

NATACION

MICRO KM

		AGO 13 - 17 10	AGO 20 - 24 11	AGO 27 - 31 12									M10 9948	M11 12922	M12 8282
U/M	REALIZACIÓN	Modelaje	Modelaje	Modelaje		Min	Max	Prom	UE	KM	C. K	LPM	LPM	PAUTA	
	RI	80%	100%	60%							240%	150	150	10"	
	Acentuación	3	3	3											
	KM	2250	2813	1688		500	1000	750	9	6750	2813				
U/M	RIT. PRUEBA	40%	60%	40%							140%	180	198	40"	
	Acentuación	2	2	2											
	KM	343	514	343		150	250	200	6	1200	857				
U/M	MVO2	80%	100%	85%							265%	180	190	20"	
	Acentuación	2	2	2											
	KM	2355	2943	2502		1000	1600	1300	6	7800	2943				
	RII	80%	100%	60%							240%	190	180	20"	
	Acentuación	5	5	5											
	KM	5000	6250	3750		800	1200	1000	15	15000	6250				

M10	Km	L	M	M	J	V
RI	2250	60%	50%	60%	50%	60%
	804	482	402	482	402	482
	SET	5	8	5	8	5
	DIST	100	50	100	50	100
RIT. P	343	90%		70%		50%
	163	146.9		114.3		81.63
	SET	10		8		5
	DIST	15		15		15
MVO2	2355		60%		40%	
	2355		1413		942	
	SET		14		9	
	DIST		100		100	
RII	5000	80%	60%	100%	60%	80%
	1316	1053	789	1316	789	1053
	SET	5	4	7	4	5
	DIST	200	200	200	200	200
Total	9948	1682	2604	1912	2133	1616

M12	Km	L	M	M	J	V
RI	1688	60%	50%	60%	50%	60%
	602.7	362	301	362	301	362
	SET	4	6	4	6	4
	DIST	100	50	100	50	100
RIT. P	343	90%	100%	90%	100%	90%
	73	65.7	73	65.65	72.95	65.65
	SET	4	5	4	5	4
	DIST	15	15	15	15	15
MVO2	2502		65%		40%	
	2383		1549		953	
	SET		15		10	
	DIST		100		100	
RII	3750	80%	60%	100%	60%	80%
	986.8	789	592	987	592	789
	SET	4	3	5	3	4
	DIST	200	200	200	200	200
Total	8282	1217	2515	1414	1919	1217

M11	Km	L	M	M	J	V
RI	2813	60%	50%	60%	50%	60%
	1004	603	502	603	502	603
	SET	6	10	6	10	6
	DIST	100	50	100	50	100
RIT. P	514	40%		90%		90%
	234	94		210		210
	SET	4		14		14
	DIST	25		15		15
MVO2	2943		60%		40%	
	2943		1766		1177	
	SET		18		12	
	DIST		100		100	
RII	6250	80%	60%	100%	60%	80%
	1645	1316	987	1645	987	1316
	SET	7	5	8	5	7
	DIST	200	200	200	200	200
Total	12922	2414	3255	2458	2666	2129



