

# Media Maratón Club Tennis La Paz 2016

Tiempos parciales - **Objetivo: 1:25h**



| 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 %               | 3:58 min/km      | 5:57 min  | 0:05:57 h | Puente Aranjuez          |
| 3.5 km     | 2.0 km  | 5.2 %                | 4:45 min/km      | 9:31 min  | 0:15:28 h | Cumbre Mallasa           |
| 6.4 km     | 2.9 km  | -3.4 %               | 3:42 min/km      | 10:45 min | 0:26:14 h | Restaurante Il Portico   |
| 9.5 km     | 3.1 km  | -5.5 %               | 3:27 min/km      | 10:44 min | 0:36:59 h | Puente Lipari            |
| 10.8 km    | 1.3 km  | 6.9 %                | 4:57 min/km      | 6:27 min  | 0:43:26 h | Cumbre Peaje Lipari      |
| 13.7 km    | 2.9 km  | -4.0 %               | 3:38 min/km      | 10:34 min | 0:54:01 h | Cancha Fútbol Huaichilla |
| 16.3 km    | 2.6 km  | -3.3 %               | 3:44 min/km      | 9:42 min  | 1:03:43 h | Carreras (Retorno)       |
| 18.5 km    | 2.2 km  | 3.9 %                | 4:35 min/km      | 10:06 min | 1:13:50 h | Cancha Fútbol Huaichilla |
| 20.5 km    | 2.0 km  | 2.8 %                | 4:27 min/km      | 8:55 min  | 1:22:45 h | Entrada CT Huaichilla    |
| 21.1 km    | 0.6 km  | -3.3 %               | 3:43 min/km      | 2:14 min  | 1:25:00 h | Meta                     |

| Km | Tiempo |
|----|--------|
| 1  | 0:04   |
| 2  | 0:08   |
| 3  | 0:13   |
| 4  | 0:17   |
| 5  | 0:21   |
| 6  | 0:25   |
| 7  | 0:28   |
| 8  | 0:32   |
| 9  | 0:35   |
| 10 | 0:39   |
| 11 | 0:44   |
| 12 | 0:48   |
| 13 | 0:51   |
| 14 | 0:55   |
| 15 | 0:59   |
| 16 | 1:03   |
| 17 | 1:07   |
| 18 | 1:12   |
| 19 | 1:16   |
| 20 | 1:21   |
| 21 | 1:25   |

| Km | Tiempo |
|----|--------|
| 5  | 0:21   |
| 10 | 0:39   |
| 15 | 0:59   |
| 20 | 1:21   |

| Km   | Tiempo | Lugar    |
|------|--------|----------|
| 3.5  | 0:15   | Mallasa  |
| 9.5  | 0:37   | Lipari   |
| 10.8 | 0:43   | Peaje    |
| 16.3 | 1:04   | Carreras |
| 21.1 | 1:25   | Meta     |

| Km   | Tiempo | Lugar       |
|------|--------|-------------|
| 1.5  | 0:06   | Aranjuez    |
| 3.5  | 0:15   | Mallasa     |
| 6.4  | 0:26   | Il Portico  |
| 9.5  | 0:37   | Lipari      |
| 10.8 | 0:43   | Peaje       |
| 13.7 | 0:54   | Huaichilla  |
| 16.3 | 1:04   | Carreras    |
| 18.5 | 1:14   | Huaichilla  |
| 20.5 | 1:23   | Entrada CTH |
| 21.1 | 1:25   | Meta        |