

CRUCERO DE CARRERA NitoCoach  
MARATÓN DEL VALLE 42KM



TIEMPO OBJETIVO **3:10:05**  
RITMO PROMEDIO **0:04:30**



| km | Ritmo   | Parcial | km | km   | Ritmo   | Parcial | km   |
|----|---------|---------|----|------|---------|---------|------|
| 1  | 0:04:35 | 0:04:35 | 1  | 22   | 0:04:30 | 1:40:20 | 22   |
| 2  | 0:04:35 | 0:09:10 | 2  | 23   | 0:04:25 | 1:44:45 | 23   |
| 3  | 0:04:35 | 0:13:45 | 3  | 24   | 0:04:20 | 1:49:05 | 24   |
| 4  | 0:04:30 | 0:18:15 | 4  | 25   | 0:04:30 | 1:53:35 | 25   |
| 5  | 0:04:30 | 0:22:45 | 5  | 26   | 0:04:30 | 1:58:05 | 26   |
| 6  | 0:04:35 | 0:27:20 | 6  | 27   | 0:04:30 | 2:02:35 | 27   |
| 7  | 0:04:35 | 0:31:55 | 7  | 28   | 0:04:25 | 2:07:00 | 28   |
| 8  | 0:04:35 | 0:36:30 | 8  | 29   | 0:04:25 | 2:11:25 | 29   |
| 9  | 0:04:35 | 0:41:05 | 9  | 30   | 0:04:30 | 2:15:55 | 30   |
| 10 | 0:04:35 | 0:45:40 | 10 | 31   | 0:04:30 | 2:20:25 | 31   |
| 11 | 0:04:35 | 0:50:15 | 11 | 32   | 0:04:25 | 2:24:50 | 32   |
| 12 | 0:04:30 | 0:54:45 | 12 | 33   | 0:04:25 | 2:29:15 | 33   |
| 13 | 0:04:30 | 0:59:15 | 13 | 34   | 0:04:25 | 2:33:40 | 34   |
| 14 | 0:04:30 | 1:03:45 | 14 | 35   | 0:04:25 | 2:38:05 | 35   |
| 15 | 0:04:30 | 1:08:15 | 15 | 36   | 0:04:30 | 2:42:35 | 36   |
| 16 | 0:04:30 | 1:12:45 | 16 | 37   | 0:04:25 | 2:47:00 | 37   |
| 17 | 0:04:30 | 1:17:15 | 17 | 38   | 0:04:25 | 2:51:25 | 38   |
| 18 | 0:04:35 | 1:21:50 | 18 | 39   | 0:04:35 | 2:56:00 | 39   |
| 19 | 0:04:40 | 1:26:30 | 19 | 40   | 0:04:35 | 3:00:35 | 40   |
| 20 | 0:04:40 | 1:31:10 | 20 | 41   | 0:04:30 | 3:05:05 | 41   |
| 21 | 0:04:40 | 1:35:50 | 21 | 42   | 0:04:30 | 3:09:35 | 42   |
|    |         |         |    | 42.2 | 0:00:30 | 3:10:05 | 42.2 |

Tiempos

|               |         |
|---------------|---------|
| Primeros 21km | 1:35:50 |
| Segundos 21km | 1:33:45 |

Ritmos Promedio

|               |         |
|---------------|---------|
| Primeros 21km | 0:04:34 |
| Segundos 21km | 0:04:28 |

Ajuste 200m (42.2km) **3:10:05**  
Ritmo Promedio Total **0:04:30**