| Atleta: | Diogo Rosário |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-16 | ***Manha*** | 01:04:43 | 15.06 | 4:18 |  |
| ***Tarde*** | 00:42:09 | 10.02 | 4:12 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-17 | ***Manha*** | 00:44:19 | 10.02 | 4:25 |  |
| ***Tarde*** | 01:05:36 | 15.06 | 4:21 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-18 | ***Manha*** | 00:44:08 | 10.01 | 4:24 |  |
| ***Tarde*** | 01:21:01 | 21.41 | 3:47 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-19 | ***Manha*** | 01:07:11 | 15.03 | 4:28 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-20 | ***Manha*** | 00:43:58 | 10.01 | 4:24 |  |
| ***Tarde*** | 01:03:51 | 15.02 | 4:15 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-21 | ***Manha*** | 00:30:02, 00:31:02, 00:13:01 | 7.1, 9.21, 3.01 | 4:14, 3:22, 4:19 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-09-22 | ***Manha*** | 01:16:07 | 18.18 | 4:11 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | ***Total*** | 159.14 |  |  | Média |
|  |  |  |  |  |  |