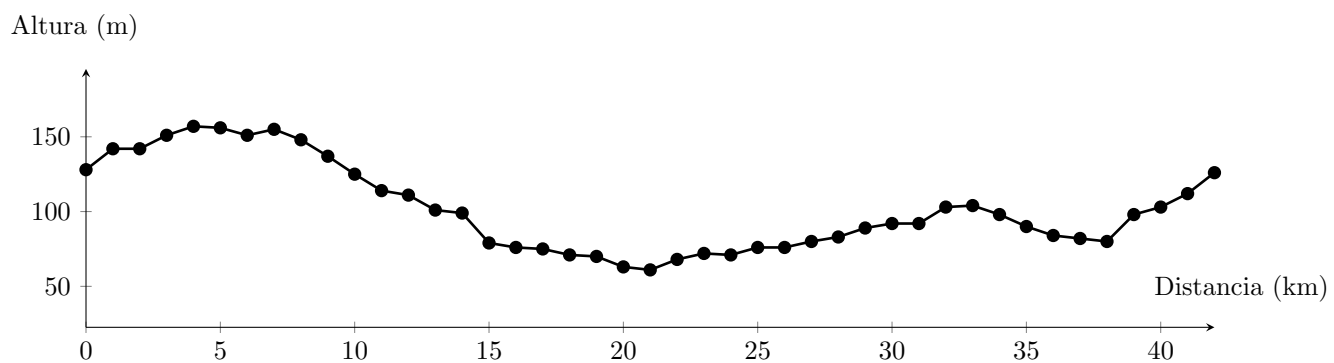


Maratón Lima 2018

Tiempos parciales - **Objetivo: 4:00h**



Kilómetros Parciales	Pendiente Sección	Ritmo Sección	Tiempos Parciales
0 km	—	—	0:00:00 h
1.0 km	1.4 %	5:55 min/km	0:05:55 h
2.0 km	0.0 %	5:41 min/km	0:11:36 h
3.0 km	0.9 %	5:50 min/km	0:17:27 h
4.0 km	0.6 %	5:47 min/km	0:23:14 h
5.0 km	-0.1 %	5:40 min/km	0:28:55 h
6.0 km	-0.5 %	5:36 min/km	0:34:31 h
7.0 km	0.4 %	5:45 min/km	0:40:16 h
8.0 km	-0.7 %	5:34 min/km	0:45:50 h
9.0 km	-1.1 %	5:30 min/km	0:51:20 h
10.0 km	-1.2 %	5:29 min/km	0:56:49 h
11.0 km	-1.1 %	5:30 min/km	1:02:19 h
12.0 km	-0.3 %	5:38 min/km	1:07:58 h
13.0 km	-1.0 %	5:31 min/km	1:13:29 h
14.0 km	-0.2 %	5:39 min/km	1:19:08 h
15.0 km	-2.0 %	5:20 min/km	1:24:29 h
16.0 km	-0.3 %	5:38 min/km	1:30:07 h
17.0 km	-0.1 %	5:40 min/km	1:35:47 h
18.0 km	-0.4 %	5:37 min/km	1:41:24 h
19.0 km	-0.1 %	5:40 min/km	1:47:05 h
20.0 km	-0.7 %	5:34 min/km	1:52:39 h
21.0 km	-0.2 %	5:39 min/km	1:58:18 h
22.0 km	0.7 %	5:48 min/km	2:04:07 h
23.0 km	0.4 %	5:45 min/km	2:09:52 h
24.0 km	-0.1 %	5:40 min/km	2:15:32 h
25.0 km	0.5 %	5:46 min/km	2:21:19 h
26.0 km	0.0 %	5:41 min/km	2:27:00 h
27.0 km	0.4 %	5:45 min/km	2:32:45 h
28.0 km	0.3 %	5:44 min/km	2:38:30 h
29.0 km	0.6 %	5:47 min/km	2:44:17 h
30.0 km	0.3 %	5:44 min/km	2:50:02 h
31.0 km	0.0 %	5:41 min/km	2:55:43 h
32.0 km	1.1 %	5:52 min/km	3:01:35 h
33.0 km	0.1 %	5:42 min/km	3:07:18 h
34.0 km	-0.6 %	5:35 min/km	3:12:53 h
35.0 km	-0.8 %	5:33 min/km	3:18:26 h
36.0 km	-0.6 %	5:35 min/km	3:24:01 h
37.0 km	-0.2 %	5:39 min/km	3:29:40 h
38.0 km	-0.2 %	5:39 min/km	3:35:20 h
39.0 km	1.8 %	5:59 min/km	3:41:19 h
40.0 km	0.5 %	5:46 min/km	3:47:06 h
41.0 km	0.9 %	5:50 min/km	3:52:56 h
42.0 km	1.4 %	5:55 min/km	3:58:52 h
42.2 km	0.5 %	5:46 min/km	4:00:00 h

Km	Tiempo
1	0:06
2	0:12
3	0:17
4	0:23
5	0:29
6	0:35
7	0:40
8	0:46
9	0:51
10	0:57
11	1:02
12	1:08
13	1:13
14	1:19
15	1:24
16	1:30
17	1:36
18	1:41
19	1:47
20	1:53
21	1:58
22	2:04
23	2:10
24	2:16
25	2:21
26	2:27
27	2:33
28	2:39
29	2:44
30	2:50
31	2:56
32	3:02
33	3:07
34	3:13
35	3:18
36	3:24
37	3:30
38	3:35
39	3:41
40	3:47
41	3:53
42	3:59

Km	Tiempo
5	0:29
10	0:57
15	1:24
20	1:53
25	2:21
30	2:50
35	3:18
40	3:47