Aug	34	8	Marche	02:00:00	15	15	0		Mizuno Ultima 8 2017	
Mon 21 Aug	35	8	Càp	17:00:00	120	120	0		Mizuno Ultima 8 2017	
Mon 21 Aug	34	8	Marche	05:30:00	30	30	0		Mizuno Ultima 8 2017	
Tue 22 Aug	35	8	Càp	16:00:00	105	105	0		Brooks Adrenaline 2017	
Tue 22 Aug	35	8	Marche	05:00:00	27	27	0		Brooks Adrenaline 2017	
Wed 23 Aug	35	8	Càp	16:00:00	105	105	0		Brooks Adrenaline 2017	
Wed 23 Aug	35	8	Marche	05:00:00	27	27	0		Brooks Adrenaline 2017	
Thu 24 Aug	35	8	Càp	16:00:00	105	105	0		Asics Trabuco 2015	
Thu 24 Aug	35	8	Marche	05:00:00	27	27	0		Asics Trabuco 2015	
Fri 25 Aug	35	8	Càp	16:00:00	105	105	0		Asics Trabuco 2015	
Fri 25 Aug	35	8	Marche	05:00:00	25	25	0		Asics Trabuco 2015	
Sat 26 Aug	35	8	Càp	11:00:00	75	75	0		Asics Trabuco 2015	
Sat 26 Aug	35	8	Marche	03:00:00	16	16	0		Asics Trabuco 2015	
Thu 31 Aug	36	8	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 31 Aug	36	8	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Mon 4 Sep	37	9	Vélo	01:00:00	25	5	0		Home Trainer Elite	
Mon 4 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Mon 4 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	

Tue 5 Sep	37	9	Càp	00:43:00	7	7	0		Saucony Hurricane Vertes 2017	
Tue 5 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Wed 6 Sep	37	9	Vélo	01:00:00	25	5	0		Home Trainer Elite	
Wed 6 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 7 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 7 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Fri 8 Sep	37	9	Vélo	01:00:00	25	5	0		Home Trainer Elite	
Fri 8 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Fri 8 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Sat 9 Sep	37	9	Vélo	03:00:00	70	14	0		Home Trainer Elite	
Sun 10 Sep	37	9	Vélo	04:30:00	100	20	0		Home Trainer Elite	
Sun 10 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	2 crevaisons, une chute...
Sun 10 Sep	37	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 12 Sep	38	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	Je me fais courser par un chien dans Paris :-/
Tue 12 Sep	38	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Wed 13 Sep	38	9	Càp	01:06:00	11	100	11.8	1.8	Saucony Hurricane Vertes 2017	
Wed 13 Sep	38	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Wed 13 Sep	38	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 14 Sep	38	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 14 Sep	38	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Sat 16 Sep	38	9	Vélo	11:00:00	280	4500	78.5	3.2	Synapse 2010	Revolve24
Sun 17 Sep	38	9	Vélo	13:00:00	295	4700	82.5	3.2	Synapse 2010	
Mon 18 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Mon 18 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 19 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Tue 19 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Wed 20 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Wed 20 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 21 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	
Thu 21 Sep	39	9	Vélo	00:50:00	14	2.8	0		Fixie Batavus 2014	

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Fri 22 Sep	39	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 22 Sep	39	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sat 23 Sep	39	9	Càp	01:45:00	19		19	0		Saucony Hurricane Vertes 2017	
Sun 24 Sep	39	9	Càp	01:55:00	19		19	0		Saucony Hurricane Vertes 2017	
Mon 25 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 25 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 26 Sep	40	9	Marche	00:54:00	6		6	0		Saucony Hurricane Vertes 2017	
Tue 26 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 26 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 27 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 27 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 28 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 28 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 29 Sep	40	9	Càp	01:02:00	11	100	11.8	1.8		Saucony Hurricane Vertes 2017	
Fri 29 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 29 Sep	40	9	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sat 30 Sep	40	9	Càp	01:48:00	19		19	0		Saucony Hurricane Vertes 2017	
Sat 30 Sep	40	9	Vélo	02:30:00	25	200	6	1.6		VTT 2008	
Sun 1 Oct	40	10	Nat	00:15:00	0.5		2	0			
Sun 1 Oct	40	10	Càp	01:52:00	19		19	0		Saucony Hurricane Vertes 2017	
Mon 2 Oct	41	10	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 2 Oct	41	10	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 3 Oct	41	10	Càp	00:36:00	6		6	0		Saucony Hurricane Vertes 2017	
Tue 3 Oct	41	10	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 3 Oct	41	10	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 4 Oct	41	10	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 6 Oct	41	10	Càp	10:00:00	105		105	0		Saucony Hurricane Vertes 2017	48h Royan

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Fri 6 Oct	41	10	Marche	04:00:00	25		25	0			Saucony Hurricane Vertes 2017	
Sat 7 Oct	41	10	Càp	15:30:00	135		135	0			Saucony Hurricane Vertes 2017	
Sat 7 Oct	41	10	Marche	08:00:00	40		40	0			Saucony Hurricane Vertes 2017	
Sun 8 Oct	41	10	Càp	10:00:00	70		70	0			Saucony Hurricane Vertes 2017	
Mon 9 Oct	42	10	Vélo	01:00:00	14		2.8	0			Fixie Batavus 2014	Suis cuit...
Tue 10 Oct	42	10	Vélo	01:00:00	14		2.8	0			Fixie Batavus 2014	
Tue 10 Oct	42	10	Vélo	01:00:00	14		2.8	0			Fixie Batavus 2014	
Wed 11 Oct	42	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	Re-re-crevaison, grrr
Thu 12 Oct	42	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 13 Oct	42	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 13 Oct	42	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Sat 14 Oct	42	10	Vélo	02:30:00	35		7	0			VTT 2008	
Sun 15 Oct	42	10	Marche	02:30:00	9		9	0			La Sportiva Trango Trk Gtx	Ballade avec les filles en forêt de l'Isle Adam
Mon 16 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Tue 17 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 18 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Wed 18 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 19 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 19 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 20 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 20 Oct	43	10	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Thu 26 Oct	44	10	Marche	06:00:00	10	700	15.6	14			La Sportiva Trango Trk Gtx	Vacances Népal (distances & D+ approximatifs)
Fri 27 Oct	44	10	Marche	07:00:00	10	1500	22	30			La Sportiva Trango Trk Gtx	
Sat 28 Oct	44	10	Marche	06:00:00	10	700	15.6	14			La Sportiva Trango Trk Gtx	
Sun 29 Oct	44	10	Marche	06:00:00	10	700	15.6	14			La Sportiva Trango Trk Gtx	

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Mon 30 Oct	45	10	Marche	06:00:00	10	700	15.6	14		La Sportiva Trango Trk Gtx	
Tue 31 Oct	45	10	Marche	06:00:00	15	500	19	6.7		La Sportiva Trango Trk Gtx	
Mon 6 Nov	46	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 6 Nov	46	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 8 Nov	46	11	Càp	00:31:00	5		5	0		Mizuno Ultima 8 2017	NYC, Raclette !
Thu 9 Nov	46	11	Càp	00:32:00	5		5	0		Mizuno Ultima 8 2017	
Fri 10 Nov	46	11	Marche	03:30:00	10	300	12.4	6		Meindl Perfekt 2015	Appalachian trail (distances & D+ approximatifs)
Sat 11 Nov	46	11	Marche	16:00:00	31	1200	40.6	7.7		Meindl Perfekt 2015	
Mon 13 Nov	47	11	Càp	00:35:00	6		6	0		Mizuno Ultima 8 2017	
Fri 17 Nov	47	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 17 Nov	47	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 20 Nov	48	11	Vélo	00:30:00	14		2.8	0		Home Trainer Elite	C'est reparti !
Mon 20 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 20 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 21 Nov	48	11	Vélo	01:00:00	26		5.2	0		Home Trainer Elite	
Tue 21 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 21 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 22 Nov	48	11	Vélo	01:00:00	26		5.2	0		Home Trainer Elite	
Wed 22 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 22 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 23 Nov	48	11	Vélo	00:30:00	14		2.8	0		Home Trainer Elite	
Thu 23 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 23 Nov	48	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 24 Nov	48	11	Càp	01:08:00	11	100	11.8	1.8		Brooks Adrenaline 2017	
Sat 25 Nov	48	11	Vélo	02:00:00	25		5	0		VTT 2008	
Sun 26 Nov	48	11	Vélo	02:05:00	55		11	0		Home Trainer Elite	
Mon 27 Nov	49	11	Vélo	01:00:00	26		5.2	0		Home Trainer Elite	
Mon 27 Nov	49	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 27 Nov	49	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 28 Nov	49	11	Vélo	01:00:00	26		5.2	0		Home Trainer Elite	

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Wed 29 Nov	49	11	Vélo	01:00:00	26		5.2	0		Home Trainer Elite
Wed 29 Nov	49	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014
Wed 29 Nov	49	11	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014
Thu 30 Nov	49	11	Vélo	01:00:00	26		5.2	0		Home Trainer Elite
Thu 30 Nov	49	11	Vélo	00:50:00	14		2.8	0		VTT 2008
Thu 30 Nov	49	11	Vélo	00:50:00	14		2.8	0		VTT 2008
Fri 1 Dec	49	12	Vélo	01:00:00	26		5.2	0		Home Trainer Elite
Fri 1 Dec	49	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Fri 1 Dec	49	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Sat 2 Dec	49	12	Vélo	01:00:00	26		5.2	0		Home Trainer Elite
Sun 3 Dec	49	12	Càp	01:30:00	14		14	0		Brooks Adrenaline 2017
Mon 4 Dec	50	12	Vélo	01:10:00	30		6	0		Home Trainer Elite
Mon 4 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Mon 4 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Tue 5 Dec	50	12	Càp	01:05:00	11	100	11.8	1.8		Brooks Adrenaline 2017
Tue 5 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Tue 5 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Wed 6 Dec	50	12	Vélo	01:15:00	32		6.4	0		Home Trainer Elite
Wed 6 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Wed 6 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Thu 7 Dec	50	12	Càp	01:00:00	11	100	11.8	0.7		Brooks Adrenaline 2017
Thu 7 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Thu 7 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Fri 8 Dec	50	12	Vélo	01:05:00	28		5.6	0		Home Trainer Elite
Fri 8 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Fri 8 Dec	50	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Sat 9 Dec	50	12	Càp	02:01:00	19		19	0		Brooks Adrenaline 2017
Mon 11 Dec	51	12	Vélo	01:00:00	26		5.2	0		Home Trainer Elite
Mon 11 Dec	51	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Mon 11 Dec	51	12	Vélo	00:50:00	14		2.8	0		VTT 2008
Tue 12 Dec	51	12	Càp	01:10:00	11	100	11.8	1.8		Brooks Adrenaline 2017
Tue 12 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014
Tue 12 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014
Wed 13 Dec	51	12	Vélo	00:50:00	18		3.6	0		Home Trainer Elite

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Wed 13 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 13 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 14 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 14 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 14 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	Hackadog
Fri 15 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 15 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 15 Dec	51	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sat 16 Dec	51	12	Vélo	02:45:00	35		7	0		VTT 2008	
Sun 17 Dec	51	12	Càp	01:47:00	19		19	0		Brooks Adrenaline 2017	
Mon 18 Dec	52	12	Vélo	01:00:00	26		5.2	0		Home Trainer Elite	
Mon 18 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Mon 18 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 19 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 19 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 20 Dec	52	12	Càp	01:07:00	11	100	11.8	1.8		Brooks Adrenaline 2017	
Wed 20 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 20 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 21 Dec	52	12	Vélo	01:00:00	26		5.2	0		Home Trainer Elite	
Thu 21 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Thu 21 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 22 Dec	52	12	Càp	01:04:00	11	100	11.8	1.8		Brooks Adrenaline 2017	
Fri 22 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Fri 22 Dec	52	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Sat 23 Dec	52	12	Vélo	01:50:00	45		9	0		Home Trainer Elite	
Sun 24 Dec	52	12	Vélo	02:00:00	25		5	0		VTT 2008	
Mon 25 Dec	53	12	Càp	01:00:00	10		10	0		Brooks Adrenaline 2017	
Tue 26 Dec	53	12	Vélo	01:00:00	24		4.8	0		Home Trainer Elite	
Tue 26 Dec	53	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Tue 26 Dec	53	12	Vélo	00:50:00	14		2.8	0		Fixie Batavus 2014	
Wed 27 Dec	53	12	Vélo	01:30:00	38		7.6	0		Home Trainer Elite	
Wed 27 Dec	53	12	Càp	00:30:00	5		5	0		Brooks Adrenaline 2017	
Wed 27 Dec	53	12	Vélo	01:00:00	24		4.8	0		Home Trainer Elite	
Thu 28 Dec	53	12	Vélo	01:40:00	42		8.4	0		Home Trainer Elite	

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Thu 28 Dec	53	12	Vélo	00:50:00	14		2.8	0			Fixie Batavus 2014	
Fri 29 Dec	53	12	Vélo	01:30:00	35		7	0			Home Trainer Elite	
Sat 30 Dec	53	12	Càp	01:46:00	19		19	0			Brooks Adrenaline 2017	
Sun 31 Dec	53	12	Vélo	01:30:00	35		7	0			Home Trainer Elite	

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Semaine	Poids	Prévu	Fait	Poids	Théorie	Pratique
01/02/17			0			
01/09/17			0			
01/16/17			0			
01/23/17			4			
01/30/17			0			
02/06/17			3.2			
02/13/17			6			
02/20/17			4.8			
02/27/17			0			
03/06/17			0			
03/13/17			0			
03/20/17			0			
03/27/17			0			
04/03/17			0			
04/10/17			0			
04/17/17			0			
04/24/17			0			
05/01/17			0			
05/08/17			0			
05/15/17			0			
05/22/17			0			
05/29/17			0			
06/05/17			0			
06/12/17			0			
06/19/17			0			
06/26/17			0			
07/03/17			0			
07/10/17			0			
07/17/17			12			
07/24/17			0			
07/31/17			45.6			
08/07/17			0			
08/14/17			0			

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08/21/17			0		
08/28/17			0		
09/04/17			0		
09/11/17			0		
09/18/17			0		
09/25/17			0		
10/02/17			2		
10/09/17			0		
10/16/17			0		
10/23/17			0		
10/30/17			0		
11/06/17			0		
11/13/17			0		
11/20/17			0		
11/27/17			0		
12/04/17			0		
12/11/17			0		
12/18/17			0		
12/25/17			0		
01/01/18			0		

Equiv

Somme - Équiv	Sport					Total Résultats
Semaine	Càp	Marche	Muscu	Nat	Vélo	
1	0					0
2	28.4		14			70.4
3	80		15			95
4	68.2				4	102
5	20.6					31.8
6	7		0		3.2	38.2
7	70.9				6	104.9
8	106				4.8	138.8
9	96.3					124.3
10	77.3				0	105.3
11	33.5					58.7
12	100.2					128.2
13	57.6		6			91.2
14	78.4					100.8
15	60					76.8
16	66					94
17	79.6					96.4
18	66.4					94.4
19	149.8			0		172.2
20	139		8.5			180.3
21	28.5					56.5
22	190		56			262.8
23	6					28.4
24	58		16.5			82.5
25						30.8
26	30					44
27	23.6					46
28	138.4					166.4
29	18				12	30
30	84					128.8
31	226.6		6		45.6	397.4

					Equiv	
32	71				11.2	82.2
33	93.1	14			16.8	123.9
34	85.8	45			11.2	142
35	615	122				737
36					5.6	5.6
37	7				77	84
38	11.8				177.8	189.6
39	38				28	66
40	49.8	6	2		34	91.8
41	316	65			14	395
42		9			26.6	35.6
43					22.4	22.4
44		68.8				68.8
45		34.6				34.6
46	10	53			5.6	68.6
47	6				5.6	11.6
48	11.8				54.4	66.2
49	14				53.6	67.6
50	42.6				46	88.6
51	30.8				49.4	80.2
52	23.6				52.4	76
53	34				48	82
Total Résultat	3648.6	539.4	0	77.6	1531	5796.6

Durée

Somme - Durée	Sport					Total Résultat
Semaine	Càp	Marche	Muscu	Nat	Vélo	
1	00:00:00					00:00:00
2	02:45:00	01:51:00			08:20:00	12:56:00
3	09:00:00	02:10:00				11:10:00
4	06:31:00			00:25:00	09:20:00	16:16:00
5	01:56:00				03:20:00	05:16:00
6	00:42:00	00:00:00		00:18:00	08:20:00	09:20:00
7	06:30:00			00:35:00	08:20:00	15:25:00
8	10:11:00			00:30:00	08:20:00	19:01:00
9	09:16:00				08:20:00	17:36:00
10	06:20:00			00:00:00	08:20:00	14:40:00
11	02:56:00				07:30:00	10:26:00
12	09:11:00				08:20:00	17:31:00
13	05:13:00	00:50:00			08:10:00	14:13:00
14	06:59:00				06:40:00	13:39:00
15	04:42:00				05:00:00	09:42:00
16	06:25:00				08:20:00	14:45:00
17	07:26:00				05:00:00	12:26:00
18	06:05:00				08:20:00	14:25:00
19	14:24:00		00:00:00		06:40:00	21:04:00
20	13:45:00	01:40:00			09:40:00	25:05:00
21	03:18:00				08:20:00	11:38:00
22	17:11:00	09:30:00			05:00:00	31:41:00
23	00:42:00				06:50:00	07:32:00
24	06:10:00	02:30:00			03:00:00	11:40:00
25					09:10:00	09:10:00
26	03:26:00				04:10:00	07:36:00
27	02:10:00				06:40:00	08:50:00
28	13:01:00				08:20:00	21:21:00
29	01:40:00			01:15:00		02:55:00
30	07:43:00				11:40:00	19:23:00
31	16:37:00	00:50:00		03:58:00	26:10:00	47:35:00

					Durée	
32	07:22:00			03:20:00	10:42:00	
33	08:32:00	01:50:00		05:00:00	15:22:00	
34	08:40:00	07:30:00		03:20:00	19:30:00	
35	92:00:00	23:00:00			115:00:00	
36				01:40:00	01:40:00	
37	00:43:00			18:50:00	19:33:00	
38	01:06:00			29:00:00	30:06:00	
39	03:40:00			08:20:00	12:00:00	
40	04:42:00	00:54:00	00:15:00	10:50:00	16:41:00	
41	36:06:00	12:00:00		04:10:00	52:16:00	
42		02:30:00		08:50:00	11:20:00	
43				06:40:00	06:40:00	
44		25:00:00			25:00:00	
45		12:00:00			12:00:00	
46	01:03:00	19:30:00		01:40:00	22:13:00	
47	00:35:00			01:40:00	02:15:00	
48	01:08:00			13:45:00	14:53:00	
49	01:30:00			12:40:00	14:10:00	
50	04:06:00			11:50:00	15:56:00	
51	02:57:00			14:35:00	17:32:00	
52	02:11:00			14:10:00	16:21:00	
53	03:16:00			10:40:00	13:56:00	
Total Résultat	381:52:00	123:35:00	00:00:00	07:16:00	406:40:00	919:23:00

Mois

Mois	Données	
1	Somme - Durée	48:58:00
	Somme - Distance	616
	Somme - D+	1100
	Somme - Équiv	310.4
	Somme - Rdouce	
	Somme - Rdure	
2	Somme - Durée	63:04:00
	Somme - Distance	859.5
	Somme - D+	600
	Somme - Équiv	426.8
	Somme - Rdouce	
	Somme - Rdure	
3	Somme - Durée	62:12:00
	Somme - Distance	886.6
	Somme - D+	1100
	Somme - Équiv	415.4
	Somme - Rdouce	02:24:00
	Somme - Rdure	00:30:00
4	Somme - Durée	54:33:00
	Somme - Distance	752.2
	Somme - D+	600
	Somme - Équiv	398.6
	Somme - Rdouce	03:50:00
	Somme - Rdure	00:30:00
5	Somme - Durée	95:20:00
	Somme - Distance	1129
	Somme - D+	4100
	Somme - Équiv	694.6
	Somme - Rdouce	
	Somme - Rdure	
6	Somme - Durée	38:56:00
	Somme - Distance	530.5

Mois

	Somme - D+	200
	Somme - Équiv	208.9
	Somme - Rdouce	
	Somme - Rdure	
7	Somme - Durée	91:14:00
	Somme - Distance	1441
	Somme - D+	800
	Somme - Équiv	722.6
	Somme - Rdouce	
	Somme - Rdure	
8	Somme - Durée	162:14:00
	Somme - Distance	1267.5
	Somme - D+	300
	Somme - Équiv	1090.7
	Somme - Rdouce	01:00:00
	Somme - Rdure	
9	Somme - Durée	76:13:00
	Somme - Distance	1441
	Somme - D+	9600
	Somme - Équiv	410.4
	Somme - Rdouce	
	Somme - Rdure	
10	Somme - Durée	109:23:00
	Somme - Distance	789.5
	Somme - D+	4800
	Somme - Équiv	577.4
	Somme - Rdouce	
	Somme - Rdure	
11	Somme - Durée	48:21:00
	Somme - Distance	584
	Somme - D+	1600
	Somme - Équiv	184
	Somme - Rdouce	

Mois

	Somme - Rdure	
12	Somme - Durée	68:55:00
	Somme - Distance	1200
	Somme - D+	500
	Somme - Équiv	356.8
	Somme - Rdouce	
	Somme - Rdure	
Total Somme - Durée		919:23:00
Total Somme - Distance		11496.8
Total Somme - D+		25300
Total Somme - Équiv		5796.6
Total Somme - Rdouce		07:14:00
Total Somme - Rdure		01:00:00

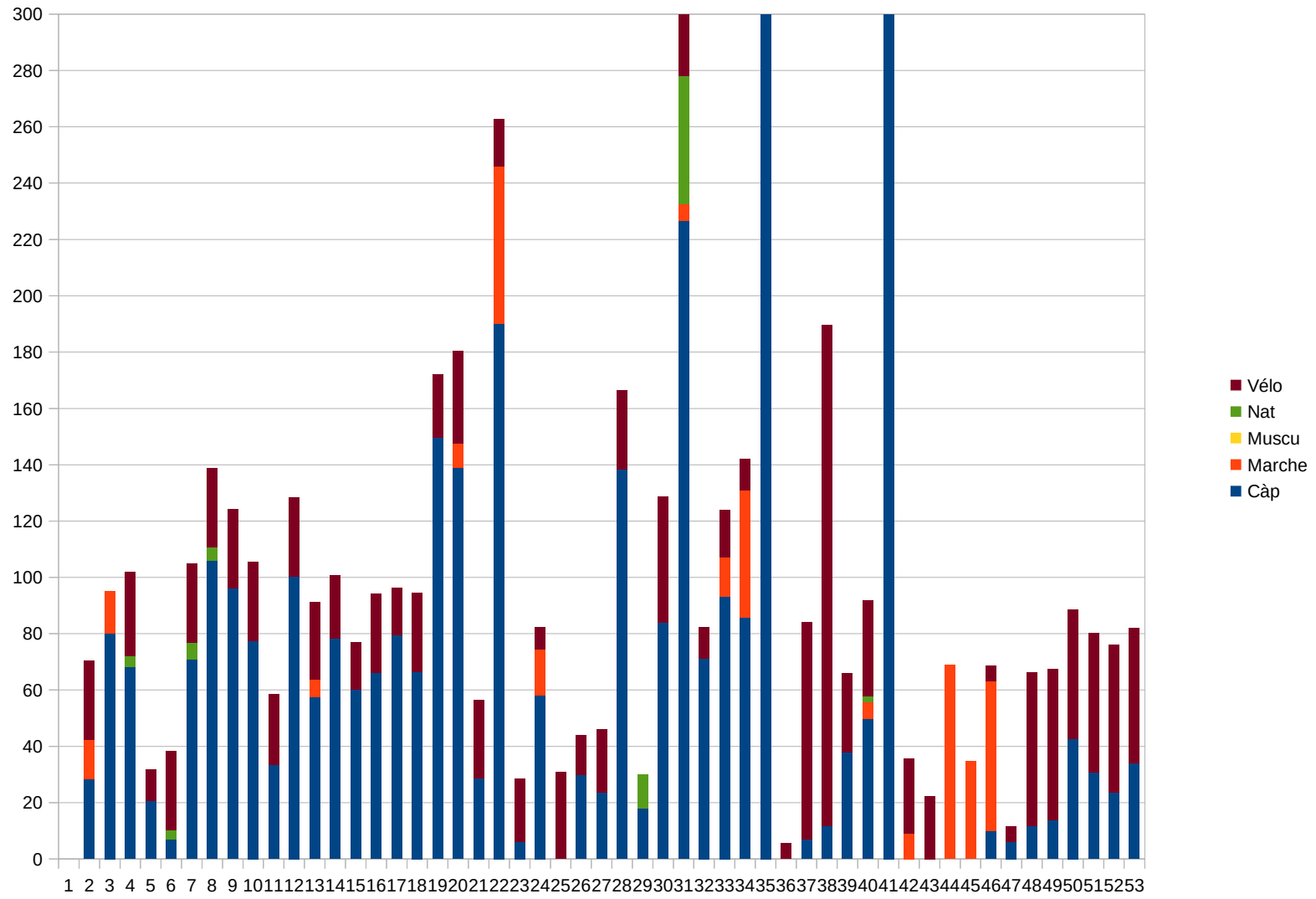
Matos

Matériel	Reliquat 2016	Cumul 2017	Total	Catégorie	Année	État
Reebok FI3x 2015	47	0	47	Marche	2015	
Salomon Quest 2011	276	0	276	Rando	2011	
Meindl Badile 2015	571	0	571	Rando	2015	HS
Meindl Perfekt 2015	347	41	388	Rando	2015	
Hoka Tor Ultra 2016	461	0	461	Rando	2016	HS
La Sportiva Trango Trk Gtx	381	74	455	Rando	2016	
Fila 2007	912	0	912	Roller	2007	
Tempest 90 2014	344	0	344	Roller	2014	
K-Swiss 2010	280	0	280	Route	2010	HS
Kiprun 2000 2010	622	0	622	Route	2010	HS
Saucony Hurricane 45 2010	1592	0	1592	Route	2010	HS
Saucony Hurricane 46 2010	1601	0	1601	Route	2010	HS
VFF classic 2010	47	0	47	Route	2010	
Asics GT 2170 2012	1743	0	1743	Route	2012	HS
Saucony Hurricane 46 2012 bl	1677	0	1677	Route	2012	HS
Saucony Hurricane 46 2012 ro	1413	0	1413	Route	2012	HS
Asics GT 3000 2013	894	0	894	Route	2013	HS
Brooks Trance 2013	497	0	497	Route	2013	HS
Ekiden 75 Blanches 2013	460	0	460	Route	2013	HS
Saucony Hurricane 2013	519	0	519	Route	2013	HS
Addidas RC 22 2014	1037	0	1037	Route	2014	HS
Ekiden 100 Rouges 2014	243	0	243	Route	2014	
Ekiden 50 Blanches 2014	468	0	468	Route	2014	HS
Ekiden 75 Noires 2014	753	0	753	Route	2014	HS
Mizuno Inspire 2014	563	0	563	Route	2014	HS
NB M1080GS4 2014	448	0	448	Route	2014	HS
Addidas Questar Boost 2015	527	0	527	Route	2015	HS
Addidas Sequence Boost 2015	771	0	771	Route	2015	HS
Asics GT 2000 2015	1082	0	1082	Route	2015	HS
Ekiden Active bleues 2015	178	0	178	Route	2015	HS
Mizuno Inspire 2015	873	0	873	Route	2015	HS
Mizuno Paradox 45 2015	896	0	896	Route	2015	HS
Mizuno Paradox 46 2015	653	0	653	Route	2015	HS

Matos

Altra Provision 2.5 2016	182	193	375	Route	2016	HS
Asics GT 3000 2016	498	61.5	560	Route	2016	HS
Saucony Hurricane 2016	877	0	877	Route	2016	HS
Saucony Hurricane 2016 2	826	0	826	Route	2016	HS
Addidas Sequence Boost 2017	0	938.3	938	Route	2017	HS
Brooks Adrenaline 2017	0	922.6	923	Route	2017	HS
Saucony Hurricane Bleues 2017	0	627	627	Route	2017	HS
Saucony Hurricane Vertes 2017	0	492	492	Route	2017	HS
Mizuno Ultima 8 2017	0	346	346	Route	2017	HS
Asics Trabuco 2009	916	0	916	Trail	2009	HS
Inov8 RC319 2011	279	0	279	Trail	2011	HS
Saucony Xodus 2011	415	0	415	Trail	2011	HS
Asics Trabuco 2013	1236	0	1236	Trail	2013	HS
Asics Trabuco 2014	361	0	361	Trail	2014	HS
Brooks Cascadia 2014	627	0	627	Trail	2014	HS
Asics Trabuco 2015	22	367	389	Trail	2015	HS
Kapteren Crossover rouges 2015	151	0	151	Trail	2015	HS
Tandem 2002	2001	0	2001	Vélo	2002	
Cruiser 2007	2608	0	2608	Vélo	2007	Vendu
VTT 2008	11554	609	12163	Vélo	2008	
Synapse 2010	21187	1227	22414	Vélo	2010	
Brompton 2012	9649	0	9649	Vélo	2012	Donné
Fixie Batavus 2014	7648	4617	12265	Vélo	2014	
Home Trainer Elite	0	965	965	Vélo	2017	
Piscine	8	0	8			

Graph1



Graph1

Graph2

