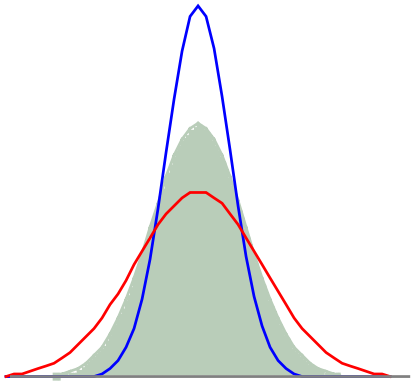
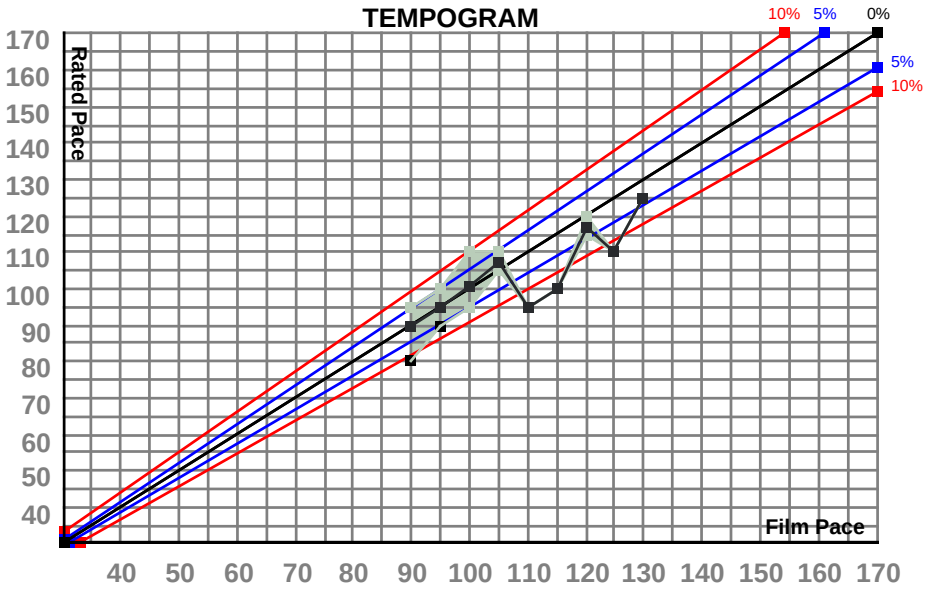
TempoTrainer

Accurancy = 7%

Severe = -2.36 %





Filmname	F-Pace	R-Pace	Diff
TEMPO_100.AVI	90	90	0
TRAINING1.AVI	100	100	0
TEMPO_100.AVI	100	95	-5
TRAINING1.AVI	120	115	-5
TEMPO_100.AVI	90	95	5
TRAINING1.AVI	95	100	5
TEMPO_100.AVI	105	110	5
TRAINING1.AVI	115	100	-15
TEMPO_100.AVI	95	95	0
TRAINING1.AVI	130	125	-5
TEMPO_100.AVI	110	95	-15
TRAINING1.AVI	125	110	-15
TEMPO_100.AVI	90	80	-10
TRAINING1.AVI	100	110	10
TEMPO_100.AVI	100	100	0
TRAINING1.AVI	120	120	0
TEMPO_100.AVI	90	95	5
TRAINING1.AVI	95	90	-5
TEMPO_100.AVI	105	105	0

Filmname	F-Pace	R-Pace	Diff

TEMPO

Name **FRANK**

Date 27/1/2008

Trainings 19

Range 85 - 140