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Código: N01-02/2021

Fecha Evento: 19/02/2021

Análisis de Control de Entrenamiento

Análisis Evolución parciales 50m / 100m

Control de Entrenamiento 3000m en piscina de 25m
AQUATICS LAB

Análisis - Gestión Plataforma RFEN Análisis del Rendimiento: Raúl Arellano

Francisco Cuenca, Ana Gay, Jesús J. Ruíz, Esther Morales

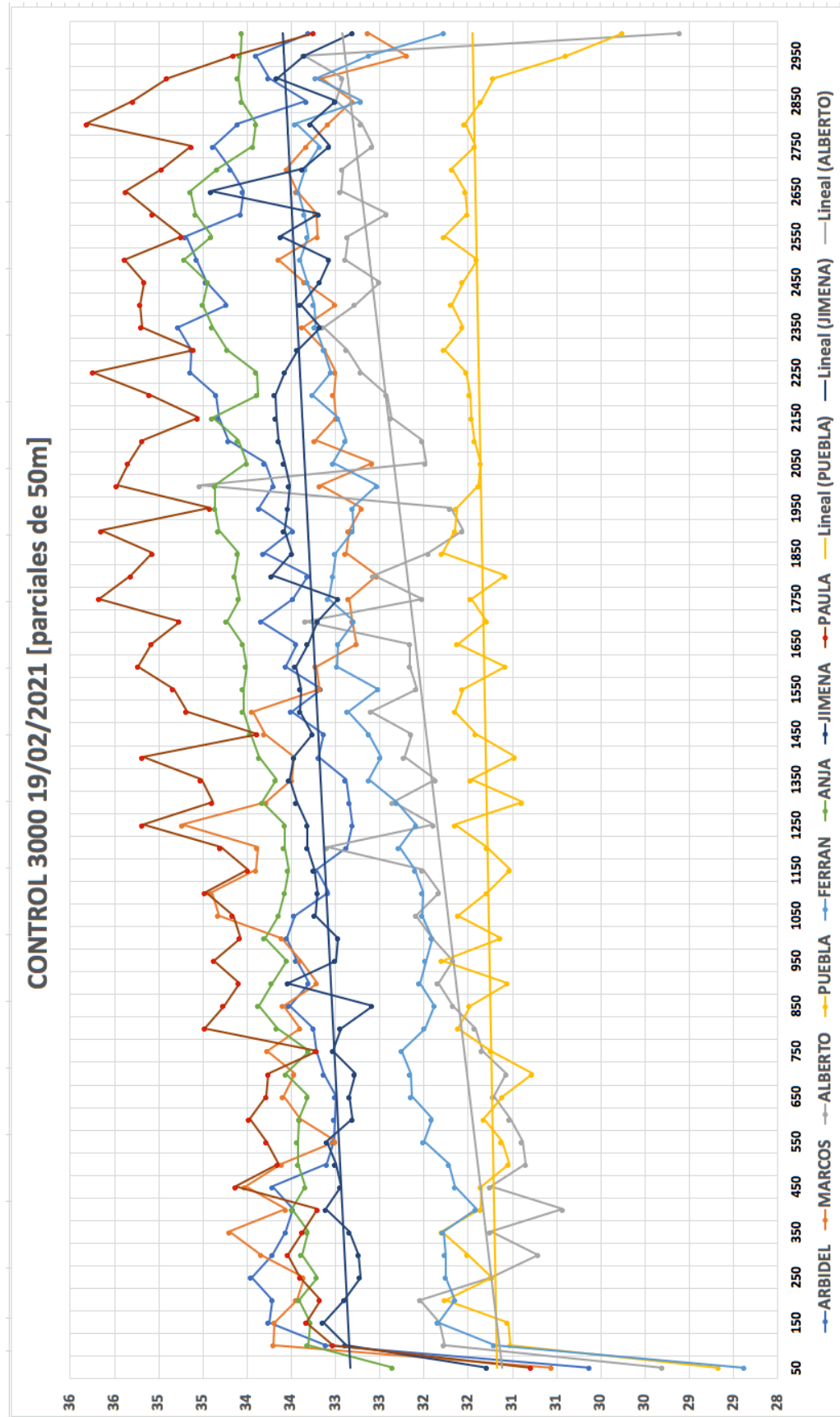
1. TIEMPOS ACUMULADOS DEL 3000

	1	2	3	4	5	6	7	8
	ARBIDEL	MARCOS	ALBERTO	PUEBLA	FERRAN	ANJA	JIMENA	PAULA
50	00:30,12	00:30,55	00:29,30	00:28,67	00:28,38	00:32,35	00:31,28	00:30,79
100	01:03,23	01:04,25	01:01,07	00:59,69	00:59,58	01:05,66	01:04,16	01:03,82
150	01:36,98	01:37,94	01:32,90	01:30,74	01:31,42	01:38,94	01:37,30	01:37,15
200	02:10,69	02:11,38	02:04,94	02:02,50	02:03,07	02:12,35	02:10,20	02:10,32
250	02:44,64	02:44,74	02:36,18	02:33,73	02:34,02	02:45,56	02:42,92	02:43,72
300	03:18,35	03:18,58	03:06,09	03:05,23	03:06,58	03:18,94	03:15,66	03:17,26
350	03:51,91	03:52,78	03:38,14	03:37,03	03:38,36	03:52,25	03:48,50	03:50,63
400	04:25,39	04:26,34	04:08,57	04:08,39	04:09,77	04:25,74	04:21,61	04:23,83
450	04:59,10	05:00,36	04:39,82	04:39,74	04:41,42	04:59,08	04:54,55	04:57,96
500	05:32,20	05:33,97	05:10,67	05:10,78	05:13,14	05:32,50	05:27,55	05:31,61
550	06:05,22	06:06,97	05:41,56	05:41,90	05:45,14	06:05,93	06:00,65	06:05,39
600	06:38,23	06:40,37	06:12,59	06:13,22	06:17,05	06:39,34	06:33,46	06:39,36
650	07:11,23	07:13,96	06:43,00	06:44,33	06:49,19	07:12,65	07:06,30	07:13,14
700	07:44,36	07:47,42	07:14,87	07:15,10	07:21,34	07:46,21	07:39,08	07:46,90
750	08:17,58	08:21,19	07:46,21	07:46,34	07:53,59	08:19,51	08:12,11	08:20,11
800	08:50,83	08:54,59	08:17,63	08:17,95	08:25,58	08:53,17	08:45,05	08:54,59
850	09:24,35	09:28,18	08:49,30	08:49,43	08:57,46	09:27,04	09:17,63	09:28,85
900	09:57,65	10:01,39	09:21,14	09:20,48	09:29,51	10:00,76	09:51,17	10:02,94
950	10:31,09	10:34,78	09:52,81	09:52,27	10:01,49	10:34,31	10:24,17	10:37,31
1000	11:04,64	11:08,39	10:24,71	10:23,40	10:33,40	11:08,11	10:57,14	11:11,39
1050	11:38,10	11:42,71	10:56,80	10:55,01	11:05,42	11:41,75	11:30,37	11:45,55
1100	12:11,18	12:17,11	11:28,63	11:26,29	11:37,43	12:15,32	12:03,57	12:20,02
1150	12:44,40	12:51,01	12:00,64	11:57,32	12:09,53	12:48,85	12:36,81	12:54,01
1200	13:17,27	13:24,09	12:33,73	12:28,61	12:41,81	13:22,43	13:10,13	13:28,31
1250	13:50,08	13:59,62	13:05,62	13:00,26	13:13,90	13:56,00	13:43,45	14:03,49
1300	14:22,92	14:33,40	13:37,97	13:31,15	13:46,21	14:29,83	14:16,89	14:37,88
1350	14:55,00	15:06,89	14:09,84	14:02,62	14:18,83	15:03,50	14:50,41	15:12,40
1400	15:28,99	15:40,36	14:42,06	14:33,59	14:51,32	15:37,36	15:23,88	15:47,58
1450	16:02,12	16:14,16	15:14,20	15:05,00	15:23,94	16:11,32	15:57,14	16:21,46
1500	16:35,62	16:48,10	15:46,80	15:36,65	15:56,80	16:45,36	16:30,54	16:56,14
1550	17:08,78	17:21,28	16:18,88	16:08,21	16:29,32	17:19,40	17:03,93	17:30,97
1600	17:42,34	17:54,58	16:51,04	16:39,29	17:02,30	17:53,41	17:37,38	18:06,20
1650	18:15,78	18:27,26	17:23,20	17:10,91	17:35,27	18:27,46	18:10,69	18:41,28
1700	18:49,62	19:00,07	17:56,54	17:42,20	18:08,06	19:01,69	18:43,89	19:16,04
1750	19:23,10	19:32,92	18:28,56	18:13,67	18:41,14	19:35,78	19:16,86	19:51,71
1800	19:56,41	20:05,45	19:01,13	18:44,75	19:14,17	20:09,92	19:50,58	20:27,02
1850	20:30,22	20:38,33	19:33,08	19:16,54	19:47,17	20:44,02	20:24,07	21:02,09
1900	21:03,70	21:11,18	20:04,64	19:48,19	20:19,97	21:18,34	20:57,65	21:37,74
1950	21:37,56	21:43,88	20:36,34	20:19,82	20:52,78	21:52,70	21:31,19	22:12,16
2000	22:11,26	22:17,05	21:10,87	20:51,20	21:25,31	22:27,06	22:04,71	22:47,63
2050	22:45,06	22:49,63	21:42,85	21:22,56	21:58,34	23:01,06	22:38,29	23:22,97
2100	23:19,27	23:22,06	22:14,87	21:53,99	22:31,22	23:35,16	23:11,93	23:58,15
2150	23:53,59	23:55,85	22:47,24	22:25,45	23:04,19	24:09,55	23:45,60	24:32,70
2200	24:27,94	24:28,87	23:19,66	22:56,93	23:37,45	24:43,43	24:19,28	25:07,80
2250	25:02,58	25:01,87	23:52,37	23:28,45	24:10,50	25:17,32	24:52,85	25:43,54
2300	25:37,21	25:34,99	24:25,24	24:00,22	24:43,63	25:51,54	25:26,28	26:18,14
2350	26:11,99	26:08,36	24:58,38	24:31,78	25:16,86	26:25,93	25:59,45	26:53,33
2400	26:46,22	26:41,36	25:31,16	25:03,47	25:50,10	27:00,43	26:32,84	27:28,54
2450	27:20,68	27:14,71	26:03,66	25:35,03	26:23,42	27:34,87	27:06,02	28:03,70
2500	27:55,25	27:48,35	26:36,55	26:06,43	26:56,82	28:09,58	27:39,09	28:39,08
2550	28:29,94	28:21,55	27:09,41	26:38,20	27:30,13	28:43,98	28:12,71	29:13,82
2600	29:04,01	28:54,77	27:41,83	27:09,71	28:03,48	29:18,56	28:45,90	29:48,88
2650	29:38,05	29:28,21	28:14,77	27:41,24	28:36,90	29:53,20	29:20,31	30:24,25
2700	30:12,24	30:01,76	28:47,69	28:12,92	29:10,24	30:27,53	29:53,68	30:59,21
2750	30:46,62	30:35,09	29:20,27	28:44,34	29:43,42	31:01,46	30:26,75	31:33,84
2800	31:20,72	31:08,17	29:52,98	29:15,88	30:16,87	31:35,36	31:00,03	32:09,65
2850	31:54,05	31:40,98	30:25,98	29:47,23	30:49,58	32:09,42	31:33,03	32:44,94
2900	32:27,80	32:14,14	30:58,90	30:18,44	31:22,80	32:43,52	32:06,69	33:19,84
2950	33:01,70	32:46,33	31:32,26	30:48,83	31:55,42	33:17,60	32:40,04	33:53,99
3000	33:35,00	33:18,96	32:01,37	31:18,58	32:27,19	33:51,66	33:12,85	34:27,23



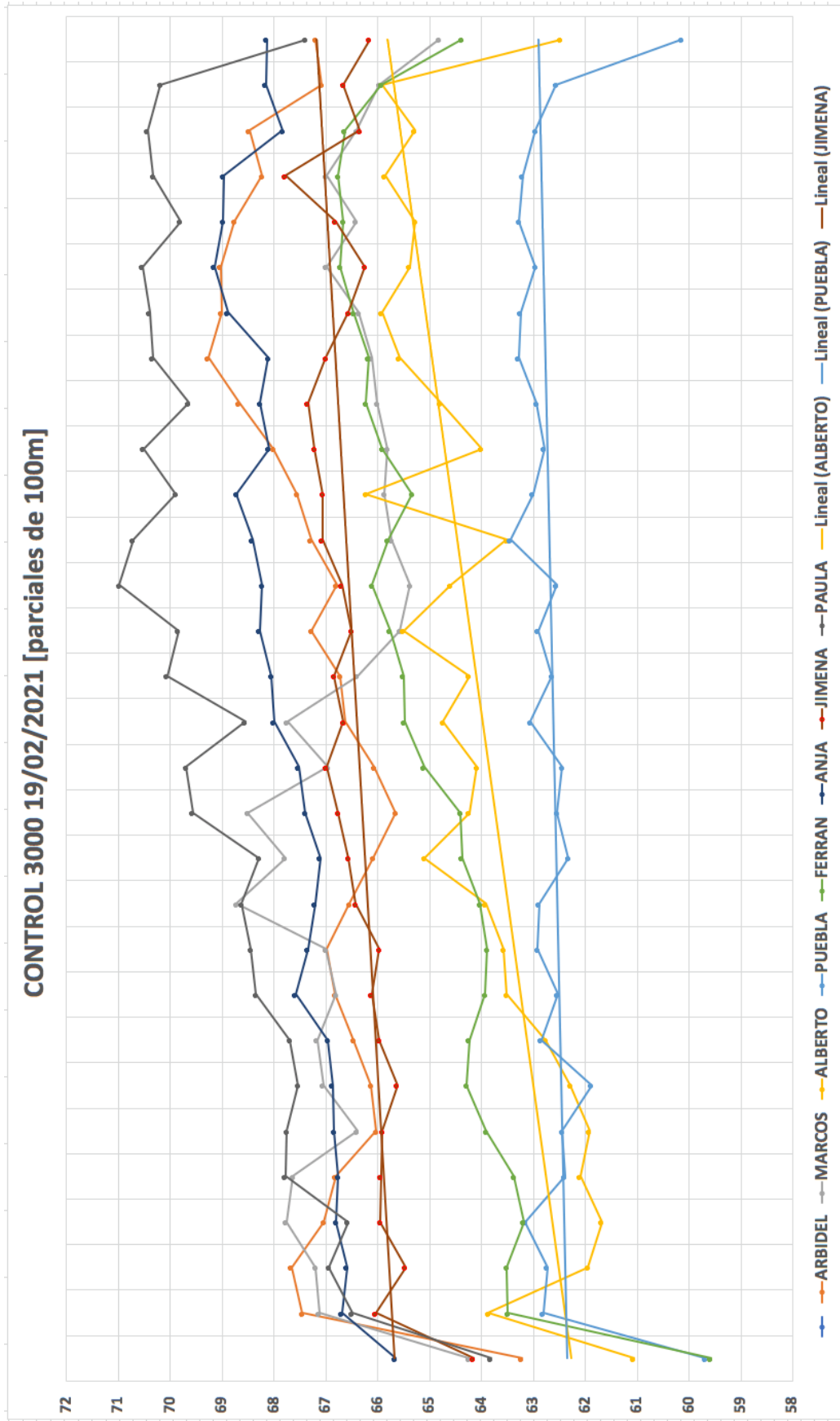
2. TIEMPOS PARCIALES DE 50m control de 3000m

		1	2	3	4	5	6	7	8
		ARBIDEL	MARCOS	ALBERTO	PUEBLA	FERRAN	ANJA	JIMENA	PAULA
1	50	30,12	30,55	29,30	28,67	28,38	32,35	31,28	30,79
2	100	33,11	33,70	31,77	31,02	31,20	33,31	32,88	33,03
3	150	33,75	33,69	31,83	31,05	31,84	33,28	33,14	33,33
4	200	33,71	33,44	32,04	31,76	31,65	33,41	32,90	33,17
5	250	33,95	33,36	31,24	31,23	31,75	33,21	32,72	33,40
6	300	33,71	33,84	30,71	31,50	31,76	33,38	32,74	33,54
7	350	33,56	34,20	31,25	31,80	31,78	33,31	32,84	33,37
8	400	33,48	33,56	30,43	31,36	31,41	33,49	33,11	33,20
9	450	33,71	34,02	31,25	31,35	31,65	33,34	32,94	34,13
10	500	33,10	33,61	30,85	31,04	31,72	33,42	33,00	33,65
11	550	33,02	33,00	30,89	31,12	32,00	33,43	33,10	33,78
12	600	33,01	33,40	31,03	31,32	31,91	33,41	32,81	33,97
13	650	33,00	33,59	31,21	31,11	32,14	33,31	32,84	33,78
14	700	33,13	33,46	31,07	30,77	32,15	33,56	32,78	33,76
15	750	33,22	33,77	31,34	31,24	32,25	33,30	33,03	33,21
16	800	33,25	33,40	31,42	31,61	31,99	33,66	32,94	34,48
17	850	33,52	33,59	31,67	31,48	31,88	33,07	32,58	34,26
18	900	33,30	33,21	31,84	31,05	32,05	33,72	33,54	34,09
19	950	33,44	33,39	31,67	31,79	31,98	33,55	33,00	34,37
20	1000	33,55	33,61	31,90	31,13	31,91	33,80	32,97	34,08
21	1050	33,46	34,32	32,09	31,61	32,02	33,64	33,23	34,16
22	1100	33,08	34,40	31,83	31,28	32,01	33,57	33,20	34,47
23	1150	33,22	33,90	32,01	31,03	32,10	33,53	33,24	33,99
24	1200	32,87	33,88	33,09	31,29	32,28	33,58	33,32	34,30
25	1250	32,81	34,73	31,09	31,65	32,09	33,57	33,32	35,18
26	1300	32,84	33,78	32,35	30,89	32,31	33,83	33,44	34,39
27	1350	32,88	33,49	31,87	31,47	32,62	33,67	33,52	34,52
28	1400	33,19	33,47	32,22	30,97	32,49	33,86	33,47	35,18
29	1450	33,13	33,80	32,14	31,41	32,62	33,96	33,26	33,88
30	1500	33,50	33,94	32,60	31,65	32,86	34,04	33,40	34,68
31	1550	33,16	33,18	32,08	31,56	32,52	34,04	33,39	34,83
32	1600	33,56	33,22	32,16	31,08	32,98	34,01	33,45	35,23
33	1650	33,44	32,76	32,16	31,62	32,97	34,05	33,31	35,08
34	1700	33,84	32,81	33,34	31,29	32,79	34,23	33,20	34,76
35	1750	33,48	32,85	32,02	31,47	33,08	34,09	32,97	35,67
36	1800	33,31	32,53	32,57	31,08	33,03	34,14	33,72	35,31
37	1850	33,81	32,88	31,95	31,79	33,00	34,10	33,49	35,07
38	1900	33,48	32,85	31,56	31,65	32,80	34,32	33,58	35,65
39	1950	33,86	32,70	31,70	31,63	32,81	34,36	33,54	34,42
40	2000	33,70	33,17	34,53	31,38	32,53	34,36	33,52	35,47
41	2050	33,80	32,58	31,98	31,36	33,03	34,00	33,58	35,34
42	2100	34,21	33,23	32,02	31,43	32,88	34,10	33,64	35,18
43	2150	34,32	32,99	32,37	31,46	32,97	34,39	33,67	34,55
44	2200	34,35	33,02	32,42	31,48	33,26	33,88	33,68	35,10
45	2250	34,64	33,00	32,71	31,52	33,05	33,89	33,57	35,74
46	2300	34,63	33,12	32,87	31,77	33,13	34,22	33,43	34,60
47	2350	34,78	33,37	33,14	31,56	33,23	34,39	33,17	35,19
48	2400	34,23	33,00	32,78	31,69	33,24	34,50	33,39	35,21
49	2450	34,46	33,35	32,50	31,56	33,32	34,44	33,18	35,16
50	2500	34,57	33,64	32,89	31,40	33,40	34,71	33,07	35,38
51	2550	34,69	33,20	32,86	31,77	33,31	34,40	33,62	34,74
52	2600	34,07	33,22	32,42	31,51	33,35	34,58	33,19	35,06
53	2650	34,04	33,44	32,94	31,53	33,42	34,64	34,41	35,37
54	2700	34,19	33,55	32,92	31,68	33,34	34,33	33,37	34,96
55	2750	34,38	33,33	32,58	31,42	33,18	33,93	33,07	34,63
56	2800	34,10	33,08	32,71	31,54	33,45	33,90	33,28	35,81
57	2850	33,33	32,81	33,00	31,35	32,71	34,06	33,00	35,29
58	2900	33,75	33,16	32,92	31,21	33,22	34,10	33,66	34,90
59	2950	33,90	32,19	33,36	30,39	32,62	34,08	33,35	34,15
60	3000	33,30	32,63	29,11	29,75	31,77	34,06	32,81	33,24



3. TIEMPOS PARCIALES DE 100m control de 3000m

	1	2	3	4	5	6	7	8
	ARBIDEL	MARCOS	ALBERTO	PUEBLA	FERRAN	ANJA	JIMENA	PAULA
100	63,23	64,25	61,07	59,69	59,58	65,66	64,16	63,82
200	67,46	67,13	63,87	62,81	63,49	66,69	66,04	66,50
300	67,66	67,20	61,95	62,73	63,51	66,59	65,46	66,94
400	67,04	67,76	61,68	63,16	63,19	66,80	65,95	66,57
500	66,81	67,63	62,10	62,39	63,37	66,76	65,94	67,78
600	66,03	66,40	61,92	62,44	63,91	66,84	65,91	67,75
700	66,13	67,05	62,28	61,88	64,29	66,07	65,62	67,54
800	66,47	67,17	62,76	62,85	64,24	66,96	65,97	67,69
900	66,82	66,80	63,51	62,53	63,93	67,59	66,12	68,35
1000	66,99	67,00	63,57	62,92	63,89	67,35	65,97	68,45
1100	66,54	68,72	63,92	62,89	64,03	67,21	66,43	68,63
1200	66,09	67,78	65,10	62,32	64,38	67,11	66,56	68,29
1300	65,65	68,51	64,24	62,54	64,40	67,40	66,76	69,57
1400	66,07	66,96	64,09	62,44	65,11	67,53	66,99	69,70
1500	66,63	67,74	64,74	63,06	65,48	68,00	66,66	68,56
1600	66,72	66,40	64,24	62,64	65,50	68,05	66,84	70,06
1700	67,28	65,57	65,50	62,91	65,76	68,28	66,51	69,84
1800	66,79	65,38	64,59	62,55	66,11	68,23	66,69	70,98
1900	67,29	65,73	63,51	63,44	65,80	68,42	67,07	70,72
2000	67,56	65,87	66,23	63,01	65,34	68,72	67,06	69,89
2100	68,01	65,81	64,00	62,79	65,91	68,10	67,22	70,52
2200	68,67	66,01	64,79	62,94	66,23	68,27	67,35	69,65
2300	69,27	66,12	65,58	63,29	66,18	68,11	67,00	70,34
2400	69,01	66,37	65,92	63,25	66,47	68,09	66,56	70,40
2500	69,03	66,99	65,39	62,96	66,72	69,15	66,25	70,54
2600	68,76	66,42	65,28	63,28	66,66	68,98	66,81	69,80
2700	68,23	66,99	65,06	63,21	66,76	68,97	67,78	70,33
2800	68,48	66,41	65,29	62,96	66,63	67,83	66,35	70,44
2900	67,08	65,97	65,92	62,56	65,93	68,16	66,66	70,19
3000	67,20	64,82	62,47	60,14	64,39	68,14	66,16	67,39



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UNIVERSIDAD DE GRANADA



Aquatics Lab

Laboratorio Singular
Piscina de la Facultad de Ciencias del Deporte