## Secuencia de medias para regularidad

| MEDIAS | TR-1 |
| :---: | :---: |
| Velocidad | Distancia |
| 42,0 | 2,690 |
| 50,0 | 3,190 |
| 48,0 | 4,390 |
| 40,0 | 5,060 |


| MEDIAS | TR-2 | MEDIAS | TR-4 |
| :---: | :---: | :---: | :---: |
| Velocidad | Distancia | Velocidad | Distancia |
| 55,0 | 1,500 | 45,0 | 2,430 |
| 40,0 | 2,400 | 30,0 | 3,350 |
| 45,0 | 5,810 | 50,0 | 3,740 |
| 40,0 | 9,550 | 53,0 | 7,460 |
| 35,0 | 10,500 | 58,0 | 9,450 |
| 30,0 | 10,600 | 25,0 | 11,240 |
| 40,0 | 11,070 | 45,0 | 12,980 |
| 50,0 | 11,640 | 55,0 | 14,240 |
| 60,0 | 12,730 | 50,0 | 16,700 |
| 42,0 | 13,410 | 60,0 | 17,310 |
| 20,0 | 14,510 | 50,0 | 18,400 |
| 35,0 | 15,240 | 55,0 | 19,130 |
| 50,0 | 17,130 | 60,0 | 19,310 |
| 25,0 | 17,300 | 65,0 | 21,190 |
| 55,0 | 22,240 | 55,0 | 23,310 |
| 48,0 | 24,500 | 38,0 | 24,820 |
| 42,0 | 25,730 | 42,0 | 27,740 |
| 50,0 | 27,190 | 40,0 | 29,400 |
| 45,0 | 28,430 | 60,0 | 30,390 |
| 40,0 | 31,340 | 50,0 | 33,120 |
| 20,0 | 31,850 | 40,0 | 34,270 |
| 45,0 | 36,060 | 60,0 | 35,330 |
| 50,0 | 37,420 | 42,0 | 36,870 |
| 40,0 | 39,210 | 30,0 | 37,430 |
| 60,0 | 43,890 | 25,0 | 38,990 |
| 50,0 | 46,180 | 50,0 | 39,210 |
| 55,0 | 51,610 | 60,0 | 40,210 |
| 30,0 | 52,560 | 50,0 | 42,310 |
| 55,0 | 61,660 | 60,0 | 45,750 |
| 45,0 | 63,130 | 40,0 | 46,180 |
| 55,0 | 64,010 | 50,0 | 49,120 |
| 40,0 | 66,360 | 55,0 | 52,000 |
| 45,0 | 67,240 | 40,0 | 54,650 |
| 55,0 | 71,940 | 25,0 | 55,000 |
| 50,0 | 74,530 | 60,0 | 58,090 |
| 40,0 | 77,480 | 40,0 | 58,340 |
| 50,0 | 79,130 | 35,0 | 60,530 |
| 40,0 | 79,950 | 45,0 | 62,170 |
| 35,0 | 82,130 | 30,0 | 63,980 |
| 45,0 | 83,670 | 50,0 | 65,130 |
| 50,0 | 87,020 | 40,0 | 66,710 |
| 45,0 | 88,940 | 65,0 | 72,050 |
| 50,0 | 90,520 | 60,0 | 72,840 |
| 40,0 | 96,120 | 55,0 | 76,180 |
| 45,0 | 96,700 | 30,0 | 77,070 |
| 30,0 | 96,890 | 35,0 | 77,460 |
| 25,0 | 97,900 | 50,0 | 79,170 |
| 35,0 | 98,420 | 30,0 | 81,000 |
| 40,0 | 101,900 | 40,0 | 82,210 |
| 50,0 | 104,390 | 30,0 | 82,390 |


| MEDIAS | TR-4 |
| :---: | :---: |
| Velocidad | Distancia |
| 20,0 | 83,410 |
| 35,0 | 84,500 |
| 50,0 | 86,200 |
| 40,0 | 87,860 |
| 45,0 | 91,280 |
| 55,0 | 94,410 |
| 30,0 | 94,660 |
| 40,0 | 94,850 |
| 35,0 | 95,550 |
| 50,0 | 100,810 |
| 30,0 | 101,220 |
| 48,0 | 101,720 |
| 60,0 | 103,370 |
| 42,0 | 107,030 |
| 55,0 | 110,011 |
| 60,0 | 112,120 |
| 50,0 | 114,820 |
| 35,0 | 115,140 |
| 45,0 | 120,420 |
| 50,0 | 121,530 |
| 35,0 | 122,390 |
| 50,0 | 124,520 |

