



SECUENCIA DE MEDIAS REGULARIDAD

MEDIAS PROLOGO REGULARIDAD			
Velocidad	VEL.EX.	Distancia	Tiempo
56,0	51,0	4,080	0:04:22,3

MEDIAS PROLOGO RS			
Velocidad	VEL.EX.	Distancia	Tiempo
70,0	65,0	4,080	0:03:29,8

MEDIAS		SS1 REG.	
Velocidad	VEL.EX.	Distancia	Tiempo
37,0	32,0	2,28	0:03:41,8
25,0	20,0	2,86	0:05:05,4
45,0	40,0	5,08	0:08:03,0
30,0	25,0	8,8	0:15:29,4
35,0	30,0	11,85	0:20:43,1
32,0	32,0	22,65	0:40:58,1
50,0	45,0	24,98	0:43:45,8
35,0	30,0	26,43	0:46:15,0
30,0	25,0	28	0:49:23,4
55,0	50,0	29,66	0:51:12,0
50,0	45,0	31,09	0:52:55,0
25,0	20,0	31,71	0:54:24,3
30,0	25,0	32,16	0:55:18,3
35,0	30,0	32,79	0:56:23,1
30,0	25,0	34,31	0:59:25,5
35,0	30,0	37,12	1:04:14,5

TRANSFER

MEDIAS		SS1 RS	
Velocidad	VEL.EX.	Distancia	Tiempo
43,0	38,0	2,28	0:03:10,9
25,0	20,0	2,86	0:04:34,4
52,0	47,0	5,08	0:07:08,1
35,0	30,0	8,8	0:13:30,7
42,0	37,0	11,85	0:17:52,2
32,0	32,0	22,65	0:38:07,2
59,0	54,0	24,98	0:40:29,3
42,0	37,0	26,43	0:42:33,6
35,0	30,0	28	0:45:15,1
64,0	59,0	29,66	0:46:48,5
58,0	53,0	31,09	0:48:17,2
25	20,0	31,71	0:49:46,5
35,0	30,0	32,16	0:50:32,8
42,0	37,0	32,79	0:51:26,8
35,0	30,0	34,31	0:54:03,1
42,0	37,0	37,12	0:58:04,0

SUMA 60 MIN A TU HORA DE LLEGADA A FIN DE TRAMO, AUTOSALIDA EN DSS EN SEGUNDO 00

MEDIAS		SS2 REG.	
Velocidad	VEL.EX.	Distancia	Tiempo
40,0	35,0	2,030	0:03:02,7
25,0	20,0	2,950	0:05:15,2
45,0	40,0	5,550	0:08:43,2
47,0	42,0	6,920	0:10:28,1
40,0	35,0	8,370	0:12:38,6
35,0	30,0	9,600	0:14:45,1
40,0	35,0	11,290	0:17:17,2
35,0	30,0	12,730	0:19:45,3
40,0	35,0	14,470	0:22:21,9
35,0	30,0	18,060	0:28:31,2
25,0	20,0	18,610	0:29:50,4
35,0	30,0	19,600	0:31:32,2
38,0	33,0	20,700	0:33:16,4
30,0	25,0	22,250	0:36:22,4
35,0	30,0	23,060	0:37:45,8
45,0	40,0	24,590	0:39:48,2
50,0	45,0	26,270	0:41:49,1
45,0	40,0	28,230	0:44:25,9
40,0	35,0	30,320	0:47:34,0
45,0	40,0	31,910	0:49:41,2
35,0	30,0	32,270	0:50:18,2
45,0	40,0	34,450	0:53:12,6
50,0	45,0	37,620	0:57:00,9
23,0	23,0	40,370	1:04:11,3
35,0	30,0	41,810	1:06:39,4
40,0	35,0	44,840	1:11:12,1
45,0	40,0	46,810	1:13:49,7
35,0	30,0	47,970	1:15:49,0
40,0	35,0	49,260	1:17:45,1
45,0	40,0	50,970	1:20:01,9
40,0	35,0	51,320	1:20:33,4
45,0	40,0	52,320	1:21:53,4
35,0	30,0	53,310	1:23:35,3
30,0	25,0	54,690	1:26:20,9
40,0	35,0	55,250	1:27:11,3
45,0	40,0	57,660	1:30:24,1
40,0	35,0	58,390	1:31:29,8
45,0	40,0	61,690	1:35:53,8
40,0	35,0	62,660	1:37:21,1
45,0	40,0	63,370	1:38:17,9
26,0	26,0	72,080	1:58:23,9
35,0	30,0	75,270	2:03:52,0
30,0	25,0	76,340	2:06:00,4
35,0	30,0	77,740	2:08:24,4
30,0	25,0	78,020	2:08:58,0
35,0	30,0	78,820	2:10:20,3
30,0	25,0	80,180	2:13:03,5
35,0	30,0	81,860	2:15:56,3
50,0	45,0	82,030	2:16:08,5
30,0	25,0	84,350	2:20:46,9
35,0	30,0	84,770	2:21:30,1
30,0	25,0	87,530	2:27:01,3
40,0	35,0	88,970	2:29:10,9
45,0	40,0	90,290	2:30:56,5
50,0	45,0	92,140	2:33:09,7
35,0	30,0	93,930	2:36:13,8
30,0	25,0	94,360	2:37:05,4
35,0	30,0	95,380	2:38:50,3
30,0	25,0	97,290	2:42:39,5
40,0	35,0	99,020	2:45:15,2
50,0	45,0	99,610	2:45:57,7
30,0	25,0	101,190	2:49:07,3
35,0	30,0	103,550	2:53:10,1
30,0	25,0	105,490	2:57:02,9
35,0	30,0	106,140	2:58:09,7
45,0	40,0	107,140	2:59:29,7
35,0	30,0	109,090	3:02:50,3
40,0	35,0	109,980	3:04:10,4
45,0	40,0	110,560	3:04:56,8

TRANSFER

TRANSFER

MEDIAS		SS2 RS	
Velocidad	VEL.EX.	Distancia	Tiempo
46,0	41,0	2,030	0:02:38,9
30,0	25,0	2,950	0:04:29,3
45,0	40,0	5,550	0:07:57,3
55,0	50,0	6,920	0:09:26,9
47,0	42,0	8,370	0:11:18,0
42,0	37,0	9,600	0:13:03,4
47,0	42,0	11,290	0:15:12,9
41,0	36,0	12,730	0:17:19,3
47,0	42,0	14,470	0:19:32,6
42,0	37,0	18,060	0:24:40,3
25,0	20,0	18,610	0:25:59,5
42,0	37,0	19,600	0:27:24,4
45,0	40,0	20,700	0:28:52,4
35,0	30,0	22,250	0:31:31,8
42,0	37,0	23,060	0:32:41,2
53,0	48,0	24,590	0:34:25,2
59,0	54,0	26,270	0:36:07,7
53,0	48,0	28,230	0:38:20,8
47,0	42,0	30,320	0:41:00,9
53,0	48,0	31,910	0:42:48,9
42,0	37,0	32,270	0:43:19,7
45,0	40,0	34,450	0:46:14,1
58,0	53,0	37,620	0:49:30,9
23,0	23,0	40,370	0:56:41,3
40,6	35,6	41,810	0:58:49,0
47,0	42,0	44,840	1:02:41,1
53,0	48,0	46,810	1:04:54,9
42,0	37,0	47,970	1:06:34,3
47,0	42,0	49,260	1:08:13,1
53,0	48,0	50,970	1:10:09,3
47,0	42,0	51,320	1:10:36,1
53,0	48,0	52,320	1:11:44,0
42,0	37,0	53,310	1:13:08,9
35,0	30,0	54,690	1:15:30,8
47,0	42,0	55,250	1:16:13,7
53,0	48,0	57,660	1:18:57,4
47,0	42,0	58,390	1:19:53,3
53,0	48,0	61,690	1:23:37,5
47,0	42,0	62,660	1:24:51,8
53,0	48,0	63,370	1:25:40,0
26,0	26,0	72,080	1:45:46,0
42,0	37,0	75,270	1:50:19,4
35,0	30,0	76,340	1:52:09,5
42,0	37,0	77,740	1:54:09,5
35,0	30,0	78,020	1:54:38,3
42,0	37,0	78,820	1:55:46,9
35,0	30,0	80,180	1:58:06,8
42,0	37,0	81,860	2:00:30,8
58,0	53,0	82,030	2:00:41,3
35,0	30,0	84,350	2:04:39,9
42,0	37,0	84,770	2:05:15,9
35,0	30,0	87,530	2:09:59,8
47,0	42,0	88,970	2:11:50,1
53,0	48,0	90,290	2:13:19,8
58,0	53,0	92,140	2:15:14,6
42,0	37,0	93,930	2:17:48,0
35,0	30,0	94,360	2:18:32,3
42,0	37,0	95,380	2:19:59,7
35,0	30,0	97,290	2:23:16,1
47,0	42,0	99,020	2:25:28,7
58,0	53,0	99,610	2:26:05,3
35,0	30,0	101,190	2:28:47,8
42,0	37,0	103,550	2:32:10,1
35,0	30,0	105,490	2:35:29,6
42,0	37,0	106,140	2:36:25,3
53,0	48,0	107,140	2:37:33,3
42,0	37,0	109,090	2:40:20,4
47,0	42,0	109,980	2:41:28,6
53,0	48,0	110,560	2:42:08,0

SUMA 60 MIN A TU HORA DE LLEGADA A FIN DE TRAMO, AUTOSALIDA EN DSS EN SEGUNDO 00

MEDIAS		SS3 REG.	
Velocidad	VEL.EX.	Distancia	Tiempo
40,0	35,0	2,030	0:03:02,7
25,0	20,0	2,950	0:05:15,2
45,0	40,0	5,550	0:08:43,2
47,0	42,0	6,920	0:10:28,1
40,0	35,0	8,370	0:12:38,6
35,0	30,0	9,600	0:14:45,1
40,0	35,0	11,290	0:17:17,2
35,0	30,0	12,730	0:19:45,3
40,0	35,0	14,470	0:22:21,9
35,0	30,0	18,060	0:28:31,2
25,0	20,0	18,610	0:29:50,4
35,0	30,0	19,600	0:31:32,2
38,0	33,0	20,700	0:33:16,4
30,0	25,0	22,250	0:36:22,4
35,0	30,0	23,060	0:37:45,8
45,0	40,0	24,590	0:39:48,2
50,0	45,0	26,270	0:41:49,1
45,0	40,0	28,230	0:44:25,9
40,0	35,0	30,320	0:47:34,0
45,0	40,0	31,910	0:49:41,2
35,0	30,0	32,270	0:50:18,2
45,0	40,0	34,450	0:53:12,6
50,0	45,0	37,620	0:57:00,9
23,0	23,0	40,370	1:04:11,3
35,0	30,0	41,810	1:06:39,4
40,0	35,0	44,840	1:11:12,1
45,0	40,0	46,810	1:13:49,7
35,0	30,0	47,970	1:15:49,0
40,0	35,0	49,260	1:17:45,1
45,0	40,0	50,970	1:20:01,9

TRANSFER

MEDIAS		SS3 RS	
Velocidad	VEL.EX.	Distancia	Tiempo
46,0	41,0	2,030	0:02:38,9
30,0	25,0	2,950	0:04:29,3
45,0	40,0	5,550	0:07:57,3
55,0	50,0	6,920	0:09:26,9
47,0	42,0	8,370	0:11:18,0
42,0	37,0	9,600	0:13:03,4
47,0	42,0	11,290	0:15:12,9
41,0	36,0	12,730	0:17:19,3
47,0	42,0	14,470	0:19:32,6
42,0	37,0	18,060	0:24:40,3
25,0	20,0	18,610	0:25:59,5
42,0	37,0	19,600	0:27:24,4
45,0	40,0	20,700	0:28:52,4
35,0	30,0	22,250	0:31:31,8
42,0	37,0	23,060	0:32:41,2
53,0	48,0	24,590	0:34:25,2
59,0	54,0	26,270	0:36:07,7
53,0	48,0	28,230	0:38:20,8
47,0	42,0	30,320	0:41:00,9
53,0	48,0	31,910	0:42:48,9
42,0	37,0	32,270	0:43:19,7
45,0	40,0	34,450	0:46:14,1
58,0	53,0	37,620	0:49:30,9
23,0	26,0	40,370	0:56:41,3
40,6	35,6	41,810	0:58:49,0
47,0	42,0	44,840	1:02:41,1
53,0	48,0	46,810	1:04:54,9
42,0	37,0	47,970	1:06:34,3
47,0	42,0	49,260	1:08:13,1
53,0	48,0	50,970	1:10:09,3