**CONFEDERAÇÃO BRASILEIRA DE REMO**

**DEPARTAMENTO TÉCNICO**

**CADASTRO DE AVALIAÇÃO DO SNAR**

**REMO OLÍMPICO**

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| Nome do Atleta | | | | | | | | | | | Data de Nascimento | | | | | | | | | | |
| Email do Atleta | | | | | | | | | | | Categoria | | | | | | | | | | |
| Clube Filiado | | | | | | | | | | | | | | | | | | | | | |
| Técnico Responsável | | | | | | | | | | | | | | | | | | | | | |
| Email do Técnico | | | | | | | | | | | | | | | | | | | | | |
| **BIOMETRIA** | | | | | | | | | | | | | | | | | | | | | |
| Estatura (cm) | | | | | Envergadura (cm) | | | | | | | | | | Peso (kg) | | | | | | |
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| **6000m** | | | | | | | | | | | | | | | | | | | | | |
| Tempo |  | Potência (w) | | | | | Pace (Tempo/500m | | | | | | | | Voga | |  | | FC | | |
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| **2000m** | | | | | | | | | | | | | | | | | | | | | |
| Tempo |  | Potência (w) | | | | Pace (Tempo/500m | | | | | | | | | Voga | |  | | FC | | |
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| **500m** | | | | | | | | | | | | | | | | | | | | | |
| Tempo |  | Potência (w) | | | | Pace (Tempo/500m | | | | | | | | | Voga | |  | | FC | | |
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| **100m** | | | | | | | | | | | | | | | | | | | | | |
| Tempo |  | Potência (w) | | | | Pace (Tempo/500m | | | | | | | | | Voga | |  | | FC | | |
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| **30 Minutos - Voga 20** | | | | | | | | | | | | | | | | | | | | | |
| Distância |  | Potência (w) | | | | Pace (Tempo/500m | | | | | | | | | Voga |  | | FC | | | |
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| **PESO - 3 REPETIÇOES MÁXIMAS** | | | | | | | | | | | | | | | | | | |
| Agachamento |  | R. Deitada | | | |  | Levantamento Terra | | | |  | | Supino | | | | | |
| 3RM - kg |  | 3RM - kg | | | |  | 3RM - kg | | | |  | | 3RM - kg | | | | | |
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| **OBSERVAÇÕES** | | | | | | | | | | | | | | | | | | |
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