

[illegible]

11/01/2012 - SPEED ON THE COURSE time by Ettore Ivaldi									
	1		2		3		4		
	time	p	time	p	time	p	time	p	
PEDRO	26,95		25,77		26,81	4	28,50		
	31,22	8	32,75		27,39	2	26,61	2	
	20,03		17,95		28,72		18,62		
	26,34		29,51	4	31,30	2	26,73		
	26,96		28,44	4	27,73	50	27,32	2	
	131,5	8	134,42	8	141,95	58	127,78	4	
FABIO	25,90	2	26,46	2	25,80		25,63		
	42,56	2	36,36	52	27,22		27,15		
	19,87		18,28		21,78		18,60		
	27,73		26,90		28,10		26,85	4	
	26,61		29,84	2	29,11		27,62		
	142,67	4	137,84	56	132,01	0	125,85	4	
ANDERSON	26,22		26,96	4	26,06		25,94		
	30,33	50	28,32	50	28,17		27,11		
	24,88		19,68	2	20,38	2	18,20	2	
	28,87	2	28,3	4	27,57	2	27,83		
	28,02		29,07		26,56	4	28,56		
	138,32	52	132,33	60	128,74	8	127,64	2	
TECO	25,35		26,36	4	25,47		26,27		
	27,20		29,17	4	28,13	52	27,64	2	
	21,97		17,31		20,97		20,58		
	36,48	2	27,23		27,77		26,42	2	
	27,43	6	27,95	2	30,16	2	27,56		
	138,43	8	128,02	10	132,5	54	128,47	4	
JOAO	26,57		24,24		24,26		23,91		
	28,81	50	28,71	2	26,60	2	26,90	2	
	19,10		18,01		21,95		18,90		
	26,76		26,69		27,94	52	27,65	2	
	27,52	54	26,83		27,63		29,63		
	128,76	104	124,48	2	128,38	54,00	126,99	4	
GUSTAVO	26,09		25,82		25,38	2	25,69	4	
	28,21		29,01		27,5	52	28,2	2	
	18,06		25,05		17,17		19,03		
	27,65	2	27,19	2	27,39		27,46	6	
	27,46	4	29,37	2	27,74	2	27,73		
	127,47	6	136,44	4	125,18	56	128,11	12	

11/01/2012 - SPEED ON THE COURSE time by Ettore Ivaldi course 3 different with k1 men									
	1		2		3		4		
	time	p	time	p	time	p	time	p	
CASSIO	27,62		24,24		21,56		35,83	2	
	27,63		25,27	4	15,36	52	27,21		
	29,07	2	26,71	2	22,80	2	29,41		
	29,76		26,94		21,23		28,95		
CHARLES	27,21		27,84		21,9		34,44		
	29,04	2	27,95	4	25,74		27,36	2	
	28,71	4	26,83		18,89		27,27		
	28,9	4	24,68		21,83		26,97		
LEONARDO	32,87	2	30,01		21,57		41,75		
	31,34		28,81	2	28,08	2	32,51	2	
	34,7	2	29,82		37,33		36,77		
	32,84	2	28,86	2	22,28		33,98	2	
FELIPE	30,02	2	27,10		20,63	2	30,96	4	
	29,21		28,26		15,39	50	29,77		
	30,21		26,78		29,61		28,59		
	30,02		29,02	2	22,62		32,07	4	
RAFFI	34,00	2	28,97	2	25,39	50	35,59	4	
	36,81		30,91		24,98	4	32,09	4	
	0		0		0		0		
	34,28		27,65		0		33,01	2	
MAICON	29,02		0		37,76		36,63		
	31,17	2	0		27,41		34,5		
	0		29,43	4	37,86		34,06		
	35,09	2	28,30		0		33,01	2	
TIAGO	30,05		0		30,29		34,77		
	32,73	2	35,38	4	38,62		31,87	4	
	33,75	4	28,66	4	26,97		33,04	4	
	0		30,94		20,68		32,10		

11/01/2012 - SPEED ON THE COURSE time by Toni									
	1		2		3		4		
	time	p	time	p	time	p	time	p	
RENAN	29,30		30,16	4	28,98		29,1		
	25,26	2	27,79		25,64	52	23,52		
	21,30		21,89		21,6		19,81		
	30,33	2	29,72	2	32,2		28,95	2	
	32,37	54	29,79	54	27,55		28,42	4	
ANA	33,95		59,05	4	32,79	6	33,01		
	31,03		34,72		28,93		29,98		
	0		30,02	52	25,69		26,11		
	30,34		33,47		36,64	4	31,14		
	31,71		30,69		30,96		31,00		
JEAN	32,08	2	34,24	2	0		0		
	37,11	2	30,67	50	0		0		
	0		0		0		0		
	34,50	52	32,88		0		0		
	30,33	2	29,72	2	32,2		28,95	2	
C2 WELLINGTON CASSIANO	34,33	52	33,13	54	31,90	2	0		
	40,14	4	44,10	52	31,68	52	0		
	0		38,3	50	0		0		
	38,30	50	0		0		0		
	37,07	52	38,16	4	39,21	54	0		

13/01/2012 - LOOPS ON THE COURSE with TIME IN 12 GATES MAX SPEED - 12 RUNS - time by Ettore Ivaldi																																						
name	1		2		3		4		5		6		7		8		9		10		11		12		TOT. TIME	TOT. PEN	%											
	time	p	tot.	time	p	tot.	time	p	tot.	time	p	tot.	time	p	tot.	time	p	tot.	time	p	tot.	time	p	tot.														
PEDRO HENRIQUE	39,44	2	41,44	39,03	0	39,03	39,52	41,58	2	43,58	39,47	0	39,12	40,23	0	40,23	41,00	0	41,00	37,00	0	37,00	38,05	4	42,05	39,40	2	41,4	39,06	0	39,06	472,90	10					
FABIO SCHENA	40,73	2	42,73	39,33	0	39,33	39,72	0	39,72	41,62	2	43,62	39,25	0	39,25	39,9	0	39,89	40,07	0	40,07	40,12	0	40,12	37,94	2	39,94	38,04	0	38,04	38,17	2	40,17	37,79	2	39,79	472,67	10
ANDERSON OLIVERA	39,49	0	39,49	40,70	2	42,7	37,51	0	37,51	39,22	0	39,22	38,12	0	39,19	39,2	0	39,46	39,46	0	39,52	39,52	0	40,32	2	42,32	38,89	0	38,89	39,17	0	39,17	41,03	4	45,03	472,62	8	
TECO	37,57	4	41,57	39,15	0	39,15	39,57	0	39,57	39,22	2	41,22	43,54	50	93,54	41,8	2	43,79	41,34	0	41,34	41,26	2	43,26	42,04	0	42,04	41,73	0	41,73	40,10	0	40,1	39,12	2	41,12	486,43	62
CASSIO/CHARLES	47,27	4	51,27	51,89	0	51,89	47,86	6	53,86	45,56	2	47,56	44,75	2	46,75	46,6	2	48,6	46,35	2	48,35	42,81	4	46,81	-	-	-	-	-	-	-	-	-	-	-	-	-	
JOAO VITO	39,43	0	39,43	37,81	6	43,81	36,00	0	36	40,02	0	40,02	38,93	4	42,93	37,2	0	37,23	40,48	0	40,48	36,51	0	36,51	39,47	2	41,47	41,10	0	41,1	39,90	2	41,9	37,16	2	39,16	464,04	16
GUSTAVO	37,88	2	39,88	38,60	2	40,6	39,42	2	41,42	38,62	0	38,62	38,83	0	38,83	40,2	0	40,16	42,35	0	42,35	40,43	0	40,43	38,60	0	38,6	39,91	0	39,91	40,32	40,32	39,74	0	39,74	474,86	6	
FELIPE BORGES	61,50	102	163,5	43,58	0	43,58	43,09	0	43,09	43,38	0	43,38	44,41	2	46,41	42,6	2	44,56	45,31	0	45,31	42,05	2	44,05	49,82	0	49,82	45,06	0	45,06	47,20	0	47,2	-	-	-	-	-

[illegible]

WEEK from 16 to 22 JANUARY 2012 - SEMANA de 16 a 22 de Janeiro de 2012

	MONDAY -Segunda 16/01/2012	TURSDAY – Terça 17/01/2012	WEDNESDAY – Quarta 18/01/2012	THURSDAY – Quinta 19/01/2012	FRIDAY – Sexsta 20/01/2012	SATURDAY –Sábado 21/01/2012	SUNDAY – Domingo 22/01/2012	
MORNING	SPEED 5 ON 5	Gym – Broken Arms + easy paddle	TECNIC	SPEED 5ON 5	Gym – Broken Arms	GYM – POWER + football	RACE + TEAM	
AFTERNOON	LOOPS LONG	BROKEN RUN – 1:4/1:3/1:2	LOOPS SHORT	off	FREE ON THE CANAL	off	TECNIC	
NIGHT	STRETCHING	TRAINING AUTOGENO		STRETCHING		STRETCHING	TRAINING AUTOGENO	

	1ST GROUP	2ND GROUP	
MORNING	IN THE WATER 8 am	IN THE WATER 9,45 pm	
AFTERNOON	IN THE WATER 14,45	IN THE WATER 15,45 pm	
NIGHT	19 pm		
BREAKFAST CAFÉ DA MANHÃ	6,30 am	8,15 am	
departure for the ITAIPU – de partida para o ITAIPU.	7,10 am – 14,10 pm :	9,00 am – 15,00	
LUNCH – ALMOÇO	11,45 am	12,30 pm	
DINNER – JANTAR	20 pm		