






SECUENCIA DE MEDIAS DE REGULARIDAD ETAPA 2

TR-2				
Velocidad	Distancia	Tiempo	vel.exc	Tiempo
30	0,653	0:01:18,4	25	0:01:34,0
40	0,967	0:01:46,6	35	0:02:06,3
60	1,723	0:02:32,0	55	0:02:55,8
50	3,619	0:04:48,5	45	0:05:27,5
60	4,218	0:05:24,4	55	0:06:06,7
35	4,9	0:06:34,6	30	0:07:28,5
50	6,921	0:09:00,1	45	0:10:10,2
35	7,943	0:10:45,2	30	0:12:12,9
40	10,122	0:14:01,3	35	0:15:57,0
50	13,069	0:17:33,5	45	0:19:52,7
30	13,91	0:19:14,4	25	0:21:53,8
42	16,337	0:22:42,5	37	0:25:50,0
55	17,811	0:24:18,9	50	0:27:36,1
60	21,773	0:28:16,7	55	0:31:55,4
18,9	23,354	0:33:17,8	18,9	0:36:56,6
60	25,594	0:35:32,2	55	0:39:23,2
50	25,917	0:35:55,5	45	0:39:49,1
60	26,400	0:36:24,4	55	0:40:20,7
45	27,000	0:37:12,4	40	0:41:14,7
55	29,170	0:39:34,5	50	0:43:50,9
30	31,162	0:43:33,5	25	0:48:37,8
40	36,767	0:51:58,0	35	0:58:14,3
30	37,308	0:53:02,9	25	0:59:32,2
35	38,257	0:54:40,5	30	1:01:26,1
20	39,000	0:56:54,2	15	1:04:24,4
60	42,401	1:00:18,3	55	1:08:07,0
23,2	54,003	1:30:18,6	23,2	1:38:07,3
50	55,891	1:32:34,5	45	1:40:38,3
60	61,575	1:38:15,6	55	1:46:50,4
35	62,413	1:39:41,8	30	1:48:30,9
30	63,427	1:41:43,5	25	1:50:57,0
35	64,897	1:44:14,7	30	1:53:53,4
45	69,110	1:49:51,7	40	2:01:23,5
40	69,486	1:50:25,5	35	2:00:41,1
25	69,813	1:51:12,6	20	2:01:39,9
40	70,672	1:52:29,9	35	2:03:08,3
30	72,563	1:56:16,9	25	2:07:40,6
42	73,119	1:57:04,5	37	2:08:34,7
35	75,423	2:01:01,5	30	2:13:11,1
40	76,584	2:02:46,0	35	2:15:10,6
50	78,328	2:04:51,5	45	2:17:30,1
60	79,771	2:06:18,1	55	2:19:04,5
50	81,051	2:07:50,3	45	2:20:46,9
60	83,400	2:10:11,2	55	2:23:20,7
65	89,116	2:15:27,8	60	2:29:03,6

En rojo medias en zonas transfer

donde no es necesario circular a la media

TR-3				
Velocidad	Distancia	Tiempo	vel.exc	Tiempo
45	0,74	0:00:59,2	40	0:01:06,6
30	1,075	0:01:39,4	25	0:01:54,8
60	2,208	0:02:47,4	55	0:03:09,0
55	5,762	0:06:40,0	50	0:07:24,9
25	6,052	0:07:21,8	20	0:08:17,1
65	10,833	0:11:46,6	60	0:13:03,9
50	11,3	0:12:20,2	45	0:13:41,3
35	12,307	0:14:03,8	30	0:15:42,1
50	13,293	0:15:14,8	45	0:17:01,0
42	14,306	0:16:41,6	37	0:18:39,6
35	14,971	0:17:50,0	30	0:19:59,4
45	15,509	0:18:33,0	40	0:20:47,8
35	17,866	0:22:35,5	30	0:25:30,7
45	18,482	0:23:24,7	40	0:26:26,1
35	20,228	0:26:24,3	30	0:29:55,6
40	22,438	0:29:43,2	35	0:33:42,9
25	22,909	0:30:51,0	20	0:35:07,7
45	26,1	0:35:06,3	40	0:39:54,9
27	26,5	0:35:59,7	22	0:41:00,3
35	27,763	0:38:09,6	30	0:43:31,9
40	28,742	0:39:37,7	35	0:45:12,6
35	31,667	0:44:38,5	30	0:51:03,6
50	32,874	0:46:05,4	45	0:52:40,2
35	33,841	0:47:44,9	30	0:54:36,2
30	34,172	0:48:24,6	25	0:55:23,9
35	36,372	0:52:10,9	30	0:59:47,9
40	37,059	0:53:12,7	35	1:00:58,5
50	38,776	0:55:16,4	45	1:03:15,9
40	41,2	0:58:54,5	35	1:07:25,2
50	44,051	1:02:19,8	45	1:11:13,3
55	44,772	1:03:07,0	50	1:12:05,2
45	45,524	1:04:07,1	40	1:13:12,9
30	46,324	1:05:43,1	25	1:15:08,1
35	48,127	1:08:48,6	30	1:18:44,5
55	50,451	1:11:20,7	50	1:21:31,8
45	55,665	1:18:17,8	40	1:29:21,0
35	57,114	1:20:46,9	30	1:32:14,9
30	58,484	1:23:31,3	25	1:35:32,2
45	59,988	1:25:31,6	40	1:37:47,6
50	62,345	1:28:21,3	45	1:40:56,1
45	63,112	1:29:22,7	40	1:42:05,1
50	64,655	1:31:13,8	45	1:44:08,6
40	65,998	1:33:14,6	35	1:46:26,7
35	66,815	1:34:38,7	30	1:48:04,8
50	69,111	1:37:24,0	45	1:51:08,4
45	69,833	1:38:21,7	40	1:52:13,4
52	70,928	1:39:37,5	47	1:53:37,3
48	73,221	1:42:29,5	43	1:56:49,3