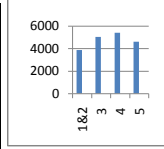


NATAACION

U/M	Fecha	AGOST	AGOST	AGOST	AGOST	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA
		30 al 11	13 al 18	20 al 25	27 al 1								
		Microciclos	1&2	3	4								
	Acumulación	Gradual	Gradual	Choque	Alivio								
U/M	LIBRE	60%	70%	80%	70%						280%	150	20"
	Acentuación	5	5	5	5	8	10						
	KM	1929	2250	2571	2250	400	500	450	20	9000	3214		
U/M	DORSO	50%	80%	70%	60%						260%	200	60"
	Acentuación	5	5	5	5	4	8						
	KM	1154	1846	1615	1385	200	400	300	20	6000	2308		
U/M	PECHO	60%	70%	90%	70%						290%	160	40"
	Acentuación	3	3	3	3	4	5						
	KM	559	652	838	652	200	250	225	12	2700	931		
	MARIPOSA	50%	60%	80%	70%						260%	180	120"
	Acentuación	2	2	2	2	2	4						
	KM	231	277	369	323	100	200	150	8	1200	461.5		



MICRO	1&2	3872
MICRO	3	5025
MICRO	4	5394
MICRO	5	4609
KM		18900

M1&2	Km	L	M	M	J	V
LIBRE	1929	60%	40%	60%	40%	60%
	741.8	445	297	445	297	445
	SET	4	6	4	6	4
	DIST	100	50	100	50	100
DORSO	1154	50%	100%	50%	100%	50%
	330	165	330	165	329.7	164.8
	SET	3	7	3	7	3
	DIST	50	50	50	50	50
PECHO	559	100%	0%	80%	0%	100%
	199.5	200	0	160	0	200
	SET	4	0	3	0	4
	DIST	50	50	50	50	50
MARIPOSA	231	0%	100%	0%	100%	0%
	115.4	0	115	0	115	0
	SET	0	2	0	2	0
	DIST	50	50	50	50	50
Total		809	742	769	742	809

M4	Km	L	M	M	J	V
LIBRE	2571	60%	40%	60%	40%	60%
	989	593	396	593	396	593
	SET	6	8	6	8	6
	DIST	100	50	100	50	100
DORSO	1615	50%	100%	50%	100%	50%
	462	231	462	231	461.5	230.8
	SET	5	9	5	9	5
	DIST	50	50	50	50	50
PECHO	838	100%	0%	80%	0%	100%
	299.3	299		239		299
	SET	6		5		6
	DIST	50		50		50
MARIPOSA	369	0%	100%	0%	100%	0%
	184.6	0	185	0	185	0
	SET	0	4	0	4	0
	DIST	50	50	50	50	50
Total		1123	1042	1064	1042	1123

M3	Km	L	M	M	J	V
LIBRE	2250	60%	40%	60%	40%	60%
	865.4	519	346	519	346	519
	SET	5	7	5	7	5
	DIST	100	50	100	50	100
DORSO	1846	50%	100%	50%	100%	50%
	527	264	527	264	527	264
	SET	5	11	5	11	5
	DIST	50	50	50	50	50
PECHO	652	80%	0%	80%	0%	80%
	271.6	217		217		217
	SET	4		4		4
	DIST	50		50		50
MARIPOSA	277	0%	100%	0%	100%	0%
	138.5	0	138	0	138	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		1000	1012	1000	1012	1000

M5	Km	L	M	M	J	V
LIBRE	2250	60%	40%	60%	40%	60%
	865.4	519	346	519	346	519
	SET	5	7	5	7	5
	DIST	100	50	100	50	100
DORSO	1385	50%	100%	50%	100%	50%
	396	198	396	198	396	198
	SET	4	8	4	8	4
	DIST	50	50	50	50	50
PECHO	652	100%	0%	80%	0%	100%
	232.8	233	0	186	0	233
	SET	5	0	4	0	5
	DIST	50	50	50	50	50
MARIPOSA	323	0%	100%	0%	100%	0%
	161.5	0	162	0	162	0
	SET	0	3	0	3	0
	DIST	50	50	50	50	50
Total		950	903	903	903	950