

NATACION

												MICRO KM										
												M13	10747									
												M14	7711									
												M15	4831									
												3a17	10a14	18a21								
												13	14	15								
REALIZACIÓN												Modela	Comp.	Comp.	Min	Max	Prom	UE	KM	C. K	LPM	PAUTA
U/M	RI			100%	80%	60%								240%	150	10"						
	Acentuación			5	5	5																
	KM			4688	3750	2813	500	1000	750	15	11250	4688										
U/M	RIT. PRUEBA			90%	80%	40%								210%	198	40"						
	Acentuación			5	5	5																
	KM			1179	1048	524	200	350	275	10	2750	1310										
U/M	MVO2			60%	40%	10%								110%	190	20"						
	Acentuación			2	2	5																
	KM			2836	1891	473	1000	1600	1300	4	5200	4727										
	RII			80%	60%	40%								180%	180	20"						
	Acentuación			2	2	2																
	KM			2044	1533	1022	800	1500	1150	4	4600	2555.6										

M13	Km	L	M	M	J	V
RI	4688	60%	40%	60%	40%	60%
	1803	1082	721	1082	721	1082
	SET	22	14	22	14	22
	DIST	50	50	50	50	50
RIT. PR	1179	40%	20%	60%	40%	20%
	655	261.9	131	392.9	262	131
	SET	26	5	26	26	5
	DIST	10	25	15	10	25
MVO2	2836		60%		80%	
	1289		774		1031	
	SET		8		10	
	DIST		100		100	
RII	2044	85%		100%		85%
	757	644		757		644
	SET	3		4		3
	DIST	200		200		200
Total	10747	1987	1626	2232	2014	2888

M15	Km	L	M	M	J	V
RI	2813	25%	25%	20%	20%	20%
	2557	639	639	511	511	511
	SET	6	6	5	5	5
	DIST	100	100	100	100	100
RIT. PR	524	80%	20%			
	524	419	105			
	SET	17	7			
	DIST	25	15			
MVO2	473	50%	50%			
	473	236	236			
	SET	2	2			
	DIST	100	100			
RII	1022	50%	50%			
	1022	511	511			
	SET	3	5			
	DIST	200	100			
Total	4831	1806	1491	511	511	511

M14	Km	L	M	M	J	V
RI	3750	60%	40%	60%	40%	60%
	1442	865	577	865	577	865
	SET	17	12	17	12	17
	DIST	50	50	50	50	50
RIT. PR	1048	80%	70%	60%	80%	70%
	291	232.8	203.7	174.6	233	204
	SET	23	8	12	23	8
	DIST	10	25	15	10	25
MVO2	1891		60%		60%	
	1576		945		945	
	SET		9		9	
	DIST		100		100	
RII	1022	55%		75%		55%
	553	304		414		304
	SET	3		2		3
	DIST	100		200		100
Total	7711	1402	1726	1454	1755	1373

