Maratón Lima 2018
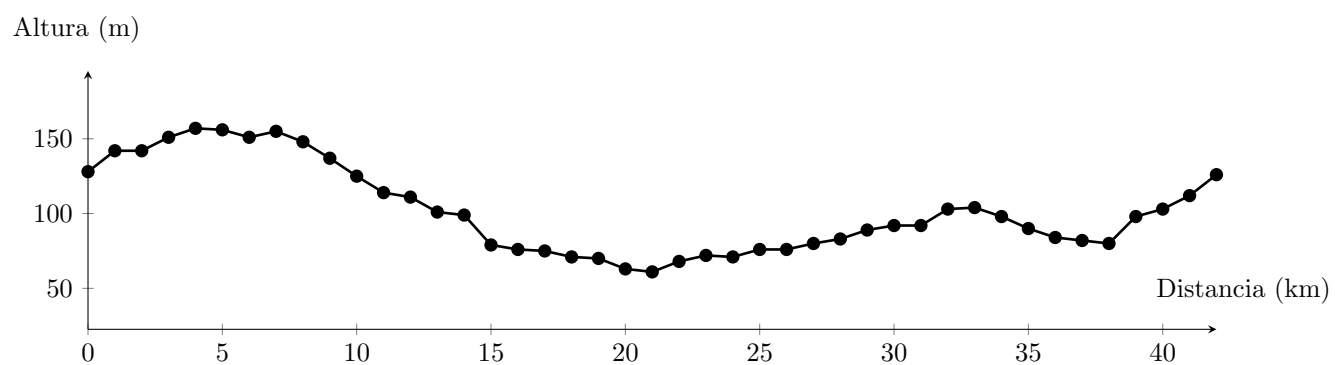
Tiempos parciales - **Objetivo: 4:30h**

Kilómetros Parciales	Pendiente Sección	Ritmo Sección	Tiempos Parciales
0 km	—	—	0:00:00 h
1.0 km	1.4 %	6:40 min/km	0:06:40 h
2.0 km	0.0 %	6:23 min/km	0:13:04 h
3.0 km	0.9 %	6:34 min/km	0:19:38 h
4.0 km	0.6 %	6:30 min/km	0:26:09 h
5.0 km	-0.1 %	6:22 min/km	0:32:32 h
6.0 km	-0.5 %	6:18 min/km	0:38:50 h
7.0 km	0.4 %	6:28 min/km	0:45:18 h
8.0 km	-0.7 %	6:15 min/km	0:51:34 h
9.0 km	-1.1 %	6:11 min/km	0:57:45 h
10.0 km	-1.2 %	6:10 min/km	1:03:56 h
11.0 km	-1.1 %	6:11 min/km	1:10:07 h
12.0 km	-0.3 %	6:20 min/km	1:16:27 h
13.0 km	-1.0 %	6:12 min/km	1:22:40 h
14.0 km	-0.2 %	6:21 min/km	1:29:02 h
15.0 km	-2.0 %	6:00 min/km	1:35:02 h
16.0 km	-0.3 %	6:20 min/km	1:41:23 h
17.0 km	-0.1 %	6:22 min/km	1:47:46 h
18.0 km	-0.4 %	6:19 min/km	1:54:05 h
19.0 km	-0.1 %	6:22 min/km	2:00:28 h
20.0 km	-0.7 %	6:15 min/km	2:06:44 h
21.0 km	-0.2 %	6:21 min/km	2:13:05 h
22.0 km	0.7 %	6:32 min/km	2:19:37 h
23.0 km	0.4 %	6:28 min/km	2:26:06 h
24.0 km	-0.1 %	6:22 min/km	2:32:29 h
25.0 km	0.5 %	6:29 min/km	2:38:59 h
26.0 km	0.0 %	6:23 min/km	2:45:23 h
27.0 km	0.4 %	6:28 min/km	2:51:51 h
28.0 km	0.3 %	6:27 min/km	2:58:19 h
29.0 km	0.6 %	6:30 min/km	3:04:49 h
30.0 km	0.3 %	6:27 min/km	3:11:17 h
31.0 km	0.0 %	6:23 min/km	3:17:41 h
32.0 km	1.1 %	6:36 min/km	3:24:17 h
33.0 km	0.1 %	6:25 min/km	3:30:43 h
34.0 km	-0.6 %	6:17 min/km	3:37:00 h
35.0 km	-0.8 %	6:14 min/km	3:43:14 h
36.0 km	-0.6 %	6:17 min/km	3:49:31 h
37.0 km	-0.2 %	6:21 min/km	3:55:53 h
38.0 km	-0.2 %	6:21 min/km	4:02:15 h
39.0 km	1.8 %	6:44 min/km	4:08:59 h
40.0 km	0.5 %	6:29 min/km	4:15:29 h
41.0 km	0.9 %	6:34 min/km	4:22:03 h
42.0 km	1.4 %	6:40 min/km	4:28:43 h
42.2 km	0.5 %	6:29 min/km	4:30:00 h

Km	Tiempo
1	0:07
2	0:13
3	0:20
4	0:26
5	0:33
6	0:39
7	0:45
8	0:52
9	0:58
10	1:04
11	1:10
12	1:16
13	1:23
14	1:29
15	1:35
16	1:41
17	1:48
18	1:54
19	2:00
20	2:07
21	2:13
22	2:20
23	2:26
24	2:32
25	2:39
26	2:45
27	2:52
28	2:58
29	3:05
30	3:11
31	3:18
32	3:24
33	3:31
34	3:37
35	3:43
36	3:50
37	3:56
38	4:02
39	4:09
40	4:15
41	4:22
42	4:29

Km	Tiempo
5	0:33
10	1:04
15	1:35
20	2:07
25	2:39
30	3:11
35	3:43
40	4:15