| Atleta: | Diogo Rosário |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-09 | ***Manha*** | 01:04:29 | 15.07 | 4:17 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-10 | ***Manha*** |  |  |  |  |
| ***Tarde*** | 01:06:23 | 16.01 | 4:09 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-11 | ***Manha*** | 00:43:41 | 10.02 | 4:22 |  |
| ***Tarde*** | 01:25:03 | 22.07 | 3:51 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-12 | ***Manha*** | 01:09:03 | 15.02 | 4:36 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-13 | ***Manha*** |  |  |  |  |
| ***Tarde*** | 01:07:29 | 16.19 | 4:10 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-14 | ***Manha*** | 01:08:28 | 17.73 | 3:52 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-15 | ***Manha*** | 01:17:11 | 18.03 | 4:17 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | ***Total*** | 130.14 |  |  | Média |
|  |  |  |  |  |  |