

TRÆNINGSANBEFALINGER - LANDEVEJ 2024

	U17 1	U17 1	U17 2	U17 2	U19 1	U19 1	U19 2	U19 2	U23 1	U23 1	U23 2	U23 2	U23 3	U23 3	U23 4	U23 4
	<i>Timer/måned</i>	<i>Timer/dag</i>	<i>Timer/måned</i>	<i>Timer/dag</i>	<i>Timer/måned</i>	<i>Timer/dag</i>	<i>Timer/måned</i>	<i>Timer/dag</i>	<i>Timer/måned</i>	<i>Timer/dag</i>	<i>Timer/måned</i>	<i>Timer/dag</i>	<i>Timer/måned</i>	<i>Timer/dag</i>	<i>Timer/måned</i>	<i>Timer/dag</i>
<i>Oktober</i>	0 timer	0,00 timer	0 timer	0,00 timer	0 timer	0,00 timer	0 timer	0,00 timer	0 timer	0,00 timer	0 timer	0,00 timer	0 timer	0,00 timer	0 timer	0,00 timer
<i>November</i>	20 timer	0,67 timer	25 timer	0,83 timer	30 timer	1,00 timer	35 timer	1,17 timer	40 timer	1,33 timer	45 timer	1,50 timer	50 timer	1,67 timer	55 timer	1,83 timer
<i>December</i>	26 timer	0,84 timer	32 timer	1,03 timer	38 timer	1,23 timer	44 timer	1,42 timer	50 timer	1,61 timer	56 timer	1,81 timer	62 timer	2,00 timer	68 timer	2,19 timer
<i>Januar</i>	36 timer	1,16 timer	42 timer	1,35 timer	48 timer	1,55 timer	54 timer	1,74 timer	60 timer	1,94 timer	66 timer	2,13 timer	72 timer	2,32 timer	78 timer	2,52 timer
<i>Februar</i>	45 timer	1,61 timer	50 timer	1,79 timer	55 timer	1,96 timer	60 timer	2,14 timer	65 timer	2,32 timer	70 timer	2,50 timer	75 timer	2,68 timer	80 timer	2,86 timer
<i>Marts</i>	56 timer	1,81 timer	64 timer	2,10 timer	72 timer	2,32 timer	78 timer	2,52 timer	84 timer	2,71 timer	90 timer	2,90 timer	94 timer	3,03 timer	98 timer	3,16 timer
<i>April</i>	40 timer	-	45 timer	-	52 timer	-	60 timer	-	70 timer	-	75 timer	-	80 timer	-	85 timer	-
<i>Maj</i>	40 timer	-	45 timer	-	52 timer	-	60 timer	-	70 timer	-	75 timer	-	80 timer	-	85 timer	-
<i>Juni</i>	35 timer	-	40 timer	-	46 timer	-	52 timer	-	58 timer	-	62 timer	-	66 timer	-	70 timer	-
<i>Juli</i>	45 timer	-	50 timer	-	56 timer	-	65 timer	-	75 timer	-	80 timer	-	90 timer	-	100 timer	-
<i>August</i>	40 timer	-	45 timer	-	52 timer	-	60 timer	-	70 timer	-	75 timer	-	80 timer	-	85 timer	-
<i>September</i>	40 timer	-	45 timer	-	52 timer	-	60 timer	-	60 timer	-	70 timer	-	75 timer	-	80 timer	-
<i>I alt</i>	183 timer	-	213 timer	-	243 timer	-	271 timer	-	299 timer	-	327 timer	-	353 timer	-	379 timer	-
	423 timer	-	483 timer	-	553 timer	-	628 timer	-	702 timer	-	764 timer	-	824 timer	-	884 timer	-