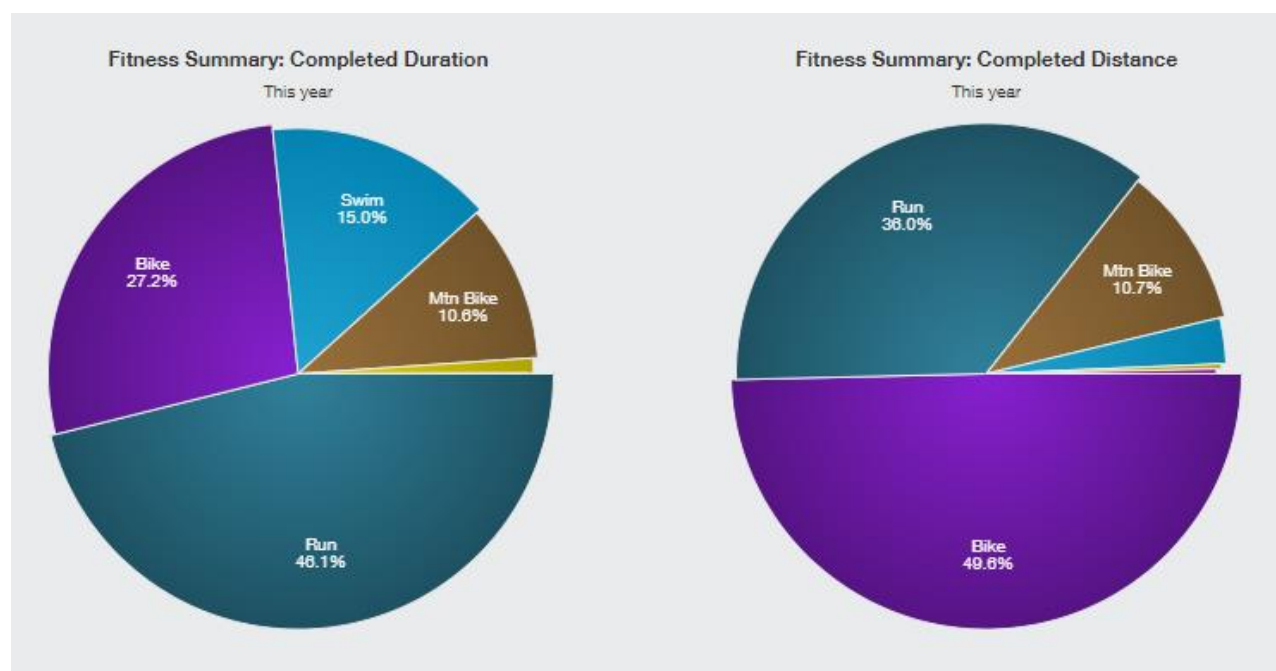


Km totali: 2912 (a.p. 5450)  
Tempo totale: 214:26:20 (a.p. 313:50:46)  
Media settimanale: 4:07:26 (a.p. 6:02:08)  
Giorni riposo effettivi: 180 (a.p. 135)  
Gare: 17 (a.p. 22)  
Corsa: 16 (1 maratona, 6 trail, 5 cross, 3 strada, 1 pista) (a.p. 11 (3 maratona, 3 trail, 3 cross, 2 strada))  
Triathlon: 1 (1 sprint) (a.p. 9: (6 sprint, 2 olimpico, 1 medio))  
Duathlon: 0 (a.p. 1)  
Granfondo: 0 (a.p. 0)  
Swimrun: 0 (a.p. 1)



**Swim: 15.0%**  
Completed distance: 89665 m  
Completed duration: 32:19:37

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**Bike: 27.2%**  
Completed distance: 1450 km  
Completed duration: 58:40:33

**Mountain Bike: 10.6%**  
Completed distance: 311 km  
Completed duration: 22:50:29

**Run: 46.1%**  
Completed distance: 1051 km  
Completed duration: 99:22:58

**Walk: 1.03%**  
Completed distance: 10.0 km  
Completed duration: 2:12:46