| Atleta: | Diogo Rosário |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| {{ DATE\_MONDAY }} | ***Manha*** | {{ TIME\_MONDAY\_MORN }} | {{ DIST\_MONDAY\_MORN }} | {{ PACE\_MONDAY\_MORN }} |  |
| ***Tarde*** | {{ TIME\_MONDAY\_AFTER }} | {{ DIST\_MONDAY\_AFTER }} | {{ PACE\_MONDAY\_AFTER }} |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| {{ DATE\_TUESDAY }} | ***Manha*** | {{ TIME\_TUESDAY\_MORN }} | {{ DIST\_TUESDAY\_MORN }} | {{ PACE\_TUESDAY\_MORN }} |  |
| ***Tarde*** | {{ TIME\_TUESDAY\_AFTER }} | {{ DIST\_TUESDAY\_AFTER }} | {{ PACE\_TUESDAY\_AFTER }} |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| {{ DATE\_WEDNESDAY }} | ***Manha*** | {{ TIME\_WEDNESDAY\_MORN }} | {{ DIST\_WEDNESDAY\_MORN }} | {{ PACE\_WEDNESDAY\_MORN }} |  |
| ***Tarde*** | {{ TIME\_WEDNESDAY\_AFTER }} | {{ DIST\_WEDNESDAY\_AFTER }} | {{ PACE\_WEDNESDAY\_AFTER }} |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| {{ DATE\_THURSDAY }} | ***Manha*** | {{ TIME\_THURSDAY\_MORN }} | {{ DIST\_THURSDAY\_MORN }} | {{ PACE\_THURSDAY\_MORN }} |  |
| ***Tarde*** | {{ TIME\_THURSDAY\_AFTER }} | {{ DIST\_THURSDAY\_AFTER }} | {{ PACE\_THURSDAY\_AFTER }} |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| {{ DATE\_FRIDAY }} | ***Manha*** | {{ TIME\_FRIDAY\_MORN }} | {{ DIST\_FRIDAY\_MORN }} | {{ PACE\_FRIDAY\_MORN }} |  |
| ***Tarde*** | {{ TIME\_FRIDAY\_AFTER }} | {{ DIST\_FRIDAY\_AFTER }} | {{ PACE\_FRIDAY\_AFTER }} |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| {{ DATE\_SATURDAY }} | ***Manha*** | {{ TIME\_SATURDAY\_MORN }} | {{ DIST\_SATURDAY\_MORN }} | {{ PACE\_SATURDAY\_MORN }} |  |
| ***Tarde*** | {{ TIME\_SATURDAY\_AFTER }} | {{ DIST\_SATURDAY\_AFTER }} | {{ PACE\_SATURDAY\_AFTER }} |  |
|  |  |  |  |  |  |
| ***Data*** |  | ***Tempo Total*** | ***kms*** | ***Ritmo (min./km)*** |  |
| {{ DATE\_SUNDAY }} | ***Manha*** | {{ TIME\_SUNDAY\_MORN }} | {{ DIST\_SUNDAY\_MORN }} | {{ PACE\_SUNDAY\_MORN }} |  |
| ***Tarde*** | {{ TIME\_SUNDAY\_AFTER }} | {{ DIST\_SUNDAY\_AFTER }} | {{ PACE\_SUNDAY\_AFTER }} |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | ***Total*** | {{ WEEKLY\_DISTANCE }} |  |  | Média |
|  |  |  |  |  |  |