

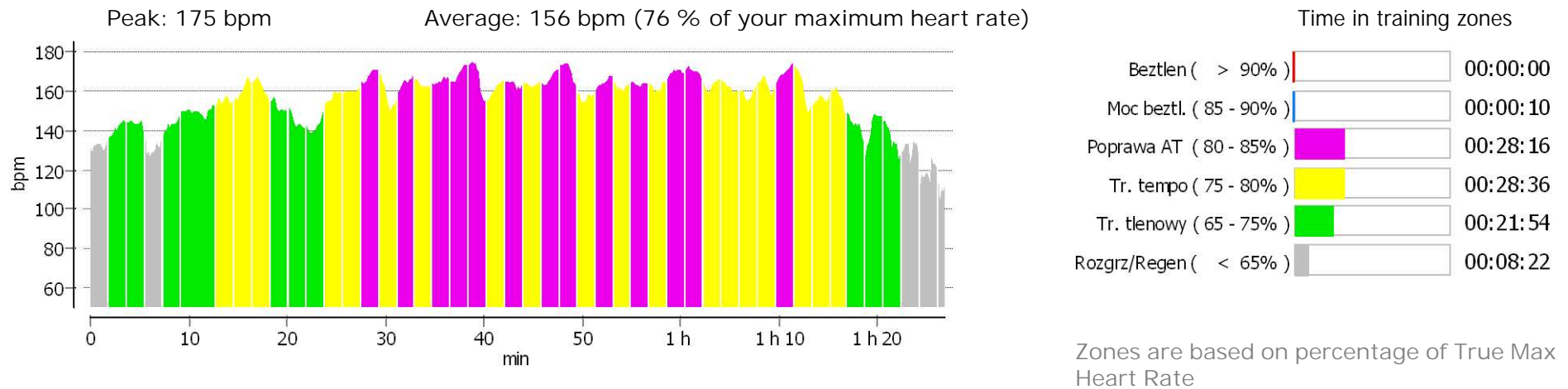
Summary of your training



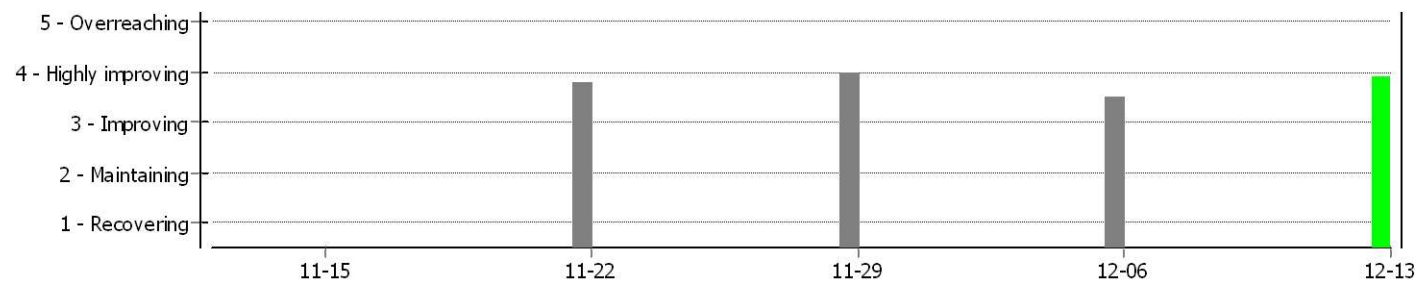
Session Summary

Name:	Piotr Koćemider	Energy consumption:	1089 kcal
Nickname:	Kosmo	Training Effect:	3,9 - Improving
Date:	2011-12-13	Duration:	01:27:17
Start time:	20:41:00		
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.

