Maratón Lima 2018
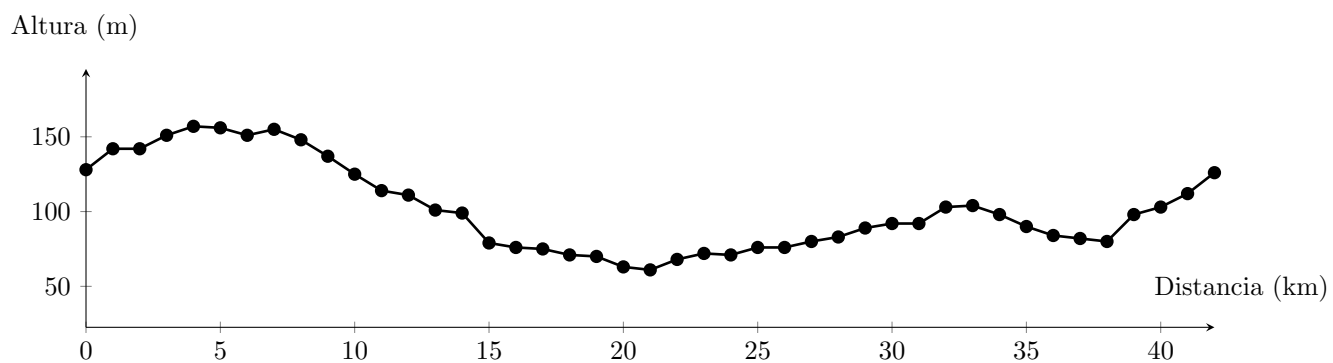
Tiempos parciales - **Objetivo: 3:30h**

Kilómetros Parciales	Pendiente Sección	Ritmo Sección	Tiempos Parciales
0 km	—	—	0:00:00 h
1.0 km	1.4 %	5:11 min/km	0:05:11 h
2.0 km	0.0 %	4:58 min/km	0:10:09 h
3.0 km	0.9 %	5:06 min/km	0:15:16 h
4.0 km	0.6 %	5:04 min/km	0:20:20 h
5.0 km	-0.1 %	4:57 min/km	0:25:18 h
6.0 km	-0.5 %	4:54 min/km	0:30:12 h
7.0 km	0.4 %	5:02 min/km	0:35:14 h
8.0 km	-0.7 %	4:52 min/km	0:40:06 h
9.0 km	-1.1 %	4:48 min/km	0:44:55 h
10.0 km	-1.2 %	4:47 min/km	0:49:43 h
11.0 km	-1.1 %	4:48 min/km	0:54:32 h
12.0 km	-0.3 %	4:55 min/km	0:59:28 h
13.0 km	-1.0 %	4:49 min/km	1:04:18 h
14.0 km	-0.2 %	4:56 min/km	1:09:14 h
15.0 km	-2.0 %	4:40 min/km	1:13:55 h
16.0 km	-0.3 %	4:55 min/km	1:18:51 h
17.0 km	-0.1 %	4:57 min/km	1:23:49 h
18.0 km	-0.4 %	4:55 min/km	1:28:44 h
19.0 km	-0.1 %	4:57 min/km	1:33:42 h
20.0 km	-0.7 %	4:52 min/km	1:38:34 h
21.0 km	-0.2 %	4:56 min/km	1:43:31 h
22.0 km	0.7 %	5:04 min/km	1:48:36 h
23.0 km	0.4 %	5:02 min/km	1:53:38 h
24.0 km	-0.1 %	4:57 min/km	1:58:36 h
25.0 km	0.5 %	5:03 min/km	2:03:39 h
26.0 km	0.0 %	4:58 min/km	2:08:37 h
27.0 km	0.4 %	5:02 min/km	2:13:40 h
28.0 km	0.3 %	5:01 min/km	2:18:41 h
29.0 km	0.6 %	5:04 min/km	2:23:45 h
30.0 km	0.3 %	5:01 min/km	2:28:46 h
31.0 km	0.0 %	4:58 min/km	2:33:45 h
32.0 km	1.1 %	5:08 min/km	2:38:53 h
33.0 km	0.1 %	4:59 min/km	2:43:53 h
34.0 km	-0.6 %	4:53 min/km	2:48:46 h
35.0 km	-0.8 %	4:51 min/km	2:53:38 h
36.0 km	-0.6 %	4:53 min/km	2:58:31 h
37.0 km	-0.2 %	4:56 min/km	3:03:28 h
38.0 km	-0.2 %	4:56 min/km	3:08:25 h
39.0 km	1.8 %	5:14 min/km	3:13:39 h
40.0 km	0.5 %	5:03 min/km	3:18:42 h
41.0 km	0.9 %	5:06 min/km	3:23:49 h
42.0 km	1.4 %	5:11 min/km	3:29:00 h
42.2 km	0.5 %	5:03 min/km	3:30:00 h

Km	Tiempo
1	0:05
2	0:10
3	0:15
4	0:20
5	0:25
6	0:30
7	0:35
8	0:40
9	0:45
10	0:50
11	0:55
12	0:59
13	1:04
14	1:09
15	1:14
16	1:19
17	1:24
18	1:29
19	1:34
20	1:39
21	1:44
22	1:49
23	1:54
24	1:59
25	2:04
26	2:09
27	2:14
28	2:19
29	2:24
30	2:29
31	2:34
32	2:39
33	2:44
34	2:49
35	2:54
36	2:59
37	3:03
38	3:08
39	3:14
40	3:19
41	3:24
42	3:29

Km	Tiempo
5	0:25
10	0:50
15	1:14
20	1:39
25	2:04
30	2:29
35	2:54
40	3:19