

Fecha	MAYO	MAYO	MAYO	JUNIO														
	12 AL 17	19 AL 23	26 AL 30	2 AL 6	Min	Max	Prom	UE	KM	C. K	LPM	PAUSA	30000 20000 10000 0					
Microciclos	1&2	3	4	5									1&2 3 4 5					
Acumulación	Gradual	Gradual	Choque	Alivio									280%	150	20"			
RI	60%	70%	80%	70%														
Acentuación	5	5	5	5														
KM	9643	11250	12857	11250	1500	3000	2250	20	45000	16071								
VELOCIDAD	50%	80%	70%	60%									260%	200	60"			
Acentuación	2	2	2	2														
KM	692	1108	969	831	400	500	450	8	3600	1385								
RII	60%	70%	90%	70%									290%	160	40"	MICRO	1&2	19855
Acentuación	3	3	3	3												MICRO	3	23554
KM	6828	7966	10241	7966	2500	3000	2750	12	33000	11379				MICRO	4	28375		
R. LACTACIDA	50%	60%	80%	70%									260%	180	120"	MICRO	5	23816
Acentuación	2	2	2	2												KM	95600	
KM	2692	3231	4308	3769	1500	2000	1750	8	14000	5385								

M1&2	Km	L	M	M	J	V
RI	9643	60%	40%	60%	40%	60%
	3709	2225	1484	2225	1484	2225
	SET	4	3	4	3	4
	DIST	500	500	500	500	500
VELOCIDAD	692	0%	100%	0%	100%	0%
	346		346		346.2	
	SET		23		14	
	DIST		15		25	
RII	6828	100%	0%	80%	0%	100%
	2438	2438	0	1951	0	2438
	SET	6	0	5	0	6
	DIST	400	400	400	400	400
R. LACTACIDA	2692	0%	100%	0%	100%	0%
	1346	0	1346	0	1346	0
	SET	0	7	0	7	0
	DIST	200	200	200	200	200
Total		4664	3176	4176	3176	4664

M4	Km	L	M	M	J	V
RI	12857	60%	40%	60%	40%	0%
	5844	3506	2338	3506	3506	
	SET	7	5	7	7	
	DIST	500	500	500	500	
VELOCIDAD	969	0%	100%	0%	100%	0%
	485	0	485	0	484.6	0
	SET	0	19	0	19	0
	DIST	25	25	25	25	25
RII	10241	100%	0%	80%	0%	100%
	3658	3658	0	2926	0	3658
	SET	9		7		9
	DIST	400		400		400
R. LACTACIDA	4308	0%	100%	0%	100%	0%
	2154	0	2154	0	2154	0
	SET	0	11	0	11	0
	DIST	200	200	200	200	200
Total		7164	4976	6433	6145	3658

M3	Km	L	M	M	J	V
RI	11250	60%	40%	60%	40%	60%
	4327	2596	1731	2596	1731	2596
	SET	5	4	5	4	5
	DIST	500	400	500	400	500
VELOCIDAD	1108	0%	100%	0%	100%	0%
	554		554		554	
	SET		37		22	
	DIST		15		25	
RII	7966	80%	0%	80%	0%	80%
	3319	2655		2655		2655
	SET	7		7		7
	DIST	400		400		400
R. LACTACIDA	3231	0%	100%	0%	100%	0%
	1615	0	1615	0	1615	0
	SET	0	8	0	8	0
	DIST	200	200	200	200	200
Total		5251	3900	5251	3900	5251

M5	Km	L	M	M	J	V
RI	11250	60%	40%	60%	40%	60%
	4327	2596	1731	2596	1731	2596
	SET	5	3	5	3	5
	DIST	500	500	500	500	500
VELOCIDAD	831	0%	90%	0%	90%	50%
	361	0	325	0	325	181
	SET	0	22	0	13	7
	DIST	15	15	25	25	25
RII	7966	100%	0%	80%	0%	100%
	2845	2845	0	2276	0	2845
	SET	7	0	6	0	7
	DIST	400	400	400	400	400
R. LACTACIDA	3769	0%	100%	0%	100%	0%
	1885	0	1885	0	1885	0
	SET	0	9	0	9	0
	DIST	200	200	200	200	200
Total		5441	3940	4872	3940	5622