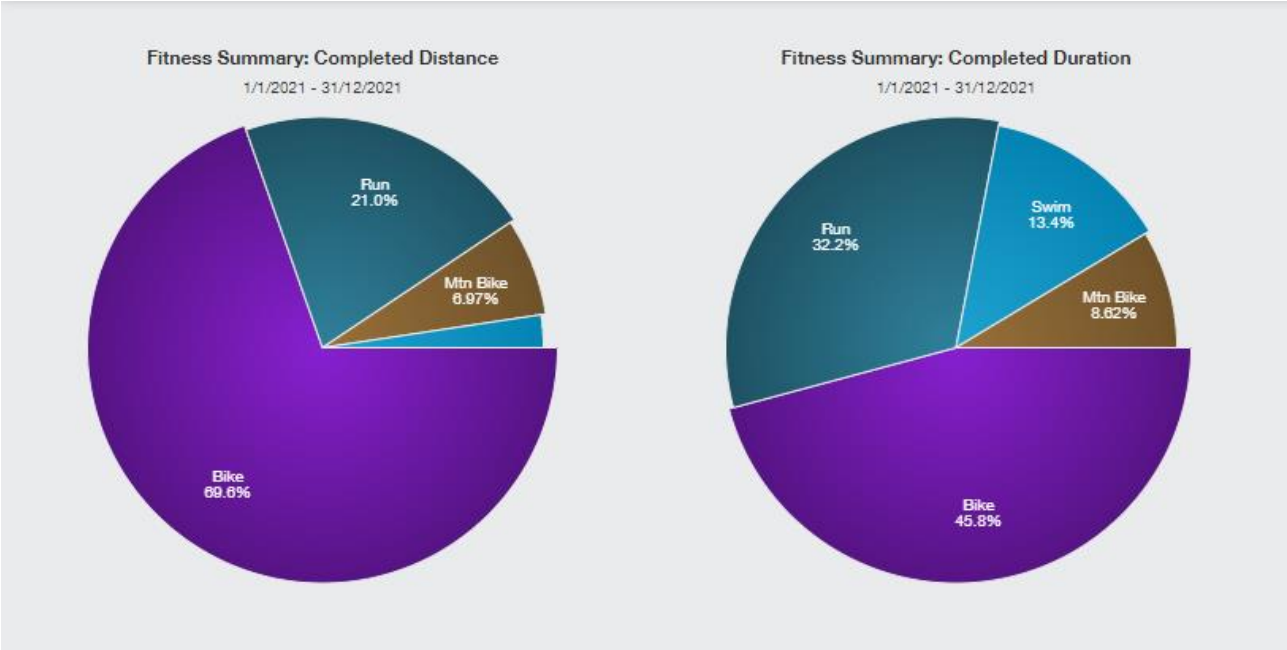
Km totali: 5450 (a.p. 5239)
Tempo totale: 313:50:46 (a.p. 352:01:06)
Media settimanale: 6:02:08 (a.p. 6:46:11)
Giorni riposo effettivi: 135 (a.p. 103)
Gare: 22 (a.p. 7)
Corsa: 11 (3 maratonina, 3 trail, 3 cross, 2 strada (a.p. 4 ((1 maratonina, 1 trail, 2 cross))
Triathlon: 9 (6 sprint, 2 olimpico, 1 medio) (a.p. : 1 (1 sprint))
Duathlon: 1 (olimpico) (a.p. 0)
Granfondo: 0 (a.p. 0)
Swimrun: 1 (a.p. 2)



Swim: 129719 mt
41:55:25
Bike: 3794 km
143:48:50
Mtb: 380 km
27:02:26
Run: 1146 km
101:04:05
Other: 0:00:00