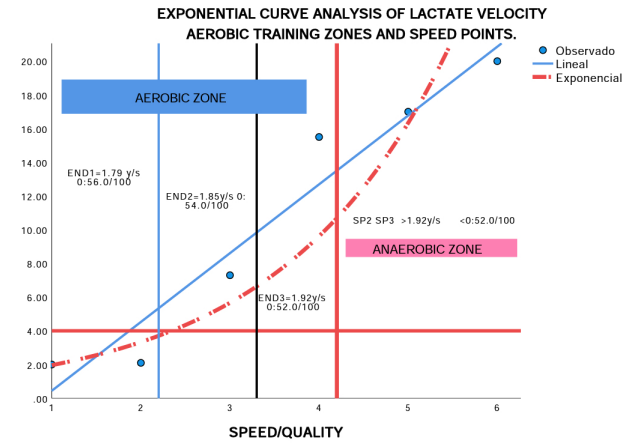
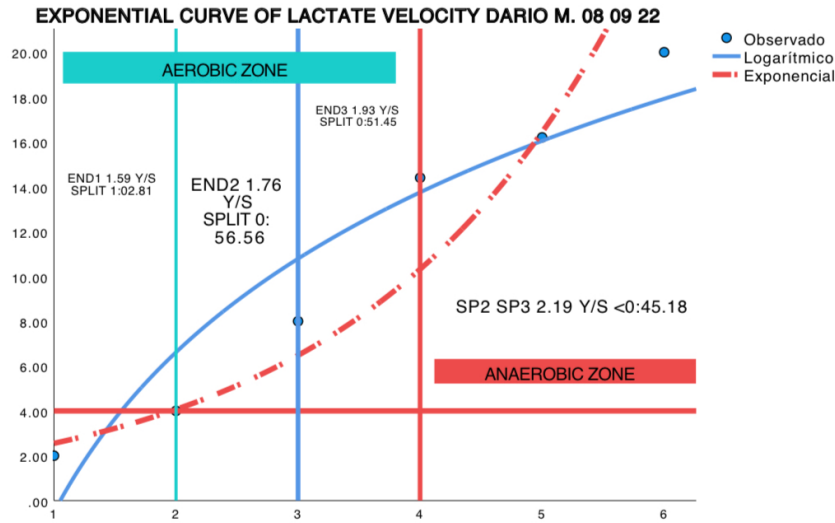


AGUSTIN RODRIGUES TEST 3X200 08 09 22 FREE				
SPEED y/s	LACTATE mmol/l	SECONDS	SPLIT/100	QUALITY
1.283	2.00	77.95	1:17.85	REC
1.584	4.00	63.13	1:03.13	END1
1.760	6.00	56.82	0:56.82	END2
1.936	9.00	51.65	0:51.65	END3
2.186	16.00	45.75	0:45.75	SP2
2.283	20.00	43.80	0:43.80	SP3
2.324	22.00	43.02	0:43.02	SP3



AEROBIC TRAINING ZONES AGUSTIN R. 08 09 22 FREE

DARIO MARTIN TEST 3X200 08 09 22 FREE				
SPEED y/s	LACTATE mmol/l	SECONDS	SPLIT/100	QUALITY
1.291	2.00	77.46	1:17.85	REC
1.592	4.00	62.81	1:02.81	END1
1.768	6.00	56.56	0:56.56	END2
1.944	9.00	51.43	0:51.43	END3
2.194	16.00	45.58	0:45.58	SP2
2.291	20.00	43.65	0:43.65	SP3
2.332	22.00	42.87	0:42.87	SP3



AEROBIC TRAINING ZONES DARIO M 08 09 22 FREE