

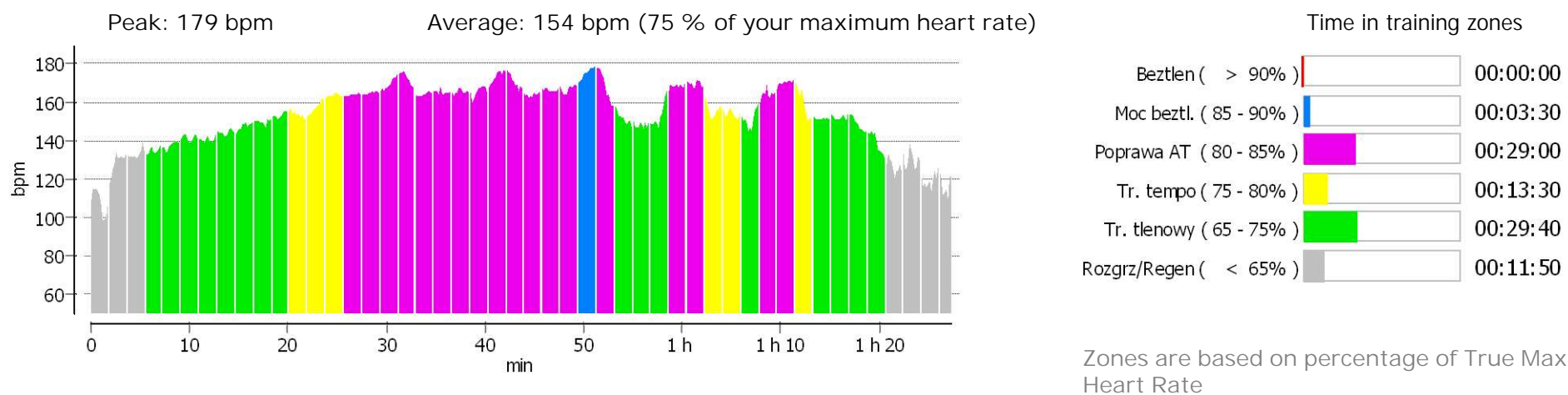
Summary of your training



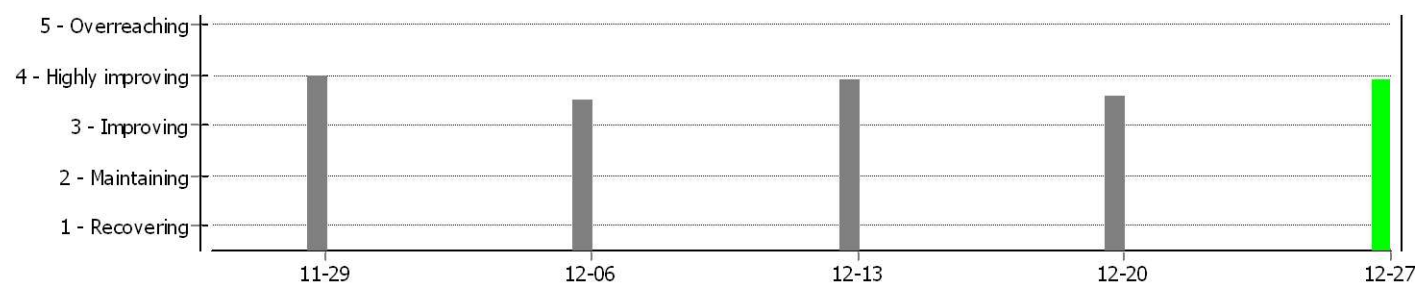
Session Summary

| | | | |
|-------------|----------------|---------------------|-----------------|
| Name: | Piotr Koemider | Energy consumption: | 1085 kcal |
| Nickname: | Kosmo | Training Effect: | 3,9 - Improving |
| Date: | 2011-12-27 | Duration: | 01:27:34 |
| Start time: | 20:42:03 | | |
| Place: | RED FITNESS | | |

Heart rate



Recent sessions



This session has an improving effect on aerobic performance and does not place special requirements for recovery. This session can be performed 2 to 4 times per week.

