

	Km's	Duração	Calorias (Kcal)	Fat	Max Heart Rate	Avg Heart Rate		
Total	303,5	49:57:40	12817	37%	164	86%	140	73%

Nº	DATA	Tipo de Exerc	Km's	Início	Duração	Calorias (Kcal)	Fat	In Zone	Max Heart Rate	Avg Heart Rate		
1	15-01-2009	Corrida final	7	19:23	00:37:29	459	30%	133-151 00:00:28	186	97%	164	86%
2	22-01-2009	Corrida final	7	18:59	00:41:15	470	35%	152-170 00:31:51	175	92%	158	83%
3	24-01-2009	Bicicleta às P	15	10:57	00:43:38	414	45%	152-170 00:09:12	160	84%	142	74%
4	25-01-2009	Bicicleta às P	15	11:50	00:53:53	532	45%	152-172 00:15:00	168	88%	144	75%
5	27-01-2009	Corrida final	7	19:56	00:34:20	458	25%	152-172 00:34:20	186	97%	171	90%
6	29-01-2009	Corrida final	7	20:22	00:23:55	317	25%	152-170 00:23:55	184	96%	171	90%
7	31-01-2009	Bicicleta às P	15	10:45	00:50:35	452	50%	152-170 00:01:42	157	82%	136	71%
8	01-02-2009	Exercícios		11:09	00:10:10	48	60%	152-170 00:00:00	130	68%	102	53%
9	01-02-2009	Bicicleta às P	15	11:28	00:40:22	359	50%	152-170 00:04:10	164	86%	135	71%
10	03-02-2009	Corrida volta	8	18:32	00:45:59	539	30%	152-170 00:26:20	179	94%	160	84%
11	05-02-2009	Corrida final	7	19:21	00:27:23	334	30%	152-170 00:20:42	177	93%	164	86%
12	07-02-2009	Bicicleta às P	15	11:28	00:49:15	475	45%	152-170 00:10:14	163	85%	142	74%
13	08-02-2009	Bicicleta à Ág	9	12:40	00:34:23	319	45%	152-170 00:04:22	160	84%	139	73%
14	10-02-2009	Corrida final	7	18:45	00:31:44	393	30%	152-170 00:15:34	185	97%	165	86%
15	13-02-2009	Corrida final	7	18:12	00:42:58	463	35%	152-170 00:21:22	175	92%	152	80%
16	15-02-2009	Bicicleta às P	15	11:20	00:50:43	450	50%	152-170 00:00:40	159	83%	135	71%
17	16-02-2009	Corrida final	5	19:13	00:29:49	346	35%	152-170 00:27:06	173	91%	160	84%
18	17-02-2009	Corrida final	7	19:17	00:33:41	398	30%	152-170 00:21:56	187	98%	160	84%
19	18-02-2009	Corrida final	7	19:18	00:43:20	467	40%	152-170 00:24:12	165	86%	152	80%
20	19-02-2009	Corrida final	7	19:18	00:34:48	427	30%	152-170 00:20:32	183	96%	164	86%
21	22-02-2009	Snowboard A	20	09:30	07:00:00	700	25%		140	73%	100	52%
22	23-02-2009	Snowboard A	20	09:30	07:00:00	700	25%		140	73%	100	52%
23	24-02-2009	Snowboard A	20	09:30	07:00:00	700	25%		140	73%	100	52%
24	25-02-2009	Snowboard A	20	09:30	07:00:00	700	25%		140	73%	100	52%
25	26-02-2009	Snowboard A	20	09:30	07:00:00	700	25%		140	73%	100	52%
26	02-03-2009	Piscina Istank	1	19:30	00:40:00	300						
27	08-03-2009	Teste sem ex	0,5	10:41	00:13:34	58	60%	152-170 00:00:00	134	70%	99	52%
28	08-03-2009	Bicicleta às P	15	10:55	00:52:21	474	50%	152-170 00:05:04	163	85%	137	72%
29	09-03-2009	Corrida final	5	19:35	00:32:05	365	35%	152-170 00:23:11	175	92%	157	82%