| Atleta: | Diogo Rosário |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-30 | ***Manha*** | 00:42:47 | 10.01 | 4:16 |  |
| ***Tarde*** | 00:30:01, 00:19:20, 00:14:40 | 7.14, 6.15, 3.01 | 4:12, 3:09, 4:52 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-10-01 | ***Manha*** | 00:44:21 | 10.01 | 4:26 |  |
| ***Tarde*** | 01:06:41 | 15.13 | 4:24 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-10-02 | ***Manha*** |  |  |  |  |
| ***Tarde*** | 00:42:37, 00:12:29, 00:14:46 | 10.07, 3.11, 3.02 | 4:14, 4:01, 4:54 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-10-03 | ***Manha*** | 00:45:25 | 10.01 | 4:32 |  |
| ***Tarde*** | 01:02:52 | 15.16 | 4:09 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-10-04 | ***Manha*** |  |  |  |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-10-05 | ***Manha*** | 01:07:07 | 15.01 | 4:28 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-10-06 | ***Manha*** | 01:17:59 | 18.24 | 4:17 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | ***Total*** | 126.07 |  |  | Média |
|  |  |  |  |  |  |