

CRUCERO DE CARRERA NitoCoach  
MARATÓN DEL VALLE - 21KM



TIEMPO OBJETIVO **2:54:10**  
RITMO PROMEDIO **0:08:15**



| km   | Ritmo   | Parcial | km   |
|------|---------|---------|------|
| 1    | 0:08:25 | 0:08:25 | 1    |
| 2    | 0:08:20 | 0:16:45 | 2    |
| 3    | 0:08:20 | 0:25:05 | 3    |
| 4    | 0:08:20 | 0:33:25 | 4    |
| 5    | 0:08:15 | 0:41:40 | 5    |
| 6    | 0:08:15 | 0:49:55 | 6    |
| 7    | 0:08:20 | 0:58:15 | 7    |
| 8    | 0:08:15 | 1:06:30 | 8    |
| 9    | 0:08:15 | 1:14:45 | 9    |
| 10   | 0:08:15 | 1:23:00 | 10   |
| 11   | 0:08:20 | 1:31:20 | 11   |
| 12   | 0:08:15 | 1:39:35 | 12   |
| 13   | 0:08:10 | 1:47:45 | 13   |
| 14   | 0:08:10 | 1:55:55 | 14   |
| 15   | 0:08:10 | 2:04:05 | 15   |
| 16   | 0:08:15 | 2:12:20 | 16   |
| 17   | 0:08:10 | 2:20:30 | 17   |
| 18   | 0:08:10 | 2:28:40 | 18   |
| 19   | 0:08:10 | 2:36:50 | 19   |
| 20   | 0:08:15 | 2:45:05 | 20   |
| 21.1 | 0:09:05 | 2:54:10 | 21.1 |

Ritmos Promedio

|               |         |
|---------------|---------|
| Primeros 10km | 0:08:18 |
| Segundos 10km | 0:08:17 |