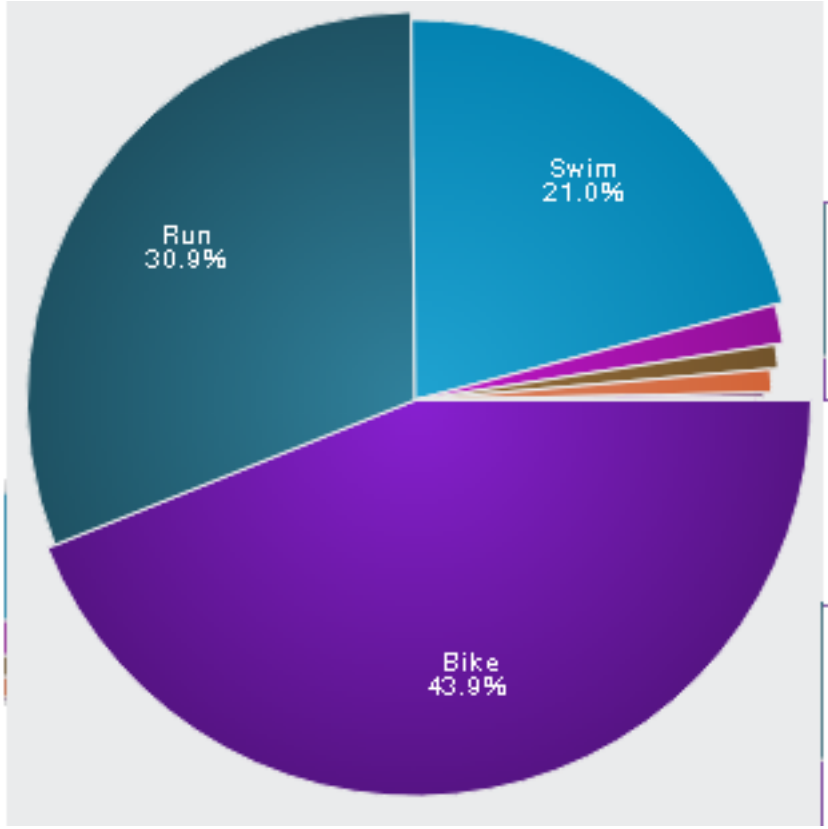
Km totali: 6366
Tempo totale: 379:16:58 Media settimanale: 7:17:38 Giorni riposo effettivi: 73
Gare: 44
Corsa: 31 (1 maratona,7 mezze,6 trail,2 cross,2 staffette,1 pista,1 crono,11 strada)
Triathlon: 12 (5 sprint, 5 olimpico, 2 70.3)
Swimrun: 1

Swim: 21.0%
Completed distance: 227150 m
Completed duration: 79:51:33
TSS: 46.0

Bike: 43.9%
Completed distance: 4632 km
Completed duration: 166:46:48
TSS: 0.0

Run: 30.9%
Completed distance: 1450 km
Completed duration: 117:28:34
TSS: 257.4



Custom: 1.69%
Completed distance: 0.00 km
Completed duration: 6:25:00
TSS: 0.0

Mountain Bike: 1.05%
Completed distance: 56.9 km
Completed duration: 4:00:03
TSS: 0.0

XC-Ski: 1.05%
Completed distance: 0.00 km
Completed duration: 4:00:00
TSS: 0.0

Strength: 0.20%
Completed distance: 0.00 km
Completed duration: 0:45:00
TSS: 0.0