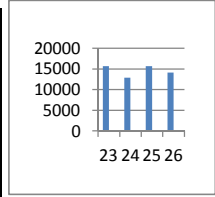


NATACION

REALIZACION	NOV				Min	Max	Prom	UE	KM	C. K	LPM	PAUSA	
	Fecha	3 AL 7	10 AL 14	17 AL 21									24 AL 28
	Microciclos	27	28	29									30
RI	100%	80%	95%	90%						365%	150	20"	
Acentuación	5	5	5	5									
KM	9589	7671	9110	8630	1500	2000	1750	20	35000	9589			
VEL.	90%	85%	100%	80%						355%	200	60"	
Acentuación	5	5	5	5									
KM	2028	1915	2254	1803	300	500	400	20	8000	2254			
RII	100%	80%	95%	80%						355%	160	40"	
Acentuación	3	3	3	3									
KM	2535	2028	2408	2028	500	1000	750	12	9000	2535			
RIII	80%	70%	100%	90%						340%	180	120"	
Acentuación	2	2	2	2									
KM	1506	1318	1882	1694	600	1000	800	8	6400	1882			



MICRO	23	15658
MICRO	24	12933
MICRO	25	15654
MICRO	26	14155
KM		58400

M27	Km	L	M	M	J	V
RI	9589	80%	60%	80%	60%	80%
	2664	2131	1598	2131	1598	2131
	SET	21	32	21	32	21
	DIST	100	50	100	50	100
VEL.	2028	60%	100%	60%	100%	60%
	534	320	534	320	533.7	320.2
	SET	32	21	32	21	32
	DIST	10	25	10	25	10
RII	2535	100%	0%	100%	0%	100%
	845.1	845	0	845	0	845
	SET	8	0	8	0	8
	DIST	100	100	100	100	100
RIII	1506	0%	100%	0%	100%	0%
	752.9	0	753	0	753	0
	SET	0	4	0	4	0
	DIST	50	200	50	200	50
Total		3296	2885	3296	2885	3296

15658

M29	Km	L	M	M	J	V
RI	9110	80%	60%	80%	60%	80%
	2530	2024	1518	2024	1518	2024
	SET	20	30	20	30	20
	DIST	100	50	100	50	100
VEL.	2254	60%	100%	60%	100%	60%
	593	356	593	356	593	355.8
	SET	36	24	36	24	36
	DIST	10	25	10	25	10
RII	2408	100%	0%	100%	0%	100%
	802.8	803	0	803	0	803
	SET	8	0	8	0	8
	DIST	100	100	100	100	100
RIII	1882	0%	100%	0%	100%	0%
	941.2	0	941	0	941	0
	SET	0	5	0	5	0
	DIST	50	200	50	200	50
Total		3183	3052	3183	3052	3183

15654

M28	Km	L	M	M	J	V
RI	7671	80%	60%	80%	60%	0%
	2740	2192	1644	2192	1644	0
	SET	22	33	22	33	0
	DIST	100	50	100	50	100
VEL.	1915	70%	100%	70%	100%	0%
	563	394	563	394	563	0
	SET	32	28	32	28	0
	DIST	12.5	20	12.5	20	12.5
RII	2028	100%	0%	100%	0%	0%
	1014	1014	0	1014	0	0
	SET	10	0	10	0	0
	DIST	100	100	100	100	100
RIII	1318	0%	100%	0%	100%	0%
	658.8	0	659	0	659	0
	SET	0	3	0	3	0
	DIST	50	200	50	200	50
Total		3600	2866	3600	2866	0

12933

M30	Km	L	M	M	J	V
RI	8630	80%	60%	80%	60%	80%
	2397	1918	1438	1918	1438	1918
	SET	19	29	19	29	19
	DIST	100	50	100	50	100
VEL.	1803	60%	100%	60%	100%	60%
	474	285	474	285	474	285
	SET	23	24	23	24	23
	DIST	12.5	20	12.5	20	12.5
RII	2028	100%	0%	100%	0%	100%
	676.1	676	0	676	0	676
	SET	7	0	7	0	7
	DIST	100	100	100	100	100
RIII	1694	0%	100%	0%	100%	0%
	847.1	0	847	0	847	0
	SET	0	4	0	4	0
	DIST	50	200	50	200	50
Total		2879	2760	2879	2760	2879

14155