

# REGISTO DE TREINO DA MISSÃO X

Nome da Equipa:

ATIVIDADES

SEMANA .....

SEMANA .....

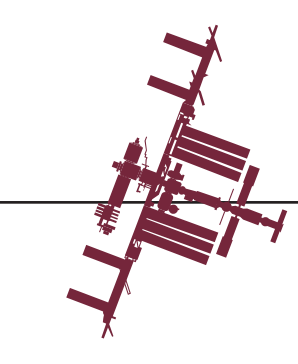
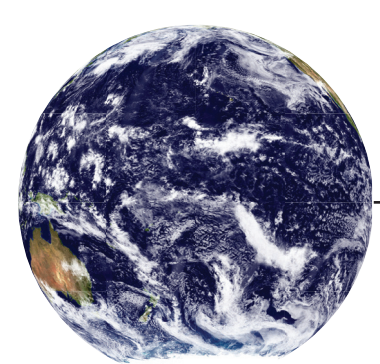
SEMANA .....

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SEMANA .....

SEMANA .....

PONTOS



408 km

100,000 km

1pt = 10km

200,000 km

300,000 km



384,400 km