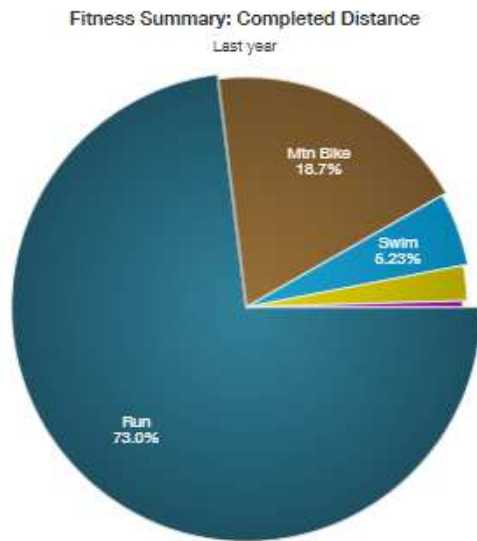
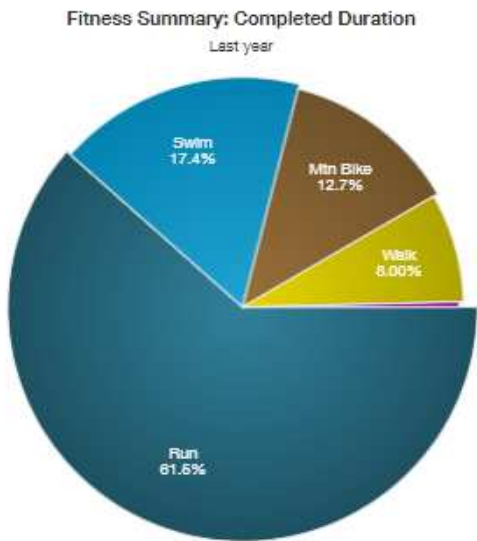


Km totali: 1829 (a.p. 2912)  
Tempo totale: 197:04:27 (a.p. 214:26:20)  
Media settimanale: 3:47:24 (a.p. 4:07:26)  
Giorni riposo effettivi: 175 (a.p. 180)  
Gare: 24 (a.p. 17)  
Corsa: 24 (1 maratona, 1 maratonina, 5 trail, 6 cross, 9 strada, 2 pista) (a.p. 16 (1 maratonina, 6 trail, 5 cross, 3 strada, 1 pista))  
Triathlon: 0 (a.p. 1 (1 sprint))  
Duathlon: 0 (a.p. 0)  
Granfondo: 0 (a.p. 0)  
Swimrun: 0 (a.p. 0)



**Swim: 17.4%**  
Completed distance: 95725 m  
Completed duration: 34:19:53  
TSS: 18

**Mountain Bike: 12.7%**  
Completed distance: 342 km  
Completed duration: 24:56:20  
TSS: 751

**Run: 61.5%**  
Completed distance: 1336 km  
Completed duration: 121:17:16  
TSS: 7693

**Walk: 8.00%**  
Completed distance: 46.9 km  
Completed duration: 15:45:32  
TSS: 82