

O O bet365

[What Lies Beneath the Transylvanian Castle That Impri
soned Vlad the Impaler](#) likely inspiration for Bram Stoker's Dracula & still stands today

[Bran Castle](#), medieval stronghold in the Transylvanian Alps (Southern Carpathian Mo) Tj T* BT

ied with the fictional Castle Dracula, Bran Castle is one of Romania's top tourist attractions.

[Bran Castle | History, Facts, & Dracula - Britannica](#)

britannica : topic : Bran-Castle

[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.

[WHOOP defines Zone 2 as 60-70% of your realized maximum heart rate, or the maximum heart rate that you have logged using WHOOP](#)