

| DATA | TIPO ALLENAMENTO | BY GARMIN | | | | | | ANNOTAZIONI |
|----------|---------------------|-----------|-------|------|------|--------|----------|-------------|
| | | DIST. | TEMPO | | | MEDIA | FC media | |
| | | km | ore | min. | sec. | min/km | bpm | |
| 01/01/18 | Corsa | 7,160 | | 32 | 40 | 4,34 | | |