

TEST PROGRESIVO VAM

Velocidad Inicial: 06:00

Incremento: 0,3km/h c/200m

Distancia de estadio (nº de veces 100m): 2 (200 metros)

Tiempo 100m (s)	Ritmo min/km	Velocidad (km/h)	MARCAS EN LA PISTA (Cada 50m)				ANOTACIONES
			50	100	150	200	
0:36:00	6:00	10,0	00:18	00:36	00:54	01:12	
0:34:57	5:49	10,3	01:29	01:46	02:04	02:21	
0:33:58	5:39	10,6	02:38	02:55	03:12	03:29	
0:33:02	5:30	10,9	03:46	04:02	04:19	04:35	
0:32:09	5:21	11,2	04:51	05:08	05:24	05:40	
0:31:18	5:13	11,5	05:55	06:11	06:27	06:42	
0:30:31	5:05	11,8	06:58	07:13	07:28	07:43	
0:30:00	5:00	12,0	07:58	08:13	08:28	08:43	
0:29:16	4:52	12,3	08:58	09:13	09:27	09:42	
0:28:34	4:45	12,6	09:56	10:10	10:25	10:39	
0:27:54	4:39	12,9	10:53	11:07	11:21	11:35	
0:27:16	4:32	13,2	11:48	12:02	12:16	12:29	
0:26:40	4:26	13,5	12:43	12:56	13:09	13:23	
0:26:05	4:20	13,8	13:36	13:49	14:02	14:15	
0:25:32	4:15	14,1	14:28	14:40	14:53	15:06	
0:25:00	4:10	14,4	15:18	15:31	15:43	15:56	
0:24:49	4:08	14,7	16:08	16:21	16:33	16:46	
0:24:00	4:00	15,0	16:58	17:10	17:22	17:34	
0:23:32	3:55	15,3	17:45	17:57	18:09	18:21	
0:23:05	3:50	15,6	18:32	18:44	18:55	19:07	
0:22:38	3:46	15,9	19:18	19:29	19:41	19:52	
0:22:13	3:42	16,2	20:03	20:14	20:25	20:36	
0:21:49	3:38	16,5	20:47	20:58	21:09	21:20	
0:21:26	3:34	16,8	21:31	21:42	21:52	22:03	
0:21:03	3:30	17,1	22:14	22:24	22:35	22:45	
0:20:41	3:26	17,4	22:55	23:06	23:16	23:26	
0:20:20	3:23	17,7	23:37	23:47	23:57	24:07	
0:20:00	3:20	18,0	24:17	24:27	24:37	24:47	
0:19:40	3:16	18,3	24:57	25:07	25:17	25:27	
0:19:21	3:13	18,6	25:36	25:46	25:55	26:05	
0:19:03	3:10	18,9	26:15	26:24	26:34	26:43	
0:18:45	3:07	19,2	26:53	27:02	27:11	27:21	
0:18:28	3:04	19,5	27:30	27:39	27:48	27:58	
0:18:11	3:01	19,8	28:07	28:16	28:25	28:34	
0:17:55	2:59	20,1	28:43	28:52	29:01	29:10	
0:17:39	2:56	20,4	29:19	29:28	29:36	29:45	
0:17:23	2:53	20,7	29:54	30:03	30:11	30:20	
0:17:09	2:51	21,0	30:29	30:37	30:46	30:54	
0:16:54	2:49	21,3	31:03	31:11	31:20	31:28	
0:16:40	2:46	21,6	31:36	31:45	31:53	32:01	
0:16:26	2:44	21,9	32:10	32:18	32:26	32:34	
0:16:13	2:42	22,2	32:42	32:50	32:59	33:07	
0:16:00	2:40	22,5	30:29	30:37	30:46	30:54	
0:15:47	2:37	22,8	31:03	31:11	31:20	31:28	
0:15:35	2:35	23,1	31:36	31:45	31:53	32:01	
0:15:23	2:33	23,4	32:10	32:18	32:26	32:34	
0:15:11	2:31	23,7	32:42	32:50	32:59	33:07	
0:15:00	2:30	24,0	33:14	33:22	33:29	33:37	
0:14:49	2:28	24,3	33:44	33:51	33:59	34:06	