

Study tour 1 (19/03/12)

	Time	Place	Distance	Heart beats per minute	Comments
Departure	09:00	DGI-Byen	0km	60-80	We stay 20 min. On PRISMEN. We ride our bikes to the next place.
Arrival	09:15	Prismen	3.5 km	110-125	
Total:	15min.		3.5 km	1650 / 15 min.	
Departure	09:35	Prismen	3.5 km	60-80	We stay for 20 min. And ride our bikes to the next place.
Arrival	09:45	Maritme Ungdomshus	5.5 km	110-125	
Total:	10 min.		2km	1100 beats / 10 min.	
Departure	10:05	Maritme Ungdomshus	5.5 km	60-80	We stay for 30 min. And ride our bikes back to Bella Center.
Arrival	10:10	Amager Strand Parken	6.5 km	110-125	
Total:	5 min.		1 km	550 beats / 5 min.	
Departure	10:40	Amager Strand Parken	6.5 km	60-80	
Arrival	11:00	DGI-Byen	11.5 km	110-125	
Total:	20 min		5 km	2200 beats / 20 min.	
Total ST2012	55 min.		11.5 km	5500 beats / 55 min.	

Study tour 1 (21/03/12)

	Time	Place	Distance	Heart beats per minute	Comments
Departure	09:00	Bella Center	0km	60-80	We stay 15 min. On PRISMEN. We ride our bikes to the next place.
Arrival	09:20	Prismen	5 km	110-125	
Total:	20 min.		5 km	2200 beats / 20 min.	
Departure	09:35	Prismen	5 km	60-80	We stay for 20 min. And ride our bikes to the next place.
Arrival	09:45	Maritme Ungdomshus	7 km	110-125	
Total:	10 min.		2km	1100 beats / 10 min.	
Departure	10:05	Maritme Ungdomshus	7 km	60-80	We stay for 30 min. And ride our bikes back to Bella Center.
Arrival	10:10	Amager Strand Parken	8 km	110-125	
Total:	5 min.		1 km	550 beats / 5 min.	
Departure	10:40	Amager Strand Parken	8 km	60-80	
Arrival	11:00	Bella Center	13 km	110-125	
Total:	20 min		5 km	2200 beats / 20 min.	
Total ST2012	55 min.		13 km	6050 beats / 55 min.	