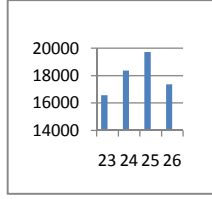


NATACION

	OCT	OCT	OCT	OCT									
Fecha	29 AL 10	13 AL 17	20 AL 24	27 AL 31									
Microciclos	22 Y 23	24	25	26									
TRANSFORMACION	ORD	EST	CH	AL	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA	
RI	80%	90%	100%	85%							355%	150	20"
Acentuación	5	5	5	5									
KM	10141	11408	12676	10775	2000	2500	2250	20	45000	12676			
VEL.	80%	85%	90%	100%							355%	200	60"
Acentuación	5	5	5	5									
KM	1352	1437	1521	1690	200	400	300	20	6000	1690			
RII	100%	80%	95%	80%							355%	160	40"
Acentuación	3	2	2	3									
KM	3099	2479	2944	2479	600	1600	1100	10	11000	3099			
RIII	65%	100%	85%	80%							330%	180	120"
Acentuación	2	3	3	2									
KM	1970	3030	2576	2424	500	1500	1000	10	10000	3030			



MICRO	23	16561
MICRO	24	18354
MICRO	25	19717
MICRO	26	17368
KM	72000	

M22-23	Km	L	M	M	J	V
RI	10141	80%	60%	80%	60%	80%
	2817	2254	1690	2254	1690	2254
SET		5	3	5	3	5
DIST		500	500	500	500	500
VEL.	1352	40%	100%	40%	100%	40%
	423	169	423	169	422.5	169
SET		17	17	17	17	17
DIST		10	25	10	25	10
RII	3099	100%	0%	60%	0%	100%
	1192	1192	0	715	0	1192
SET		6	0	2	0	6
DIST		200	200	400	200	200
RIII	1970	0%	100%	0%	100%	0%
	984.8	0	985	0	985	0
SET		0	20	0	20	0
DIST		50	50	50	50	50
Total		3614	3098	3138	3098	3614

16561

M25	Km	L	M	M	J	V
RI	12676	80%	60%	80%	60%	80%
	3521	2817	2113	2817	2113	2817
SET		6	4	6	4	6
DIST		500	500	500	500	500
VEL.	1521	40%	100%	40%	100%	40%
	475	190	475	190	475.4	190.1
SET		19	19	19	19	19
DIST		10	25	10	25	10
RII	2944	0%	100%	0%	100%	0%
	1472	0	1472	0	1472	0
SET		0	4	0	7	0
DIST		200	400	200	200	200
RIII	2576	100%	0%	100%	0%	100%
	858.6	859	0	859	0	859
SET		17	0	17	0	17
DIST		50	50	50	50	50
Total		3866	4060	3866	4060	3866

19717

M24	Km	L	M	M	J	V
RI	11408	80%	60%	80%	60%	80%
	3169	2535	1901	2535	1901	2535
SET		5	4	5	4	5
DIST		500	500	500	500	500
VEL.	1437	40%	100%	40%	100%	40%
	449	180	449	180	449	180
SET		18	18	18	18	18
DIST		10	25	10	25	10
RII	2479	0%	100%	0%	100%	0%
	1239	0	1239	0	1239	0
SET		0	3	0	6	0
DIST		200	400	200	200	200
RIII	3030	100%	0%	100%	0%	100%
	1010	1010	0	1010	0	1010
SET		20	0	20	0	20
DIST		50	50	50	50	50
Total		3725	3590	3725	3590	3725

18354

M26	Km	L	M	M	J	V
RI	10775	80%	60%	80%	60%	80%
	2993	2394	1796	2394	1796	2394
SET		5	4	5	4	5
DIST		500	500	500	500	500
VEL.	1690	40%	100%	40%	100%	40%
	528	211	528	211	528	211
SET		8	21	8	21	8
DIST		25	25	25	25	25
RII	2479	90%	0%	100%	0%	90%
	885.3	797	0	885	0	797
SET		4	0	4	0	4
DIST		200	200	200	200	200
RIII	2424	0%	90%	0%	100%	0%
	1276	0	1148	0	1276	0
SET		0	23	0	26	0
DIST		50	50	50	50	50
Total		3402	3472	3491	3600	3402

17368