

M1	Km	L	M	M	J	V
RI	10714	80%	60%	80%	60%	80%
	2976	2381	1786	2381	1786	2381
	SET	5	4	5	4	5
	DIST	500	500	500	500	500
VELOCIDAD	769	100%	50%	100%	50%	100%
	192	192	96	192	96.15	192.3
	SET	8	10	8	10	8
	DIST	25	10	25	10	25
RII	960	0%	100%	0%	100%	0%
	480	0	480	0	480	0
	SET	0	2	0	2	0
	DIST	200	200	200	200	200
MAX. VO2	1846	0%	100%	0%	100%	0%
	923.1	0	923	0	923	0
	SET	0	2	0	2	0
	DIST	400	400	400	400	400
Total		2573	3285	2573	3285	2573

14290

M4	Km	L	M	M	J	V
RI	14286	80%	60%	80%	60%	80%
	3968	3175	2381	3175	2381	3175
	SET	6	5	6	5	6
	DIST	500	500	500	500	500
VELOCIDAD	1077	100%	50%	100%	50%	100%
	269	269	135	269	134.6	269.2
	SET	11	13	11	13	11
	DIST	25	10	25	10	25
RII	1440	0%	100%	0%	100%	0%
	720	0	720	0	720	0
	SET	0	14	0	4	0
	DIST	200	50	200	200	200
MAX. VO2	2954	0%	100%	0%	100%	0%
	1477	0	1477	0	1477	0
	SET	0	4	0	4	0
	DIST	400	400	400	400	400
Total		3444	4712	3444	4712	3444

19756

M3	Km	L	M	M	J	V
RI	12500	80%	60%	80%	60%	80%
	3472	2778	2083	2778	2083	2778
	SET	6	5	6	5	6
	DIST	500	400	500	400	500
VELOCIDAD	1231	100%	50%	100%	50%	100%
	308	308	154	308	154	308
	SET	12	10	12	6	12
	DIST	25	15	25	25	25
RII	1280	0%	100%	0%	100%	0%
	640	0	640	0	640	0
	SET	0	13	0	3	0
	DIST	200	50	200	200	200
MAX. VO2	2215	0%	100%	0%	100%	0%
	1108	0	1108	0	1108	0
	SET	0	3	0	3	0
	DIST	400	400	400	400	400
Total		3085	3985	3085	3985	3085

17226

M5	Km	L	M	M	J	V
RI	12500	80%	60%	80%	60%	80%
	3472	2778	2083	2778	2083	2778
	SET	6	4	6	4	6
	DIST	500	500	500	500	500
VELOCIDAD	923	100%	50%	100%	50%	100%
	231	231	115	231	115	231
	SET	9	12	9	12	9
	DIST	25	10	25	10	25
RII	1120	0%	100%	0%	100%	0%
	560	0	560	0	560	0
	SET	0	11	0	3	0
	DIST	200	50	200	200	200
MAX. VO2	2585	0%	100%	0%	100%	0%
	1292	0	1292	0	1292	0
	SET	0	3	0	3	0
	DIST	400	400	400	400	400
Total		3009	4051	3009	4051	3009

17128