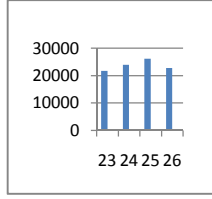


**NATACION**

TRANSFORMACION	Fecha				Min	Max	Prom	UE	KM	C. K	LPM	PAUSA
	OCT	OCT	OCT	OCT								
	29 AL 10	13 AL 17	20 AL 24	27 AL 31								
	Microciclos											
	22 Y 23	24	25	26								
ORD	EST	CH	AL									
RI	80%	90%	100%	85%					355%	150	20"	
Acentuación	5	5	5	5								
KM	15775	17746	19718	16761	3000	4000	3500	20	70000	19718		
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	1477	2273	1932	1818	500	1000	750	10	7500	2273		



MICRO	23	21703
MICRO	24	23935
MICRO	25	26115
MICRO	26	22748
KM		94500

M22-23	Km	L	M	M	J	V
RI	15775	80%	60%	80%	60%	80%
	4382	3505	2629	3505	2629	3505
	SET	7	5	7	5	7
	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	1477	0%	100%	0%	100%	0%
	738.6	0	739	0	739	0
	SET	0	15	0	15	0
	DIST	50	50	50	50	50
Total		4866	3790	4390	3790	4866

21703

M25	Km	L	M	M	J	V
RI	19718	80%	60%	80%	60%	80%
	5477	4382	3286	4382	3286	4382
	SET	9	7	9	7	9
	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	1932	100%	0%	100%	0%	100%
	643.9	644	0	644	0	644
	SET	13	0	13	0	13
	DIST	50	50	50	50	50
Total		5216	5234	5216	5234	5216

26115

M24	Km	L	M	M	J	V
RI	17746	80%	60%	80%	60%	80%
	4930	3944	2958	3944	2958	3944
	SET	8	6	8	6	8
	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	2273	100%	0%	100%	0%	100%
	757.6	758	0	758	0	758
	SET	15	0	15	0	15
	DIST	50	50	50	50	50
Total		4881	4646	4881	4646	4881

23935

M26	Km	L	M	M	J	V
RI	16761	80%	60%	80%	60%	80%
	4656	3725	2793	3725	2793	3725
	SET	7	6	7	6	7
	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	1818	0%	100%	0%	100%	0%
	909.1	0	909	0	909	0
	SET	0	18	0	18	0
	DIST	50	50	50	50	50
Total		4733	4231	4821	4231	4733

22748