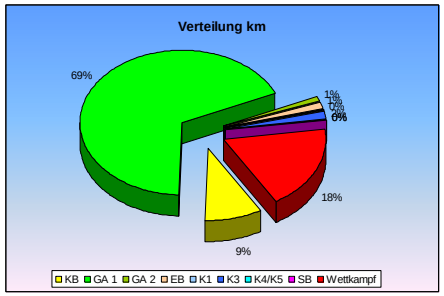
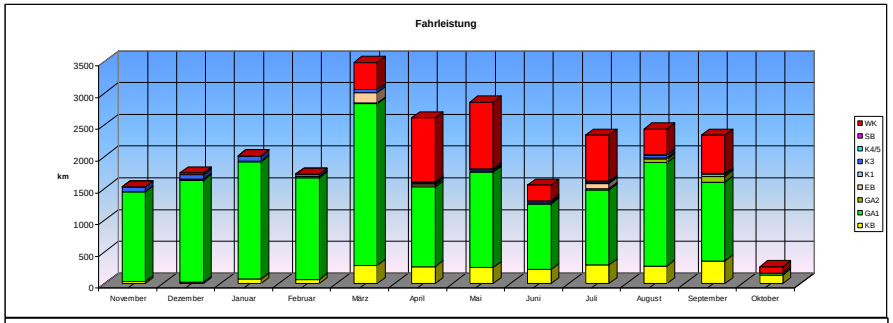
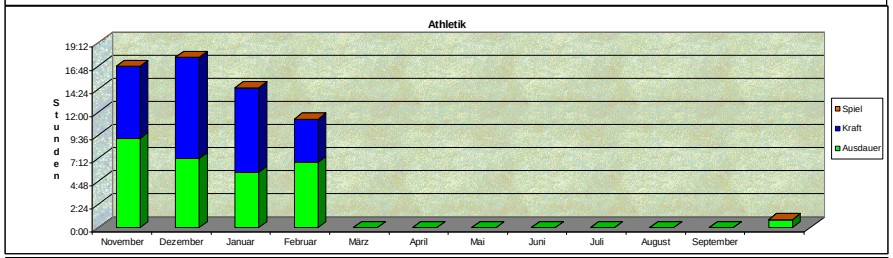
Fahrer: **Diemer Coaching**

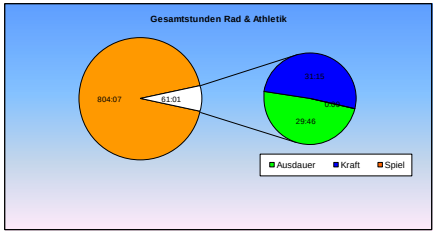
	Einsatz		Rad				Radtraining										Athletik-Bereiche (h)				Reg.	Wettkampf				Bemerkungen
	Stunden	Zeit kumul.	km	Zeit	km kumul.	Zeit kumul.	Gkm	Zeit	Gkm kumul.	Zeit kumul.	KB	GA 1	GA 2	EB	K1	K3	K4/K5	SB	Allg. Std.	Ausdauer	Kraft	Spiel	h	km	Zeit	km kumul.	Zeit kumul.	
November	71:41	71:41	1520,5	54:56	1520,5	54:56	1520,5	54:56	1520,50	54:56	35,0	1406,0	0,0	0,0	3,0	76,5	0,0	0,0	16:45	9:15	7:30	0:00	0:00	0,0	0:00	0,0	0:00	
Dezember	78:35	150:16	1745,6	60:55	3266,1	115:51	1715,6	59:55	3236,10	114:51	25,0	1603,0	10,0	2,0	3,6	72,0	0,0	0,0	17:40	7:10	10:30	0:00	0:00	30,0	1:00	30,0	1:00	
Januar	85:16	235:32	2011,1	70:46	5277,2	186:37	2011,1	70:46	5247,20	185:37	75,0	1844,6	10,0	0,0	3,0	78,5	0,0	0,0	14:30	5:45	8:45	0:00	0:00	30,0	1:00	30,0	1:00	
Februar	71:25	306:57	1727,0	60:09	7004,2	246:46	1727,0	60:09	6974,20	245:46	67,0	1603,7	15,0	0,0	0,8	40,5	0,0	0,0	11:16	6:46	4:30	0:00	0:00	0,0	0:00	30,0	1:00	
März	111:48	418:45	3483,0	111:48	10487,2	358:34	3051,0	102:40	10025,20	348:26	290,0	2545,0	10,0	161,0	1,0	44,0	0,0	0,0	0:00	0:00	0:00	0:00	0:30	432,0	10:03	462,0	11:03	
April	80:10	498:55	2612,8	80:10	13100,0	438:44	1601,6	55:00	11626,80	403:26	270,0	1252,0	30,0	25,0	2,0	21,0	0,0	1,6	0:00	0:00	0:00	0:00	1:30	1011,2	25:10	1473,2	36:13	
Mai	80:18	579:13	2859,2	80:18	15959,2	519:02	1810,0	61:55	13436,80	465:21	255,0	1498,0	15,0	20,0	1,0	21,0	0,0	0,0	0:00	0:00	0:00	0:00	0:00	1049,2	15:23	2522,4	51:36	
Juni	51:08	630:21	1554,2	51:08	17513,4	570:10	1308,0	45:05	14744,80	510:26	225,0	1033,1	10,0	20,0	0,4	19,5	0,0	0,0	0:00	0:00	0:00	0:00	0:30	246,2	6:03	2768,6	57:39	
Juli	72:33	702:54	2336,1	72:33	19849,5	642:43	1612,6	54:45	16357,40	565:11	294,0	1185,0	20,0	81,0	2,6	21,0	9,0	0,0	0:00	0:00	0:00	0:00	0:30	723,5	17:48	3492,1	75:27	
August	77:44	780:38	2434,1	77:44	22283,6	720:27	2026,1	68:52	18383,50	634:03	280,0	1627,0	50,0	17,0	2,0	41,1	8,0	1,0	0:00	0:00	0:00	0:00	0:40	408,0	8:52	3900,1	84:19	
September	74:15	854:53	2337,8	74:15	24621,4	794:42	1736,3	59:40	20119,80	693:43	360,0	1238,0	90,0	26,0	1,8	0,0	20,5	0,0	0:00	0:00	0:00	0:00	0:00	601,5	11:45	4501,6	96:04	
Oktober	10:15	865:08	270,0	9:25	24891,4	804:07	170,0	6:30	20289,80	700:13	140,0	28,0	0,0	2,0	0,0	0,0	0,0	0,0	0:50	0:50	0:00	0:00	0:00	100,0	2:55	4601,6	98:59	
Gesamt	**865:08**	865:08	24891,4	804:07	24891,4	804:07	20289,8	700:13	20289,80	700:13	2316,0	16863,4	260,0	354,0	21,2	435,1	37,5	2,6	61:01	29:46	31:15	0:00	3:40	4601,6	98:59	4601,6	98:59	

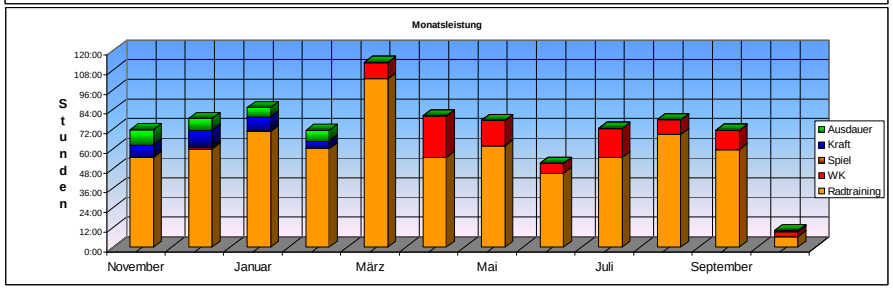
Eingangsleistung	24447,4
Soll	26500,0
Rennkilometer:	4601,6
Trainingskilometer:	20289,8
Kilometer Gesamt:	24891,4











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