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para 3:30 p.m. ET. A última lista de probabilidades do Atlético de Madrid vs. Real Madrid tem preço de +240, 8, € o mais / abaixo para o total de golos da partida 2.5. O Real Madrid tem 58,7% de chance de ganhar, e o sorteio uma chance de 22,5%

WHOOP defines Zone 2 as 60-70% of your realized maximum heart rate, or the maximum heart rate that you have logged using WHOOP. This range ensures that you remain at the correct metabolic and effort level to gain near-maximum adaptation while mitigating fatigue that could hurt future performance.

[Why Zone 2 Training is the Secret to Unlocking Peak Performance](#)

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[Zone 2 Definition - What is Zone 2 hazardous area? \(ATEX 1999/92/EC\)](#)

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The definition of Zone 2 is a hazardous area classified as an atmosphere where a mixture of air and flammable substances in the form of gas, vapour or mist is not likely to occur in normal operation, but if it does occur, will persist for a short period only