

Calculate and sum jogging statistics by prof. Timo Salmi

Distance	h	min	sec	Av.min	Av.sec	Cooper	km/h
7.0	0	30	21	4	20.1	2.768	13.839
8.1	0	38	26	4	44.7	2.529	12.645

Copy the formulas E4..H4 to E5..H5 etc

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15.1	1	8	47	4	33.3	2.634	13.172

Summary