

# Media Maratón Club Tenis La Paz 2016

Tiempos parciales - **Objetivo: 1:10h**



| Kilómetros |         | Pendiente<br>Sección | Ritmo<br>Sección | Tiempos  |           | Lugar                    |
|------------|---------|----------------------|------------------|----------|-----------|--------------------------|
| Total      | Sección |                      |                  | Sección  | Parcial   |                          |
| 0 km       | 0 km    | —                    | —                | 0:00 min | 0:00:00 h | Partida                  |
| 1.5 km     | 1.5 km  | -1.3 %               | 3:16 min/km      | 4:54 min | 0:04:54 h | Puente Aranjuez          |
| 3.5 km     | 2.0 km  | 5.2 %                | 3:55 min/km      | 7:50 min | 0:12:44 h | Cumbre Mallasa           |
| 6.4 km     | 2.9 km  | -3.4 %               | 3:03 min/km      | 8:51 min | 0:21:36 h | Restaurante Il Portico   |
| 9.5 km     | 3.1 km  | -5.5 %               | 2:51 min/km      | 8:50 min | 0:30:27 h | Puente Lipari            |
| 10.8 km    | 1.3 km  | 6.9 %                | 4:05 min/km      | 5:18 min | 0:35:46 h | Cumbre Peaje Lipari      |
| 13.7 km    | 2.9 km  | -4.0 %               | 3:00 min/km      | 8:42 min | 0:44:29 h | Cancha Fútbol Huajchilla |
| 16.3 km    | 2.6 km  | -3.3 %               | 3:04 min/km      | 7:59 min | 0:52:29 h | Carreras (Retorno)       |
| 18.5 km    | 2.2 km  | 3.9 %                | 3:47 min/km      | 8:19 min | 1:00:48 h | Cancha Fútbol Huajchilla |
| 20.5 km    | 2.0 km  | 2.8 %                | 3:40 min/km      | 7:20 min | 1:08:09 h | Entrada CT Huajchilla    |
| 21.1 km    | 0.6 km  | -3.3 %               | 3:04 min/km      | 1:50 min | 1:10:00 h | Meta                     |

| Km | Tiempo |
|----|--------|
| 1  | 0:03   |
| 2  | 0:07   |
| 3  | 0:11   |
| 4  | 0:14   |
| 5  | 0:17   |
| 6  | 0:20   |
| 7  | 0:23   |
| 8  | 0:26   |
| 9  | 0:29   |
| 10 | 0:33   |
| 11 | 0:36   |
| 12 | 0:39   |
| 13 | 0:42   |
| 14 | 0:45   |
| 15 | 0:48   |
| 16 | 0:52   |
| 17 | 0:55   |
| 18 | 0:59   |
| 19 | 1:03   |
| 20 | 1:06   |
| 21 | 1:10   |

| Km | Tiempo |
|----|--------|
| 5  | 0:17   |
| 10 | 0:33   |
| 15 | 0:48   |
| 20 | 1:06   |

| Km   | Tiempo | Lugar    |
|------|--------|----------|
| 3.5  | 0:13   | Mallasa  |
| 9.5  | 0:30   | Lipari   |
| 10.8 | 0:36   | Peaje    |
| 16.3 | 0:52   | Carreras |
| 21.1 | 1:10   | Meta     |

| Km   | Tiempo | Lugar       |
|------|--------|-------------|
| 1.5  | 0:05   | Aranjuez    |
| 3.5  | 0:13   | Mallasa     |
| 6.4  | 0:22   | Il Portico  |
| 9.5  | 0:30   | Lipari      |
| 10.8 | 0:36   | Peaje       |
| 13.7 | 0:44   | Huajchilla  |
| 16.3 | 0:52   | Carreras    |
| 18.5 | 1:01   | Huajchilla  |
| 20.5 | 1:08   | Entrada CTH |
| 21.1 | 1:10   | Meta        |