

Trainingsdaten 2016

Woche	Lauf-km	Rad-km	Zeit (Laufen + Rad)	Lauf-km/ Monat	Rad-km/ Monat	Bemerkungen
1	90.3 km	73.1 km	9.95 h			Lauf-Cup Gossau
2	19.2 km	16.3 km	2.05 h			
3	36.1 km	0 km	3.6 h			Lauf-Cup Dozwil / Easy Half-Marathon
4	24.1 km	92.3 km	3.05 h	169.7 km	181.7 km	1. Hundwiler-Höhi-Lauf
5	67.7 km	0 km	8.25 h			
6	32.1 km	0 km	3.81 h			
7	30.8 km	125.2 km	2.87 h			
8	21.9 km	31.1 km	1.88 h	152.5 km	156.3 km	Lauf-Cup Götighofen
9	60.1 km	0 km	6.8 h			
10	33.9 km	28.8 km	5.49 h			
11	32.3 km	46.7 km	5.21 h			
12	15.5 km	46.7 km	3.8 h	141.8 km	122.2 km	leichte Erkältung
13	27.3 km	148.4 km	8.84 h			
14	19.9 km	57 km	4.9 h			
15	16.7 km	0 km	1.65 h			
16	0 km	219.9 km	9.08 h	63.9 km	425.3 km	
17	27 km	0 km	3.36 h			
18	44.6 km	13.2 km	5.28 h			Auffahrtslauf-Halbmarathon 2016
19	41.8 km	21.5 km	6.76 h			
20	84.5 km	6.6 km	11.28 h	197.9 km	41.3 km	
21	62.9 km	14.4 km	7.5 h			
22	64.1 km	15.5 km	7.8 h			
23	66.3 km	0 km	7.04 h			
24	64.5 km	38.3 km	8.85 h	257.8 km	68.2 km	
25	54 km	14.3 km	6.56 h			
26	60.2 km	0 km	6.68 h			
27	56.2 km	0 km	6.89 h			
28	80.6 km	0 km	8.52 h	251 km	14.3 km	
29	40.7 km	0 km	4.98 h			
30	23.7 km	0 km	2.48 h			
31	157.7 km	0 km	37.54 h			
32	13.3 km	0 km	1.73 h	235.4 km	0 km	
33	46.1 km	14.3 km	6.46 h			
34	75.6 km	18.2 km	16.68 h			
35	30.3 km	0 km	3.5 h			
36	68.7 km	0 km	8.31 h	220.7 km	32.5 km	Jungfrau-Marathon 2016
37	0 km	0 km	0 h			Erkältung
38	19.4 km	0 km	2.2 h			
39	19.5 km	26.5 km	3.28 h			
40	31.8 km	0 km	3.52 h	70.7 km	26.5 km	
41	43.7 km	72.9 km	7.84 h			
42	30.4 km	13.3 km	3.76 h			
43	39.2 km	26.7 km	5.53 h			
44	38.4 km	0 km	3.61 h	151.7 km	112.9 km	
45	11.9 km	44.3 km	3.01 h			
46	26.4 km	82.2 km	6.48 h			
47	45.5 km	37.7 km	7.33 h			
48	43.4 km	0 km	5.59 h	127.2 km	164.2 km	
49	20.7 km	13.3 km	3.09 h			
50	20.9 km	0 km	2.82 h			
51	41.5 km	0 km	4.32 h			
52	50 km	0 km	6.32 h	133.1 km	13.3 km	
Total	2'173.4 km	1'358.7 km	318.13 h			