| Atleta: | Diogo Rosário |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-06-03 | ***Manha*** |  |  |  |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-06-04 | ***Manha*** |  |  |  |  |
| ***Tarde*** | 00:10:32, 00:33:03, 00:30:09 | 2.4, 9.91, 7.02 | 4:23, 3:20, 4:18 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-06-05 | ***Manha*** | 00:42:16 | 10.05 | 4:12 |  |
| ***Tarde*** | 00:50:01 | 12.18 | 4:06 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-06-06 | ***Manha*** |  |  |  |  |
| ***Tarde*** | 00:15:03, 00:30:01, 00:30:01 | 3.4, 9.41, 7.04 | 4:26, 3:11, 4:16 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-06-07 | ***Manha*** | 00:44:04 | 10.01 | 4:24 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-06-08 | ***Manha*** |  |  |  |  |
| ***Tarde*** | 00:11:39, 00:18:10, 00:13:57 | 2.37, 4.08, 3.12 | 4:55, 4:27, 4:28 |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| 2024-06-09 | ***Manha*** | 01:05:18 | 15.01 | 4:21 |  |
| ***Tarde*** |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | ***Total*** | 96.0 |  |  | Média |
|  |  |  |  |  |  |