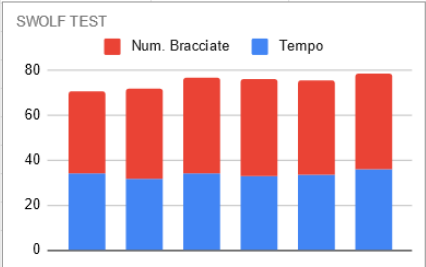
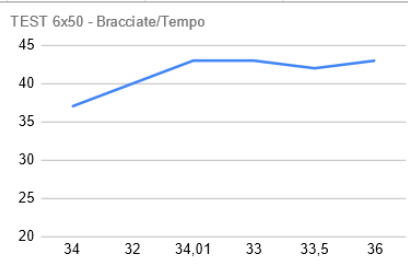
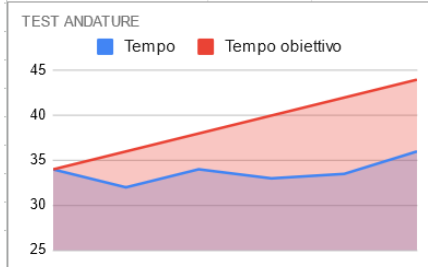
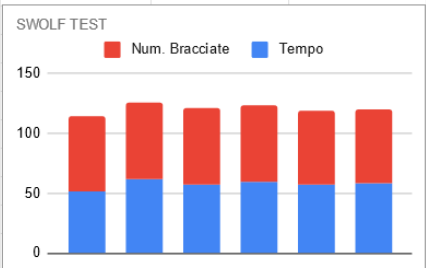
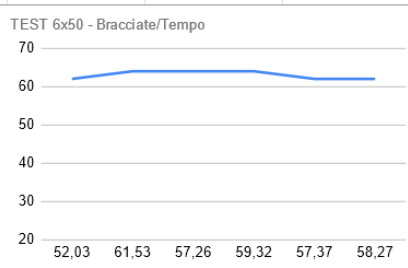
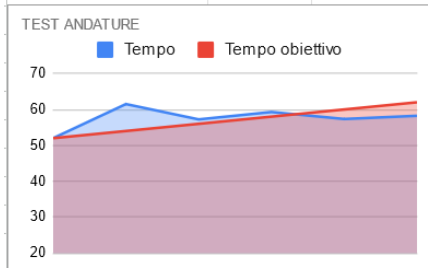


TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Baroni Gabriele	1	34	37	34	0		71
Baroni Gabriele	2	32	40	36	4		72
Baroni Gabriele	3	34,01	43	38	3,99		77,01
Baroni Gabriele	4	33	43	40	7		76
Baroni Gabriele	5	33,5	42	42	8,5		75,5
Baroni Gabriele	6	36	43	44	8		79



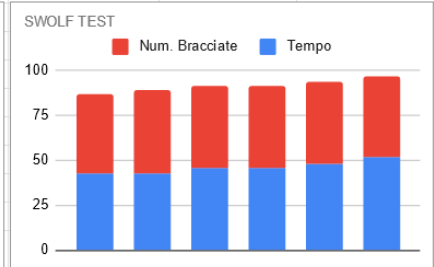
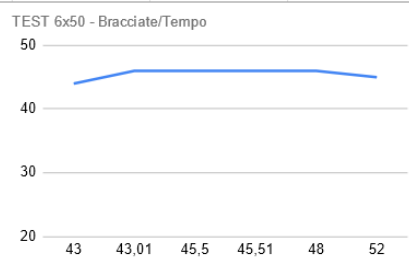
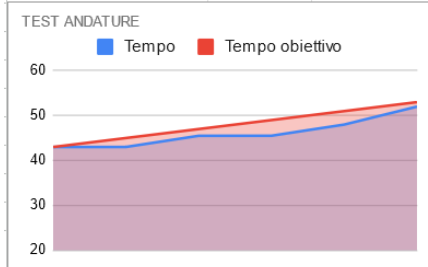
		Arobico A2	Soglia	Vo2max
Baroni Gabriele	50m	42	39	36
Baroni Gabriele	100m	1'27	1'23	1'19

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Bartolozzi Stefano	1	52,03	62	52,03	0		114,03
Bartolozzi Stefano	2	61,53	64	54,03	-7,5		125,53
Bartolozzi Stefano	3	57,26	64	56,03	-1,23		121,26
Bartolozzi Stefano	4	59,32	64	58,03	-1,29		123,32
Bartolozzi Stefano	5	57,37	62	60,03	2,66		119,37
Bartolozzi Stefano	6	58,27	62	62,03	3,76		120,27



		Arobico A2	Soglia	Vo2max
Bartolozzi Stefano	50m	1'02	59	56
Bartolozzi Stefano	100m	2'09	2'05	2'01

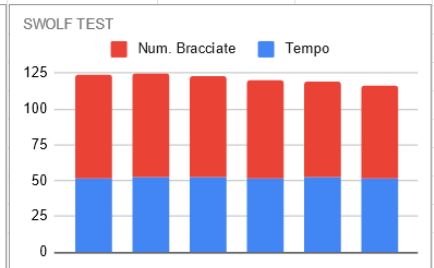
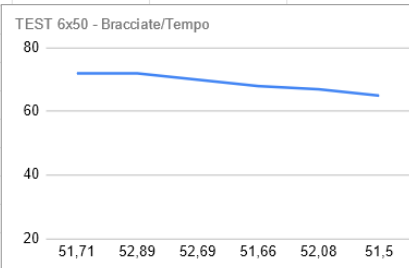
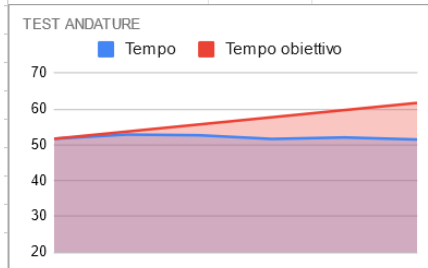
TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Bellini Francesco	1	43	44	43	0		87
Bellini Francesco	2	43,01	46	45	1,99		89,01
Bellini Francesco	3	45,5	46	47	1,5		91,5
Bellini Francesco	4	45,51	46	49	3,49		91,51
Bellini Francesco	5	48	46	51	3		94
Bellini Francesco	6	52	45	53	1		97



		Arobico A2	Soglia	Vo2max
Bellini Francesco	50m	53	50	47
Bellini Francesco	100m	1'50	1'46	1'42

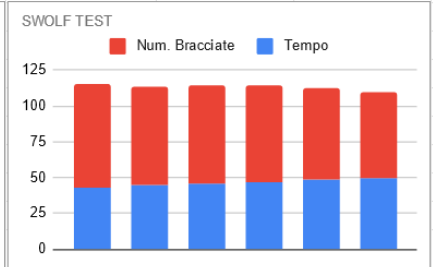
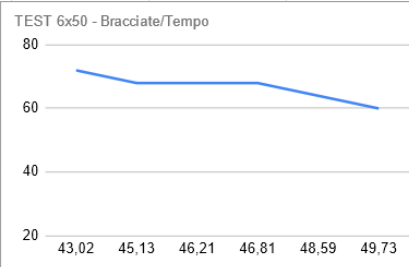
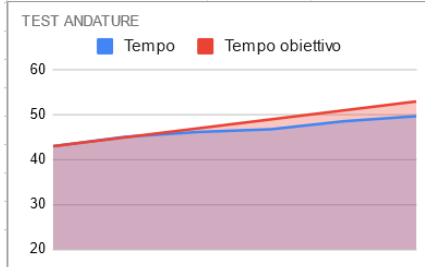
TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza
Bernardini Simonetta	1	51,71	72	51,71	0
Bernardini Simonetta	2	52,89	72	53,71	0,82
Bernardini Simonetta	3	52,69	70	55,71	3,02
Bernardini Simonetta	4	51,66	68	57,71	6,05
Bernardini Simonetta	5	52,08	67	59,71	7,63
Bernardini Simonetta	6	51,5	65	61,71	10,21

	SWOLF
Bernardini Simonetta	123,71
Bernardini Simonetta	124,89
Bernardini Simonetta	122,69
Bernardini Simonetta	119,66
Bernardini Simonetta	119,08
Bernardini Simonetta	116,5



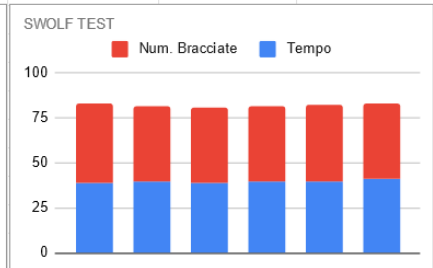
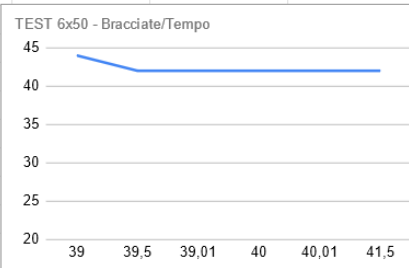
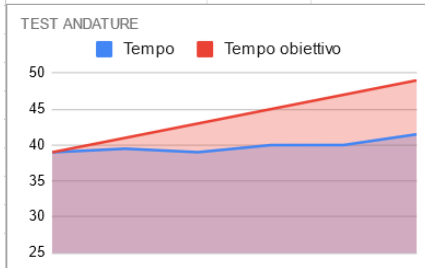
		Arobico A2	Soglia	Vo2max
Bernardini Simonetta	50m	1'01	58	55
Bernardini Simonetta	100m	2'08	2'04	2

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Bertani Riccardo	1	43,02	72	43,02	0		115,02
Bertani Riccardo	2	45,13	68	45,02	-0,11		113,13
Bertani Riccardo	3	46,21	68	47,02	0,81		114,21
Bertani Riccardo	4	46,81	68	49,02	2,21		114,81
Bertani Riccardo	5	48,59	64	51,02	2,43		112,59
Bertani Riccardo	6	49,73	60	53,02	3,29		109,73



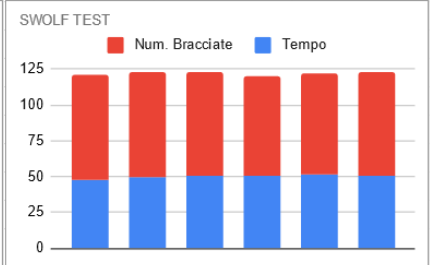
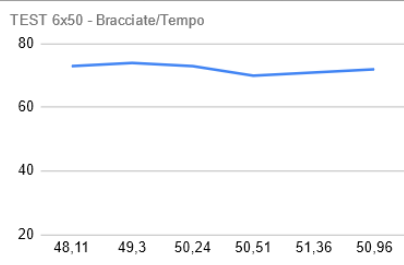
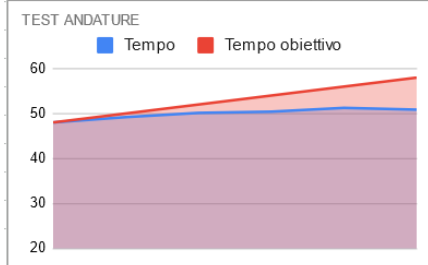
		Arobico A2	Soglia	Vo2max
Bertani Riccardo	50m	52	49	46
Bertani Riccardo	100m	1'48	1'44	1'40

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Bertini Daniele	1	39	44	39	0		83
Bertini Daniele	2	39,5	42	41	1,5		81,5
Bertini Daniele	3	39,01	42	43	3,99		81,01
Bertini Daniele	4	40	42	45	5		82
Bertini Daniele	5	40,01	42	47	6,99		82,01
Bertini Daniele	6	41,5	42	49	7,5		83,5



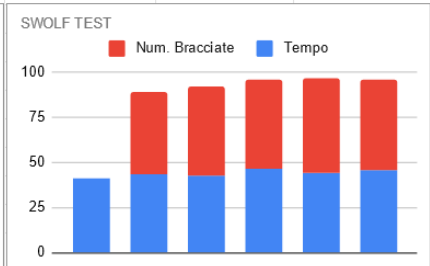
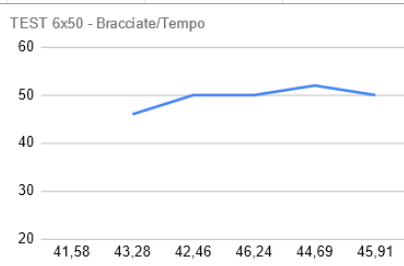
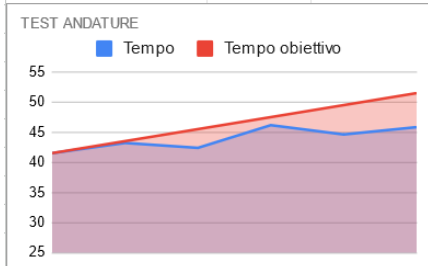
		Arobico A2	Soglia	Vo2max
Bertini Daniele	50m	49	46	43
Bertini Daniele	100m	1'41	1'37	1'33

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Biagini Saverio	1	48,11	73	48,11	0		121,11
Biagini Saverio	2	49,3	74	50,11	0,81		123,3
Biagini Saverio	3	50,24	73	52,11	1,87		123,24
Biagini Saverio	4	50,51	70	54,11	3,6		120,51
Biagini Saverio	5	51,36	71	56,11	4,75		122,36
Biagini Saverio	6	50,96	72	58,11	7,15		122,96



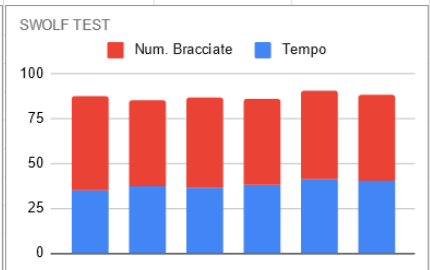
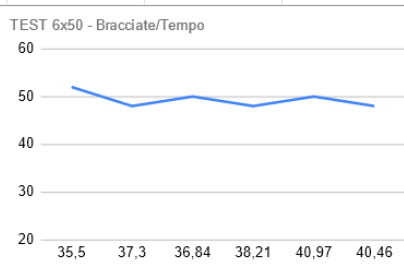
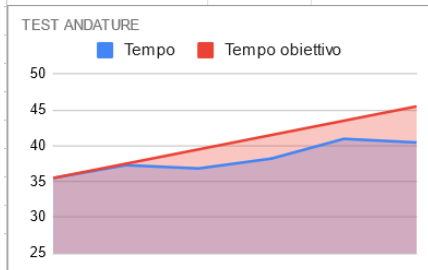
		Arobico A2	Soglia	Vo2max
Biagini Saverio	50m	58	55	52
Biagini Saverio	100m	2	1'56	1'52

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Cardosi Roberto	1	41,58		41,58	0		41,58
Cardosi Roberto	2	43,28	46	43,58	0,3		89,28
Cardosi Roberto	3	42,46	50	45,58	3,12		92,46
Cardosi Roberto	4	46,24	50	47,58	1,34		96,24
Cardosi Roberto	5	44,69	52	49,58	4,89		96,69
Cardosi Roberto	6	45,91	50	51,58	5,67		95,91



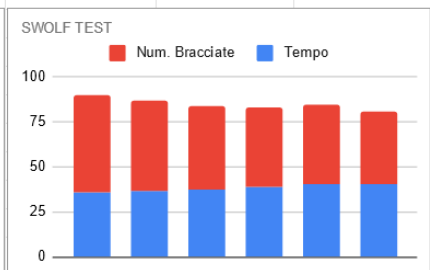
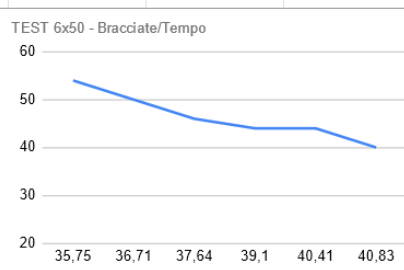
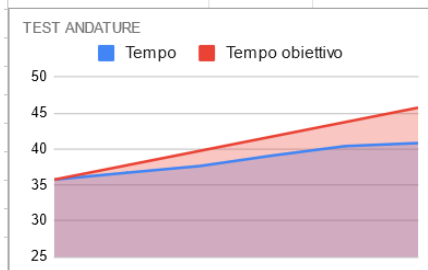
		Arobico A2	Soglia	Vo2max
Cardosi Roberto	50m	52	49	46
Cardosi Roberto	100m	1'47	1'43	1'39

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza	SWOLF
Carrara Alessandro	1	35,5	52	35,5	0	87,5
Carrara Alessandro	2	37,3	48	37,5	0,2	85,3
Carrara Alessandro	3	36,84	50	39,5	2,66	86,84
Carrara Alessandro	4	38,21	48	41,5	3,29	86,21
Carrara Alessandro	5	40,97	50	43,5	2,53	90,97
Carrara Alessandro	6	40,46	48	45,5	5,04	88,46



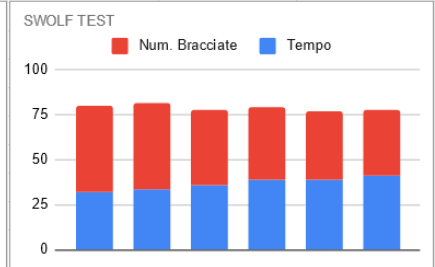
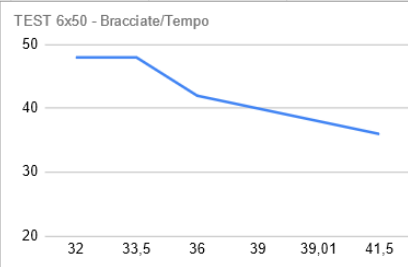
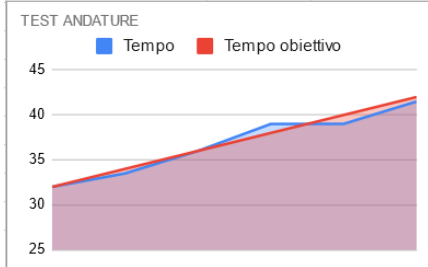
		Arobico A2	Soglia	Vo2max
Carrara Alessandro	50m	45	42	39
Carrara Alessandro	100m	1'34	1'30	1'26

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza	SWOLF
Ciucci Simone	1	35,75	54	35,75	0	89,75
Ciucci Simone	2	36,71	50	37,75	1,04	86,71
Ciucci Simone	3	37,64	46	39,75	2,11	83,64
Ciucci Simone	4	39,1	44	41,75	2,65	83,1
Ciucci Simone	5	40,41	44	43,75	3,34	84,41
Ciucci Simone	6	40,83	40	45,75	4,92	80,83



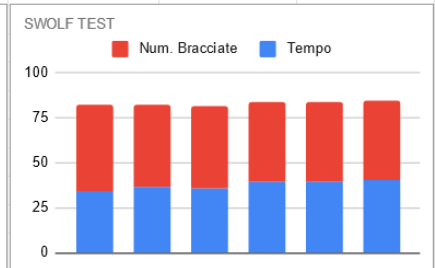
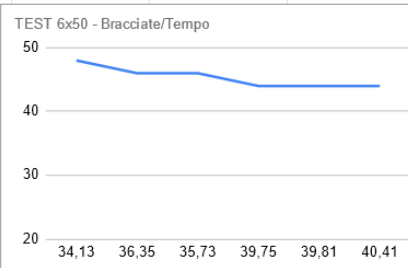
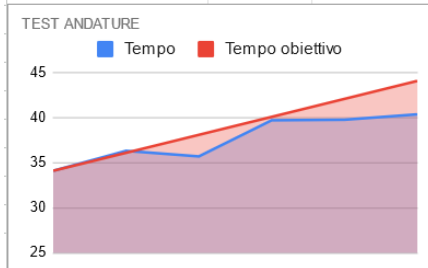
		Arobico A2	Soglia	Vo2max
Ciucci Simone	50m	46	43	40
Ciucci Simone	100m	1'34	1'30	1'26

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Favilla Paolo	1	32	48	32	0		80
Favilla Paolo	2	33,5	48	34	0,5		81,5
Favilla Paolo	3	36	42	36	0		78
Favilla Paolo	4	39	40	38	-1		79
Favilla Paolo	5	39,01	38	40	0,99		77,01
Favilla Paolo	6	41,5	36	42	0,5		77,5



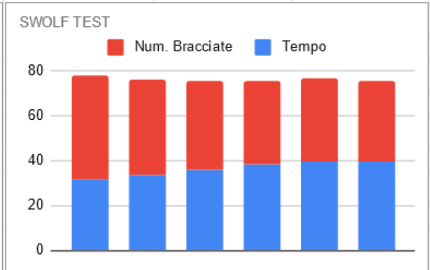
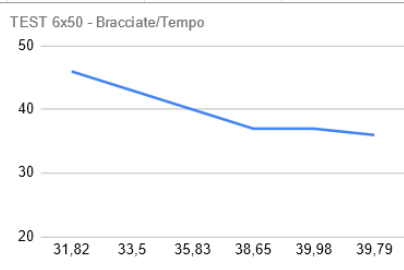
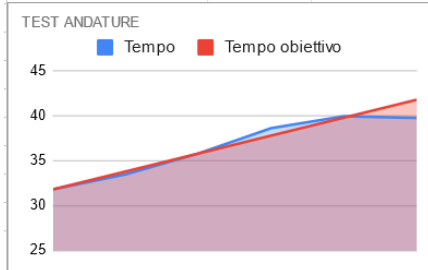
		Arobico A2	Soglia	Vo2max
Favilla Paolo	50m	42	39	36
Favilla Paolo	100m	1'27	1'23	1'19

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Maltinti Stefano	1	34,13	48	34,13	0		82,13
Maltinti Stefano	2	36,35	46	36,13	-0,22		82,35
Maltinti Stefano	3	35,73	46	38,13	2,4		81,73
Maltinti Stefano	4	39,75	44	40,13	0,38		83,75
Maltinti Stefano	5	39,81	44	42,13	2,32		83,81
Maltinti Stefano	6	40,41	44	44,13	3,72		84,41



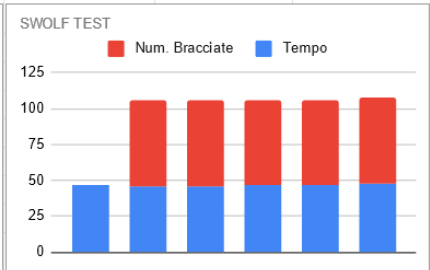
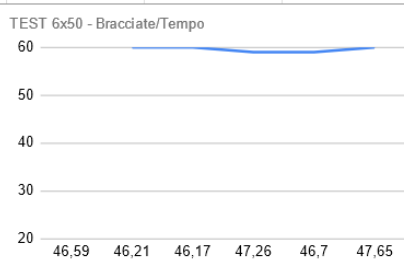
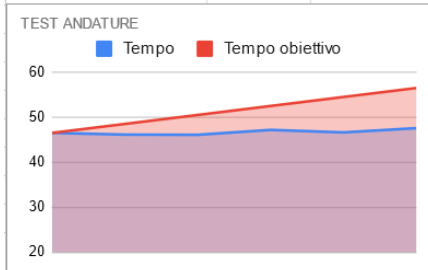
		Arobico A2	Soglia	Vo2max
Maltinti Stefano	50m	44	41	38
Maltinti Stefano	100m	1'31	1'27	1'23

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza	SWOLF
Martinelli Andrea	1	31,82	46	31,82	0	77,82
Martinelli Andrea	2	33,5	43	33,82	0,32	76,5
Martinelli Andrea	3	35,83	40	35,82	-0,01	75,83
Martinelli Andrea	4	38,65	37	37,82	-0,83	75,65
Martinelli Andrea	5	39,98	37	39,82	-0,16	76,98
Martinelli Andrea	6	39,79	36	41,82	2,03	75,79



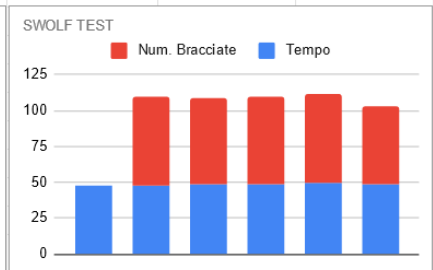
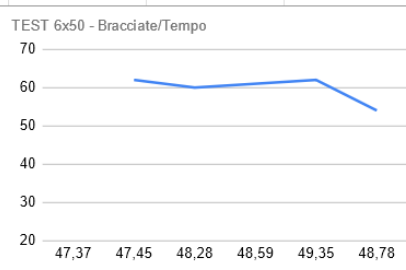
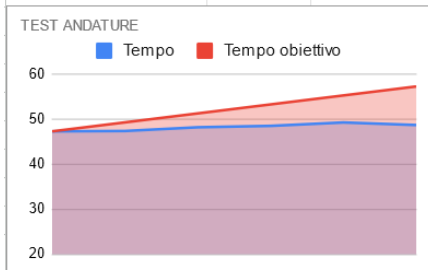
		Arobico A2	Soglia	Vo2max
Martinelli Andrea	50m	41	38	35
Martinelli Andrea	100m	1'25	1'21	1'17

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza	SWOLF
Monaco Riccardo	1	46,59	60	46,59	0	46,59
Monaco Riccardo	2	46,21	60	48,59	2,38	106,21
Monaco Riccardo	3	46,17	60	50,59	4,42	106,17
Monaco Riccardo	4	47,26	59	52,59	5,33	106,26
Monaco Riccardo	5	46,7	59	54,59	7,89	105,7
Monaco Riccardo	6	47,65	60	56,59	8,94	107,65



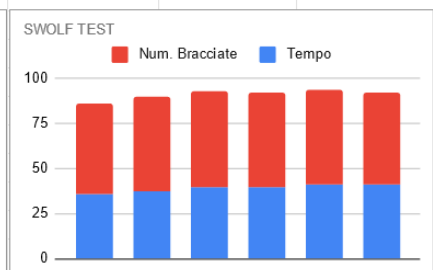
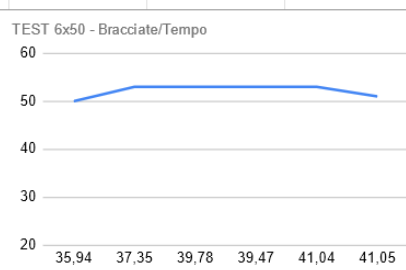
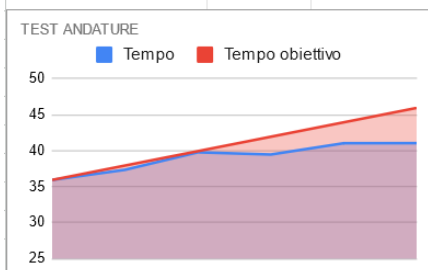
		Arobico A2	Soglia	Vo2max
Monaco Riccardo	50m	56	53	50
Monaco Riccardo	100m	1'57	1'53	1'49

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Petracchi Massimo	1	47,37		47,37	0		47,37
Petracchi Massimo	2	47,45	62	49,37	1,92		109,45
Petracchi Massimo	3	48,28	60	51,37	3,09		108,28
Petracchi Massimo	4	48,59	61	53,37	4,78		109,59
Petracchi Massimo	5	49,35	62	55,37	6,02		111,35
Petracchi Massimo	6	48,78	54	57,37	8,59		102,78



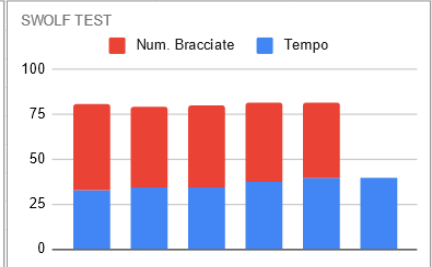
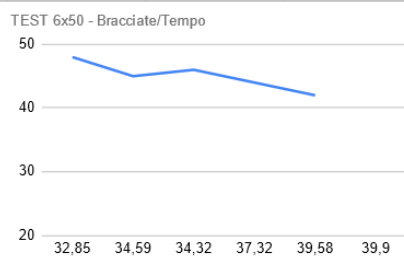
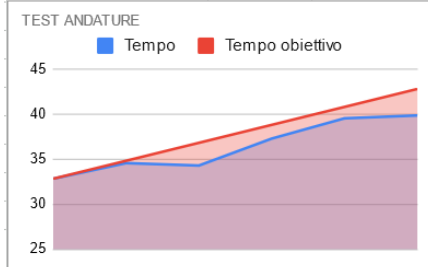
		Arobico A2	Soglia	Vo2max
Petracchi Massimo	50m	57	54	51
Petracchi Massimo	100m	1'58	1'54	1'50

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Picchi Gianni	1	35,94	50	35,94	0		85,94
Picchi Gianni	2	37,35	53	37,94	0,59		90,35
Picchi Gianni	3	39,78	53	39,94	0,16		92,78
Picchi Gianni	4	39,47	53	41,94	2,47		92,47
Picchi Gianni	5	41,04	53	43,94	2,9		94,04
Picchi Gianni	6	41,05	51	45,94	4,89		92,05



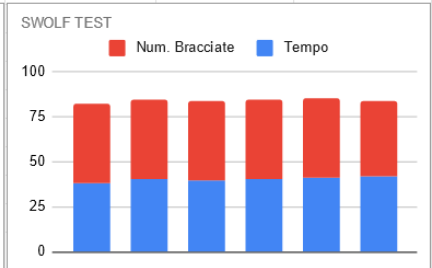
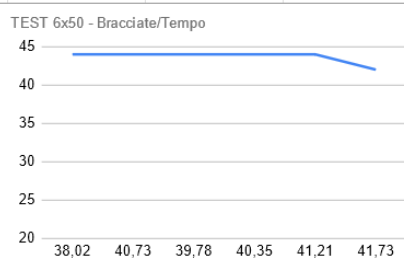
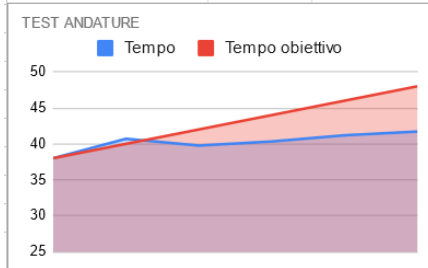
		Arobico A2	Soglia	Vo2max
Picchi Gianni	50m	46	43	40
Picchi Gianni	100m	1'35	1'31	1'27

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Rossi Lorenzo	1	32,85	48	32,85	0		80,85
Rossi Lorenzo	2	34,59	45	34,85	0,26		79,59
Rossi Lorenzo	3	34,32	46	36,85	2,53		80,32
Rossi Lorenzo	4	37,32	44	38,85	1,53		81,32
Rossi Lorenzo	5	39,58	42	40,85	1,27		81,58
Rossi Lorenzo	6	39,9		42,85	2,95		39,9



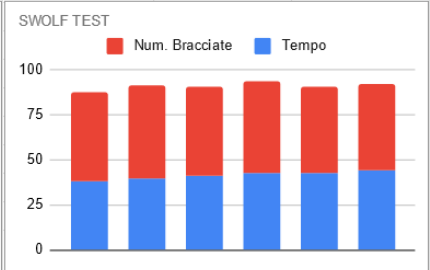
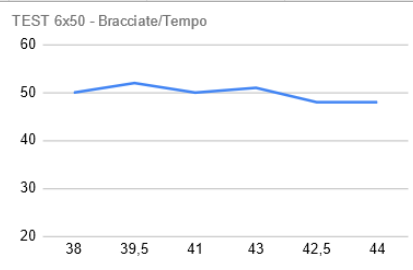
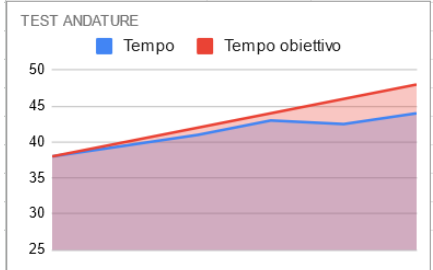
		Arobico A2	Soglia	Vo2max
Rossi Lorenzo	50m	43	40	36
Rossi Lorenzo	100m	1'28	1'24	1'20

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza		SWOLF
Scherij Davide	1	38,02	44	38,02	0		82,02
Scherij Davide	2	40,73	44	40,02	-0,71		84,73
Scherij Davide	3	39,78	44	42,02	2,24		83,78
Scherij Davide	4	40,35	44	44,02	3,67		84,35
Scherij Davide	5	41,21	44	46,02	4,81		85,21
Scherij Davide	6	41,73	42	48,02	6,29		83,73



		Arobico A2	Soglia	Vo2max
Scherij Davide	50m	48	45	42
Scherij Davide	100m	1'39	1'35	1'31

TEST 25/10/2023		Tempo	Num. Bracciate	Tempo obiettivo	Differenza	SWOLF
Vannozzi Alessio	1	38	50	38	0	88
Vannozzi Alessio	2	39,5	52	40	0,5	91,5
Vannozzi Alessio	3	41	50	42	1	91
Vannozzi Alessio	4	43	51	44	1	94
Vannozzi Alessio	5	42,5	48	46	3,5	90,5
Vannozzi Alessio	6	44	48	48	4	92



		Arobico A2	Soglia	Vo2max
Vannozzi Alessio	50m	48	45	42
Vannozzi Alessio	100m	1'39	1'35	1'31