

R500突走 ローラー台 time(min) dis(km) 3本dis(km) ave(rpm) ave(HR) キア 負荷 前年繰越 累計322.9km(内実走117.9km)

Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1135110' and '3本ローラーのみ15km'.

R500(RS20)突走 2015年. Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1149118' and '3本ローラー7km'.

ローラー台 2015年. Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1152124' and '3本ローラー25km'.

メンテ記録 2015年. Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1152120' and '3本ローラー25km'.

Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1147112' and '3本ローラー27km'.

Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1148124' and '3本ローラー6km'.

Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1148124' and '3本ローラー11km'.

Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1148124' and '3本ローラー11km'.

Table with 12 columns: Date, Time, Dis, 3B Dis, Ave RPM, Ave HR, Gear, Load, Previous Year Carryover, Cumulative Total, Realized Total. Includes notes like 'MaxCad1148124' and '3本ローラー11km'.

Summary table with 8 columns: Roller Record, Time, Total Dis, 3B Dis, Fixed Dis, Time Total, Distance Total, Annual Training Distance. Includes a total row for 2015.