



Secuencia de medias de regularidad

Prologo

| Vel. | Hasta |
|------|-------|
| 45 | 1,8 |
| 50 | 3,05 |
| 55 | 3,72 |
| 45 | 4,61 |
| 40 | 5,42 |

SS1

| Vel. | Hasta |
|------|-------|
| 40 | 0,56 |
| 50 | 0,97 |
| 30 | 1,05 |
| 40 | 1,68 |
| 30 | 2,05 |
| 40 | 2,85 |
| 50 | 4,45 |
| 35 | 5,04 |
| 30 | 5,2 |
| 20 | 5,93 |
| 25 | 6,04 |
| 40 | 7,36 |
| 50 | 8,72 |
| 40 | 9,62 |
| 35 | 10,75 |
| 40 | 11,4 |
| 35 | 11,66 |
| 30 | 13,69 |
| 20 | 14,32 |
| 45 | 16,04 |
| 30 | 16,41 |
| 45 | 17,4 |
| 20 | 17,59 |
| 35 | 19,46 |
| 45 | 20,5 |
| 25 | 20,87 |
| 30 | 21,62 |
| 35 | 22,35 |
| 50 | 23,08 |
| 40 | 23,35 |
| 30 | 24 |
| 40 | 26,02 |
| 35 | 26,59 |
| 45 | 27,93 |
| 60 | 28,14 |
| 50 | 30,5 |
| 45 | 31,15 |
| 40 | 32,45 |
| 50 | 36,45 |

SS1

| Vel. | Hasta |
|------|--------|
| 45 | 37,55 |
| 40 | 40,26 |
| 50 | 43,08 |
| 35 | 45,26 |
| 40 | 45,99 |
| 35 | 48,18 |
| 30 | 50,23 |
| 50 | 53,23 |
| 40 | 53,43 |
| 50 | 56,24 |
| 60 | 57,9 |
| 35 | 58,9 |
| 30 | 60,36 |
| 50 | 61,33 |
| 60 | 63,87 |
| 55 | 66,43 |
| 60 | 69,47 |
| 45 | 70,83 |
| 42 | 72,14 |
| 35 | 74,5 |
| 30 | 74,87 |
| 45 | 77,47 |
| 60 | 79,73 |
| 55 | 81,11 |
| 65 | 84,53 |
| 55 | 85,12 |
| 40 | 86,26 |
| 45 | 88,06 |
| 35 | 88,37 |
| 30 | 89,67 |
| 45 | 90,78 |
| 50 | 93,5 |
| 15 | 93,66 |
| 55 | 93,97 |
| 60 | 97,41 |
| 50 | 101,07 |
| 40 | 101,81 |
| 25 | 102,85 |
| 35 | 104,55 |

SS1

| Vel. | Hasta |
|------|--------|
| 45 | 105,98 |
| 55 | 108,56 |
| 25 | 109,65 |
| 50 | 112,88 |
| 35 | 113,51 |
| 55 | 114,62 |
| 45 | 114,98 |
| 50 | 115,87 |
| 35 | 116,66 |
| 55 | 120,03 |
| 25 | 120,51 |
| 50 | 121,11 |
| 40 | 123,03 |
| 30 | 123,73 |
| 20 | 125,21 |
| 60 | 127,62 |
| 40 | 131,3 |
| 60 | 133,73 |
| 55 | 135,56 |
| 30 | 136,63 |
| 25 | 138,68 |
| 40 | 139,69 |