

Name: Benoit Letourneau
 Year: Year of the metamorphosis
 Period: from 09/Nov/09 to 20/Apr/10

Table of Time and Distance for each
 Training Activity

Activity List	Total Time	Total Distance	Average Speed	*
Raquettes à neiges	9h08	54.80 km	006.000 km/h	*
Speed Skating outdoor	6h16	150.63 km	024.000 km/h	*
Escalier	2h15	-----	-----	*
Marche rapide	0h50	5.42 km	006.500 km/h	*
Course X-Country	5h10	62.00 km	012.000 km/h	*
Inline Skating Outdoor	3h35	82.42 km	023.000 km/h	*
Inline skating indoor	49h14	1181.60 km	024.000 km/h	*
Vélo de montagne	11h30	299.20 km	026.017 km/h	
Vélo de route	5h25	139.10 km	025.680 km/h	
Ski de fond (style classique)	17h40	212.00 km	012.000 km/h	*
Course	79h59	807.29 km	010.091 km/h	*
Orienteering	1h16	7.50 km	005.921 km/h	
Ski de fond (style libre)	0h59	12.78 km	013.000 km/h	*
Kayak	3h45	29.10 km	007.760 km/h	
Skip rope	0h20	-----	-----	*

*: Indicates activities for which time or distance is missing in at least one training session or competition: Optimax has performed an extrapolation using average speed to fill in the gap and calculate the totals.

-----: Indicates activities for which there was not enough data to extrapolate adequately.